

Grade 9 Home Economics Course Outline 2014-2015

Responsible - Resourceful - Rewarding

Grade 9 Home Economics includes sewing, clothing history, food preparation, nutrition issues and child care and development. It asks students to make many decisions and to consider alternatives. Home Economics can provide many opportunities to show responsibility and to develop skills that will make students more resourceful. Unless a student is absent, all sewing must be done in CLASS time.

Mark Distribution -

Behavior and Participation - ___ %

Tests and Quizzes - ___ %

Projects, Food labs - ___ %

Other assignments - ___ %

1. Introduction - Overview of year

- Project discussion - examples on posters for sewing choices
 - major project - wide choice
- Intro to child development, Infant Simulator or alternate research project
- Stitching practice, infant simulator practice

- Kit ordering (if applicable) - must have the money to order, including GST. No credit will be extended.
Only ONE order will be sent. Please make cheques payable to Green Valley School- not to the kit companies.

2. Child Care Lesson #1

- Seam samples
- last chance to order kits
- Infant Simulator practice

Child Care Lesson #2

- project work

3. Child Care lesson #3

- major project should be started by this cycle

4. Child Care Lesson #4 (Safety)

5. Project work

Child Care – test review

- test
- Infant Simulations begin (must have parental permission)

Project work

6. Sew major project

7. A brief history of fashion

- videos - "The Way We Dress" and questions
- Fashion Show Through History

Major project

8. Clothing design and culture

- group design & model an item of clothing, question guide for commentary
- Finish major projects – MAJOR SEWING PROJECT DUE

9. Foods & Nutrition

- review standard procedures, measuring, routines – many foods will require cooking and eating over two classes.
- time and energy management
- Lab. Chicken Fried Rice, recipe questions

Review Canada's Guidelines to Healthy Eating

- discuss healthy weights vs. Socio-cultural views (media)
- how well do you eat? - Dietary recall
- Lab. Quick Lasagna, recipe questions

10. Recipes - why we have them, variations

- Lab. Scones - 5 recipes, recipe questions
- which cultures have we sampled already? - Canadian diversity
- Reading assignment and questions
- Lab. Cream Puffs, recipe questions

11. Food safety and preservation
- review your knowledge
- Lab. – Tortillas and tacos

12. Review
- test outline
- Lab. Jamaican Beef Patties, recipe questions

- Convenience foods home-made
- Lab. - Master mix recipes (5), recipe questions
- test

13. Nutrition issues
- food changes through the lifecycle
- Heart disease - reducing your risk
- reading assignment and questions
- Lab. - Old West Beef Soup, recipe questions

- Nutrition issues
- Cancer, osteoporosis, etc.
- Assignment (continued)
- Lab. - Cheese and vegetable soup, recipe questions

14. Nutrition issues
- Diabetes
- types of diabetes
- dietary implications
- Lab. – Calzone (pizza pops), recipe questions

CHILD TERM REPORT DUE : date: _____

- Nutrition issues
- vegetarianism and teens
- the healthy way to be a vegetarian
- Lab. - Crepes, recipe questions
- Final test outline

15. Final written test (while dough rises)
Lab. – Chewy pretzels, recipe questions

Mystery lab. (Group test)