

## Social Sciences and Humanities

### Grade 10

### Course Offerings



### HFN20 Food & Nutrition



#### Overview of Course:

- *Safety* (kitchen and food safety practices)
- *Kitchen Literacy & Numeracy* (understanding equipment, recipes: formats, converting recipes and changing yields)
- *Food Preparation* (preparing healthy food, meal appeal, time management, using various equipment for preparing meals)
- *Canada's Food Guide* (understanding the various food groups, identify key nutrients, portion and serving sizes)
- *Eating Patterns* (assessing your own eating patterns)
- *Food Choices* (influences, the role of media and advertising, impact of body image)
- *Local and Global Foods* (availability of food, food and environmental responsibilities, food security)



### HNL20 Clothing



#### Overview of Course:

- *Influences on Clothing Choices* (function and social impact, wardrobe planning and selection, trends and needs)
- *Decisions* (evaluating clothing, retail approaches, fabric and care)
- *Design and Clothing* (construction, skills, elements of design, tools and technologies, procedures and techniques)
- *Practical skills* (enhance personal wardrobe by assessing garment quality, developing shopping strategies and developing an understanding of the advantages and disadvantages of various retail formats, basic skills used to create garments)