

Applied Skills: Home Economics 8

Course Outline

Objective: Students will be able to:

- Name basic sewing notions
- Exercise and apply basic hand sewing techniques
- Construct at least ONE hand-sewing project
- Identify and explain laundry/washing symbols

- Learn safety, cleanliness, and measurement techniques related to food preparation
- Read and understand Canada's Food Guide
- Prepare simple snacks and meals
- Work cooperatively in group settings



Part I: Sewing & Textiles

1. Introduction to the sewing room
2. Safety and cleanliness standards in the sewing room
3. Sewing supplies and how to use them
4. Basic and sewing techniques (running stitch and sew on buttons)
5. Laundry/ Washing home assignment

Part II: Food and Nutrition

1. Introduction to the foods room
2. Safety & Sanitation in the kitchen
3. Equipment names and uses
4. Accurate and efficient measuring technique
5. Cooking labs and kitchen clean up
6. Reading Canada's Food Guide



Evaluation: Final Marks from both parts of the course will be averaged at the end.

Sewing and Textiles:

- 50% Hand sewing project
- 25% In-class and home assignments
- 25% Quizzes and final test



Foods and Nutrition:

- 50% Practical lab work
- 25% In-class and home assignments
- 25% Quizzes and final test



Classroom Agreement:

1. Mutual Respect
 - Be ready to learn and come with a positive attitude
 - Work with students of different backgrounds and abilities
 - Complete required tasks the best of your ability
2. Attentive Listening
 - Attend all classes on time!!
 - Make eye contact and respond accordingly
3. Right to pass and participate
 - All students have the right to have a safe and comfortable learning environment
 - Communicate with teacher to make-up missed works
4. No put-downs
 - Critique the work, not the person