

Grade 8 Home Economics
Course Outline (2009-2010)

Ms. Ludlow

Unit I: Clothing and You

Estimated Time: 2 weeks

- A. Introduction
- B. Clothing Choices
- C. Clothes and your Appearance
 - 1. Giving first impressions
 - 2. Expressing your personality
 - 3. Making you look better
- D. Why Do people Wear Clothes? (4 reasons)
- E. Questions (5)
- F. Elements of Clothing Design (5 elements)
- G. Words to Remember & Review Questions

Unit II: The Sewing Machine and Clothing Construction

Estimated Time: 7 weeks

- A. The Sewing Machine
 - 1. How it works
 - 2. Basic parts of the sewing machine & diagram
 - 3. Definitions
- B. Activity Sheets
- C. Sewing Machine Licence (Certificate)
- D. Sewing Project - Clothing Lab.
 - 1. * Stuffed animal project

Unit III: Foods & Nutrition: The Canada's Food Guide

Estimated Time: 5 weeks

- A. Introduction
- B. Types of Vegetables (5)
 - 1. Servings per day
 - 2. Examples of one serving
- C. Breads and Cereals
 - 1. Introduction
 - 2. Types of breads and cereals
 - 3. Servings per day
 - 4. Examples of one serving
- D. Milk and Milk Products
 - 1. Introduction
 - 2. Types of milk and milk products
 - 3. Servings per day
 - 4. Examples of one serving
- E. Meat, Fish, Poultry, and Alternates

1. Introduction
 2. Animal protein v.s. vegetable protein
 3. Servings per day
 4. Examples of one serving
- F. Extras Group / Others Group
- G. Words to Remember & Review Questions

Unit IV: Kitchen Know-How

Estimated Time: 4 weeks

- A. Introduction
 1. Kitchen safety
 2. Kitchen sanitation
- B. Five Rules of Safe Food Service
- C. Safety Tips to Prevent Accidents
 1. In-class activities - safety situations (6)
- D. The Language of Recipes
 1. Preparation terms
 2. Kitchen utensils
 3. Measuring utensils; Demonstration: Measuring Ingredients
(Liquid / Dry)
- E. Cooking Labs & Evaluation

Evaluation

Tests	40%
Quizzes	10%
Lab Mark	20%
Sewing Project	10%
Assignments	20%