

Family Studies Courses

Grade 10

INDIVIDUAL & FAMILY LIVING (HIF20I)

This course introduces students to:

- **Food** and nutrition
- Child and **adolescent** development
- Fashion, **sewing** & clothing care
- Personal **relationships** & effective communication
- **Family** issues and experiences

Highlights

- Food labs
- Sewing projects
- Learn more about themselves as members of social groups and relationships

**FOOD AND NUTRITION (HFN20I)

This course explores:

- Food **preparation**
- The basics of **nutrition** & health
- Learning new skills & **techniques** in the kitchen

Highlights

- Food labs
- Practical at-home cooking experiences
- Short practical assignments

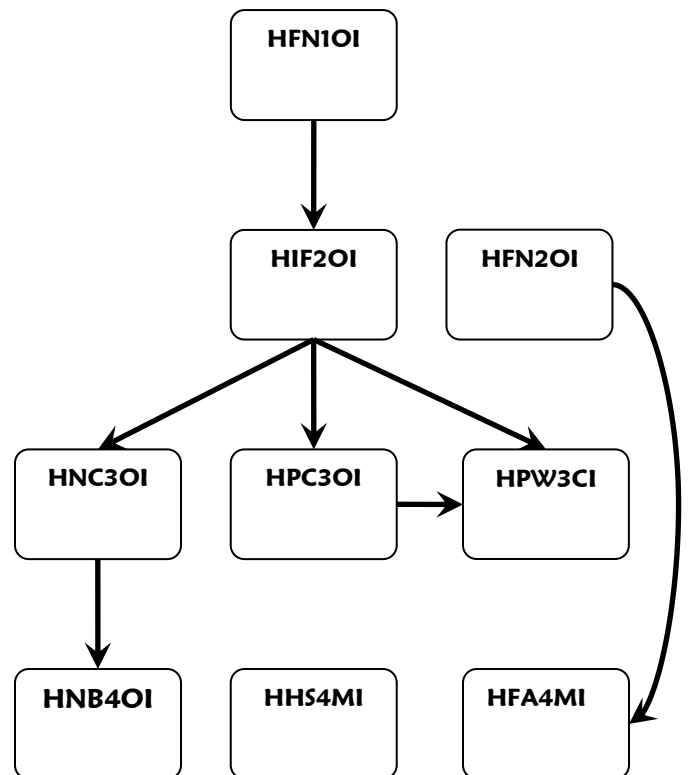
LAB WORK



Students work in one of four kitchens in groups of 3 or 4. During labs, students have the opportunity to:

- Taste new dishes and old favourites
- Gain skills in food preparation
- Learn safe food handling skills
- Have fun with their peers!

Possible Pathways through Family Studies from Grade 9-12



For course descriptions and outlines, see the Family Studies website or stop by Room 217.

<http://wci.wrdsb.on.ca/familystudies/>

- HNC30I - Fashion and Creative Expression
- HPC30I - Parenting
- HPW30I - Living & Working with Children
- HNB40I - The Fashion Industry
- HHS40I - Individuals & Families in a Diverse Society
- HFA40I - Food and Nutrition Sciences

Students who complete the course in Grade nine are encouraged to sign up for Individual & Family Living to have the opportunity to continue food labs. Students may **only take the Food and Nutrition course once for credit.