

# FAMILY STUDIES

## Course Outline

### **GRADE 9: Food and Nutrition (HFN10/HFN20)**

This course explores the factors that affect attitudes and decisions about food. It examines current issues of body image and is grounded in the scientific study of nutrition. In this course the students enjoy many food preparation labs, as they learn to make healthy food choices. The course allows students to investigate Canadian food heritage, as well as cultural cuisine. This course also introduces students to research skills related to food and nutrition.

### **GRADE 10: Individual and Family Living (HIF10/HIF20)**

The HIF course explores the challenges faced by teenagers. This is a life skills course which prepares students to deal with the many challenges they will face as they make the transition into adulthood. Topics include: Meeting basic needs, communication skills, relationships, decision making, managing resources, family diversities and how to become responsible members of society.

### **Grade 11: Parenting (HPC30)**

This course focuses on the skills and knowledge needed to promote the positive and healthy nurturing of children. It emphasizes readiness for parenthood, with particular emphasis on teenagers' lack of readiness. The simulation exercise with "Baby Think It Over" is a practical demonstration that speaks directly to the lack of readiness of teenagers to be parents. The course further explores the critical importance of the early years of human development.

### **Grade 11: Fashion and Creative Expression (HNC30)**

Fashion everyone make a fashion statement. This course explores clothing as a means of communication about the wearer and how it becomes a creative and entrepreneurial outlet throughout the design and production process. Students learn, through practical experiences, the nature of fashion design; the characteristics of fibers and fabrics; the construction, production and marketing of clothing; and how to plan and care for a wardrobe that is appropriate for the individual's appearance, activities, employment and lifestyle. Students develop research skills as they explore the evolution of fashion and its relationship to society, culture and individual psychology. Visits to the Bata Shoe Museum and the Textile museum are some of the field associated with this course.

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### **Grade 12: Food and Nutrition Sciences (HFA4M)**

This course examines various nutritional, psychological, social, cultural, and global factors that influence people's food choices and customs. Students learn about current Canadian and worldwide issues related to food, frameworks for making appropriate dietary choices, and food-preparation techniques. This course also refines students' skills used in researching and investigating issues related to food and nutrition. Students use computer software to analyze diets and make conclusions about healthy diets throughout the life cycle. The course also encourages healthy competition through debates and a cooking competition.

### **Grade 12: Issues in Human Growth and Development (HHG4M)**

This course offers a multidisciplinary approach to the study of human development throughout the life cycle, with particular emphasis on enhancing growth and development. Students will examine how early brain and child development are linked to lifelong learning, health, and well-being, and will develop child-care and human-relationship skills through practical experience in a community setting. This course also refines students' skills used in researching and investigating issues related to human growth and development.

### **Grade 12: Individuals and Families in a Diverse Society (HHS4M)**

This course applies current theories and research from the disciplines of anthropology, psychology, and sociology to the study of individual development, family behaviour, intimate and parent-child relationships, and the ways in which families interact within the diverse Canadian Society. Students will learn the interpersonal skills required to contribute to the well being of families, and the investigative skills required to conduct and evaluate research about individuals and families.

### **Grade 12: The Fashion Industry (HNB4O)**

This course provides a historical perspective on fashion and design, exploring the origins, influences, and importance of fashion as an expression of national, cultural, religious, and personal identity. Students will learn about the many facets of the Canadian fashion industry, including both large-scale and small entrepreneurial enterprises, and its worldwide links, as well as gaining practical experience in garment design, production, and care. This course also refines students' skills used in researching and investigating various aspects of the fashion industry.