



HOME ECONOMICS COURSES AT SALISH SECONDARY



FOODS 9

Food Studies 9 will take your cooking skills and design thinking skills to the next level. Appetizers, meals and more are all part of this course as we explore the themes of breakfast, lunch and dinner. Discover the principles of food safety, food systems, and food marketing. Learn new techniques and use an assortment of tools to help you produce healthy and nutritious meals. Students will be asked to identify issues as they relate to food and use creative and critical thinking skills to design, develop and create practical solutions to such issues.





Textiles 9

- If you like to create using fabrics and textiles, this course is for you! This course encourages students to interact with the design process through the creation of various sewing, dying, and craft/home décor items. Whether you are a beginner or experienced sewer, develop your sewing skills while making a garment that is uniquely yours. You will finish this course with skills that will last you a lifetime. Students will be asked to identify and consider important issues surrounding the apparel industry, and use various global views in the design, development and creation of projects.



Food Studies 10

- In this course you will sauté, dice, cream and bake your way through a variety of recipes as you prepare healthy and delicious dishes and meals. Learn techniques for making a variety of foods while you explore the foods of Canada and what makes Canadian food unique. Students will continue to use the design process while adding to their culinary repertoire.





Textiles 10

- If you like to make things to use or wear, then this is the course for you. This course includes the design and creation of various sewing and craft/home décor items. Whether you are a beginner or experienced sewer, develop your sewing skills to make a garment that is uniquely yours. Students will be exploring global issues surrounding the textiles and apparel industry and will get to repurpose and upcycle materials for a project.



FOOD STUDIES 11

Food Studies 11 is a great opportunity to broaden your food knowledge by learning to cook through international cuisine. We will use interesting seasoning and a variety of cooking techniques to learn about food preparation as well as food origins. Your confidence in the kitchen will grow as you gain a better understanding of multiple cooking practices. Global food issues as well as current food trends will also be explored.



