

FAMILY AND CONSUMER SCIENCE

M032000 Family and Consumer Science Grade 7

(Required - 1 Semester)

Grade 7 FACS is an exploratory course where students will discuss, research, and apply skills related to:

- Individual cultural identity
- Basic nutrition
- Life skills
- Basic food preparation
- Resource management and consumerism
- Service learning
- Child Care

M034001 Family, Food, Diversity and Tolerance Grade 8

(Elective - Semester 1)

Students will be learning about cultural differences, family dynamics, relationships, and personal well-being. Students will also be exposed to several experiences with food diversity, introduction to kitchen safety, equipment usage, and personal hygiene. Learning targets will focus on the following areas:

- Exploring cultural diversity
- Relationship with peers, family and community
- Conflict resolution and coping skills
- Connecting families through foods
- Review of basic food preparation

M035001 Food, Science and Nutrition Grade 8

(Elective - Semester 2)

This course will focus on career exploration and personal choices that build on wellness for healthier living. Students will be expected to build on their knowledge of basic food preparation, personal hygiene, and safety. They will be expected to apply those skills in terms of adapting foods for nutritional purposes. Learning targets will focus on the following areas:

- Applying understanding of diversity and coping skills while working in a group
- Science of nutrition, healthy eating and living; and how personal choices affect wellness
- Food science and preparation in the context of the hospitality industry
- Personal career investigation based on interests and relevant skills

