

HOME ECONOMICS 8 – Course Outline*

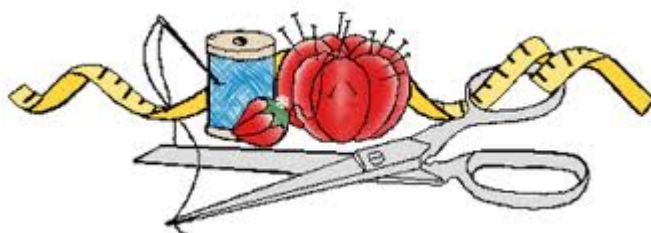
Objectives-Students will:

- Learn about safety, hygiene and measurement techniques as related to food preparation in the home
- Learn how to prepare simple meals and nutritious snacks
- Work cooperatively in groups
- Learn the safe operation of a sewing machine
- Construct a sewing project using a pattern



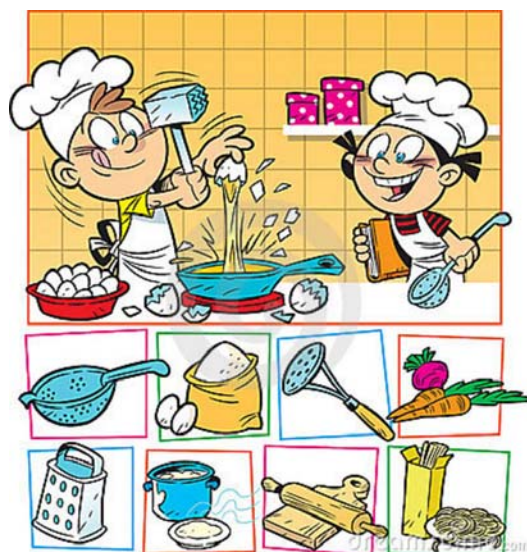
Clothing and Textiles- Students will:

1. Introduction to the sewing room, safety and equipment
2. Parts of the sewing machine
3. Safe operation of a sewing machine
4. Paper stitching (practice)
5. Threading the sewing machine
6. Completing seam samples
7. Pattern layout and cutting of fabric
8. Term project – apron



Foods and Nutrition:

1. Introduction to the Foods room
2. Safety, equipment names and uses
3. Measurement/Demo
4. Introductory Lab: Rice Krispies
5. Theory/Demo: Flour mixtures
6. Theory/Demo: Muffins
7. Lab: Banana Muffins
8. Theory/Demo: Leavening agents
9. Lab: Pizza
10. Theory/Demo: Breakfast and eggs
11. Lab: French Toast
12. Theory/Demo: Rice
13. Lab: Spanish Rice
14. Practical test



**Course content and order of presentation are subject to change*

Evaluation

Clothing and Textiles: marks based on all assigned practical and written work

- 50% Sewing projects and samples
- 25% Assignments and theory work
- 15% Practical tests
- 10% Participation



Project Evaluation – all sewing projects and sample will be marked according to set criteria give to the student with project instructions. Students are asked to review the marking criteria prior to submitting their projects.

Foods and Nutrition: marks based on all assigned practical and written work

- 50% Labs
- 25% Assignments and theory
- 15% Practical tests
- 10% Participation

Marks from both sections of Home Ec 8 will be averaged for a final overall course grade.

Expectations

Attendance and arriving on time are necessary for success in this course! This is a “hands on” course.

Students are responsible for collecting and completing missed work IMMEDIATELY after an absence with a note from home.

Material required for every class: binder, pen or pencil and project supplies

All sewing is to be done in class at school. Additional time may be arranged under special circumstances.

Equipment in the Textiles room is valuable and must be treated with care. No food or drink is allowed past the teacher's desk

Students must adhere to the rules of safety at all times. Students will work cooperatively in the Foods room. Clean up is a group responsibility and must be completed before being excused at the end of class.

Students are responsible for the energy and attitude they bring into the classroom.