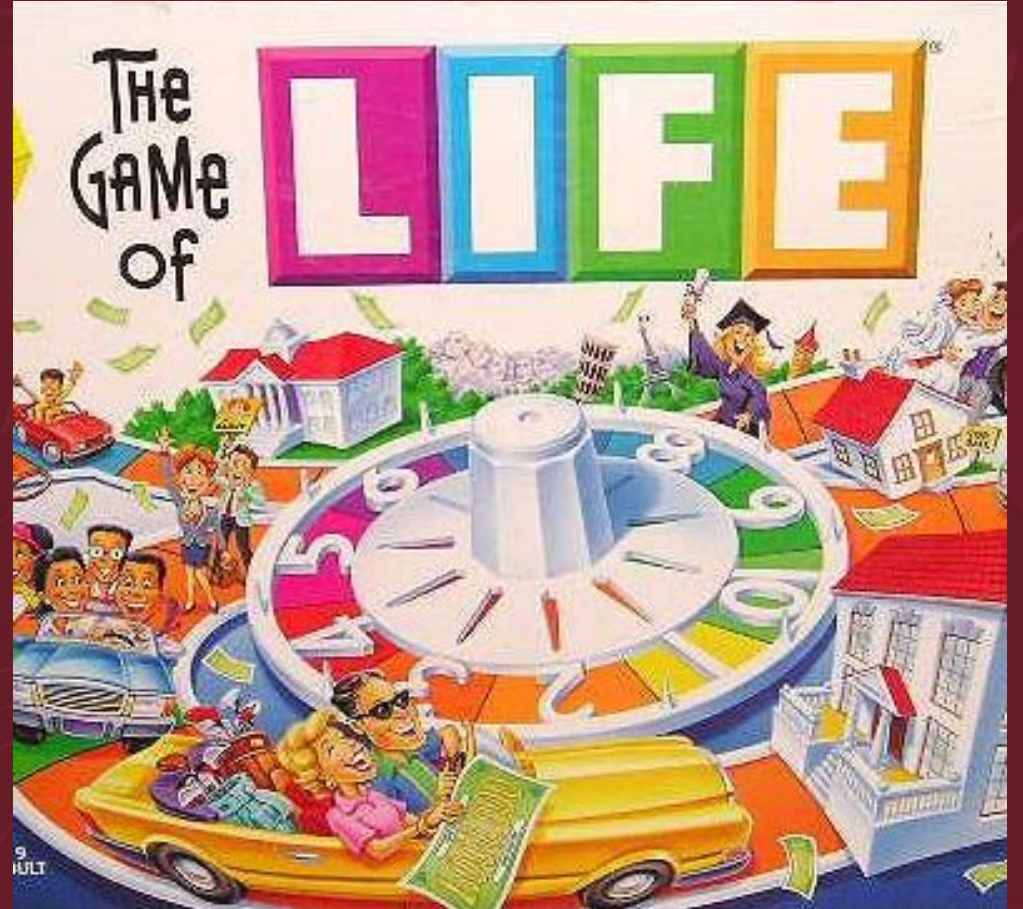
Textiles 11

Create! Personalize! Design! Gain knowledge and develop your design thinking skills as you construct unique projects and garments using various fabrics and equipment. Whether you have used a sewing machine or not, but have an interest in learning, this course is for you. Students will be given the opportunity to learn and build on skills in areas that are of particular interest to them while being exposed to new and innovative technologies in textile creation and garment construction. Express your creativity by using the elements and principals of design, and applying this knowledge using an assortment of fabrics and techniques. Create one-of-a-kind items from fashion to home décor to crafts. Build a portfolio of personal achievements that showcases your knowledge and demonstrates your design and sewing skills.



Family Studies 11/12

Do you remember playing the Game of Life when you were younger? Did you go to university or enter the workforce? Did you get your dream job? The dream house? Children? Were you hit with high taxes and unexpected adversity? There is a reason it's called the Game of Life! Life is a journey with many ups and downs. Family studies is an exploratory course that provides hands-on and practical skills that can be used to handle whatever life throws your way! Topics may include housing, relationships, conflict resolution, gratitude, resiliency, community and culture, child development etc. This course is designed as a Gamified Course—using the Game of Life to explore critical, relevant and interesting course concepts. Students will explore concepts through communication, critical thinking and creativity. This is a hands-on, engaging and practical course!





Food Studies 12

Who is doing the cooking? Food Studies 12 will further explore new foods, flavors and techniques of haute cuisine that you can take into your future independent life. This course will also explore special dietary needs as well as local and global food supply issues. Skills learned in this course will apply to careers in food science, health care and your everyday life. Discover your creative talents. Study the food concerns and practices of our modern society. Experience multi-product labs where different dishes are prepared and enjoyed. Challenge yourself. This is a course you will definitely enjoy and find useful in the future!



Textiles 12

Create! Personalize! Design! Gain knowledge and develop your design thinking skills as you construct unique projects and garments using various fabrics and equipment. Whether you have used a sewing machine or not, but have an interest in learning, this course is for you. Students will be given the opportunity to learn and build on skills in areas that are of particular interest to them while being exposed to new and innovative technologies in textile creation and garment construction. Express your creativity by using the elements and principals of design, and applying this knowledge using an assortment of fabrics and techniques. Create one-of-a-kind items from fashion to home décor to crafts. Build a portfolio of personal achievements that showcases your knowledge and demonstrates your design and sewing skills.





The world is an incredible place filled with amazing opportunity, experiences and relationships. It is also a place of difficult realities, hardship and adversity. How can humans have fulfilling and joyful lives in a world with rising anxiety, stress and mental health? The answer is resiliency! Psychology 11 is an exploratory course that introduces students to the field of psychology. What can you do to lower stress levels and increase feelings of joy? How can you tell if you have fake friends? Does hugging actually result in a longer lifespan? This course is designed to provide practical and hands-on skills that students can apply to their own lives—giving a sense of control while building resiliency. Topics of exploration include personality, social psychology, health psychology, emotions, psychological disorders etc. Students will explore concepts through communication, critical thinking and creativity. This is a hands on, engaging and practical course!

Psychology 11

Psychology 12

Psychology 12 is built off Psychology 11 (Psychology 11 is not a required prerequisite course). Students will continue building resiliency while exploring new and interesting concepts. In tandem with Psychology 11, this course will take the skills learned about individual perspective and self and apply it to the greater community. Topics of exploration may include criminal behavior, forensic psychology, states of consciousness and dreams, motivation, sports psychology etc. Students will explore concepts through communication, critical thinking and creativity. This is a hands-on, engaging and practical course!

