Applied Design, Skills, and Technology

Home Economics 8

Teacher: Mrs. A. Van Aalst Room: 1368 &1370

Website: avanaalst.weebly.com email: avanaalst@sd57.bc.ca

**Big Ideas**

Design can be responsive to identified needs.

Complex tasks require acquisition of additional skills.

Complex tasks may require multiple tools and technologies.

Welcome to Home Economics 8. This course will introduce you to both Textiles and Foods and Nutrition. This is a project-based course, so your presence is necessary to complete the assignments and projects to successfully complete this section of your Grade 8 curriculum.

**Course Aims:**

* **Textiles:**
  + Identify the parts of a sewing machine
  + Use hand and machine sewing techniques to produce a beanie frog or bunny
  + Understand the basic components of a pattern and the instructions necessary to complete the project
  + Recognise that personal factors influence textile choices, and that colour and pattern are elements of the overall final project
* **Foods and Nutrition**
  + Demonstrate safe food handling practices
  + Identify the elements of a recipe and different equipment necessary to prepare the final product
  + Understand removing, replacing, or substituting ingredients affects the nutritional profile, food quality, and taste of your dish
  + Gain/reinforce a variety of cooking skills while preparing a range of recipes
  + Explain how social factors affect your food choices

**Expectations:**

* be on time for class – and seated quietly before the bell
* attend all classes unless ill (a note is required for each absence)
* upon receipt of a note student will be given work missed to complete and hand in on their own
* make good use of class time and be willing to work cooperatively in a group
* turn in all assignments
* have binder or duo tang, pens, and other supplies in class always
* act maturely with safety in mind
* be respectful of everyone always – no bad language or put downs
* bring only nutritious snacks and beverages into the classroom
* turn cell phones and music off during class time and keep in bag out of sight
* leave bulky articles including band, sports gear, and coats in your lockers when possible
* use the washroom before class begins and ask to leave only in emergencies

## Supplies: Blue or black pen, pencil, and eraser

**Course Content:**

Textiles:

* sewing room safety, sewing equipment
* parts of the sewing machine
* practice sewing – following patterns on paper
* threading the machine
* Projects: piecework bookmark & Beanie Frog or Bunny

Foods:

* Lab and Food safety
* Equipment name, use(s), and location
* Measurement and Principles of Baking
* Hand and Dishwashing Fundamentals
* Nutrition Labels and Mindful Eating
* Recipes: biscuits, muffins, cupcakes, cookies, pizza, taco salad

## Evaluation:

|  |  |
| --- | --- |
| **10%** Theory work  **30%** Sewing – Marks for Projects  **50%** Labs - practical cooking and self-evaluation.  **10%** Final Exam – comprehensive to include both sewing and Foods | *Note*: At the end of this course, you will receive a report card displaying only a letter grade and work habits for Home Ec. 8. |

## Work Habits Rubric

|  |  |  |  |
| --- | --- | --- | --- |
| **Categories** | **Good** | **Satisfactory** | **Needs Improvement** |
| **Attendance and Punctuality** | - No unexcused absences  - Consistently/almost always on time. | - One unexcused absence.  - Occasionally late. | - Has several unexcused absences  - Often late. |
| **Preparedness**  *(eg; Binder, pen or pencil, prepared to cook on lab days, completes homework and assignments)* | - Consistently brings all required materials to class.  - Consistently comes prepared to learn & be involved in class. | - Usually brings all required materials to class.    - Most often comes prepared to learn & be involved in class | - Often forgets required materials for class.  - Is often not prepared to learn & not be involved in class. |
| **Responsibility**  *(eg; listens to others, allows others to focus, is on task, takes care of equipment).*  *(eg; works well with others, participates in discussion and other group activities, is not disruptive)* | - Consistently respects others and the learning environment.  - Consistently a positive member of the learning community. | - Usually respects others and the learning environment.  - Usually a positive member of the learning community. | - Still learning to respect others and the learning environment.  - Working towards being a positive member of the learning community. |
| **Initiative**  *(eg; a self-starter, sees what needs to be done, seeks help when needed/absent)* | - Consistently takes initiative for own learning. | - Usually takes initiative for own learning. | - Seldom takes initiative for own learning. |