

# Course Descriptions

## *Burnaby Central*

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# HOME ECONOMICS

Home Economics courses at Burnaby Central are fun, hands-on courses that help students become better prepared for our changing, dynamic world. We focus on empowering young people to become active and informed members of society with respect to both living independently and living in caring situations with others. The Home Economics Courses foster critical thinking and problem solving skills needed to manage resources effectively. In doing so, Home Economics education makes an important contribution to:

- Improving the quality of students' present and future family lives
- Increasing students' resourcefulness in dealing with domestic and workplace challenges
- Enhancing students' development as responsible citizens

### **Foods and Practical Art 8**

Is a fun, hands-on course that helps you learn "SKILLS FOR LIFE"! You will learn how to prepare food and make nutritious and delicious meals and snacks like Pizza, Breakfast Wrap, Three Cheese Pasta Bake, Fruit Salsa and Smoothies. Build on your team work and time management skills and enter the Grade 8 Pasta Cook Off. Not only will you get to show your creativity with food, but you will get to express your personal style by creating your very own chef's apron. You will be able to impress your friends and family with your enhanced cooking skills and learn healthy eating habits too!

### **Food Studies 9**

Want to impress your friends? Here is one way to do it. By preparing a variety of breakfasts, lunches, dinners, snacks and baked products you will be able to:

- perform a variety of new food preparation techniques
- taste your product and become your own food critique
- operate new equipment
- look out for the well-being of your friend and family by planning and preparing balanced meals
- prepare seasonal products (eg. Gingerbread Treasure Chest, Pumpkin Cookies or Eatable Easter Bunnies)
- build team spirit

This course will build/enhance your cooking skills! Come and try it out!

## **International Foods 10**

Come and explore how other cultures live! Journey to Italy, China, Mexico, Greece and other countries by preparing a variety of appetizers, breads, soups, main entrees, salads, and desserts. Through the use of food, discover the similarities and differences of each country's cuisine. Learn how these cultures prepare their ethnic foods. Have fun experiencing new culinary techniques, how to use special equipment, traditional table settings and service. It is an experience you will not want to miss!

- explore and prepare ethnic dishes Have fun working with your group, appreciating, exploring and tasting the wonderful world of food!
- learn and apply advance food preparation techniques
- prepare and sample creative multi-course meals
- plan and prepare nutritious meals for your friends and family
- have an opportunity to select your own recipes (with guidance form the teacher) and try them
- use consumer skills by exploring and comparing similar food products
- participate in creative cook-offs

## **Food Studies 11 & 12**

Do you like to cook and taste your culinary creations? Would you like to enhance your cooking skills and experiment with more advanced recipes? In this course, you will:

- learn and apply advance food preparation techniques
- prepare and sample creative multi-course meals
- plan and prepare nutritious meals for your friends and family
- have an opportunity to select your own recipes (with guidance from the teacher) and try them
- use consumer skills by exploring and comparing similar food products
- participate in creative cook-offs
- explore and prepare ethnic dishes.

Have fun working with your group, appreciating, exploring and tasting the wonderful world food.

## **Baking 11**

Welcome to the world of baking. The baking and pastry professions are growing rapidly so this course is offered to introduce students to the background knowledge, skills and practical experiences of a bakery. All baking skills learned are transferable to baking at home for your friends and family or to a career in the food industry. Students will focus on those skills necessary to produce attractive and tasty products. We will be concentrating on superior taste, creative expression, cost efficiency, organization, time management and teamwork (social responsibility).

### **Cafeteria 10**

Do you love to cook? Do you want to learn how to cook? This course is for you and is designed as an introduction to food preparation in the teaching kitchen. Students will develop food preparation, cooking and service skills in a fast paced, team environment. This course is a valuable first step for students wishing to learn the basics of commercial cooking or those wanting to take the Ace-it Chef Apprentice Course (offered at Burnaby Central).

### **Cafeteria 11**

This fun, interactive, active course teaches students to focus on quantity food preparation and service. Students develop the skills necessary for commercial food preparation as they participate in activities related to receiving, storing, and presenting nutritious foods. The knowledge gained will provide life skills that will enable students to cook for family and friends. Foodsafe is offered in class and all students passing this course will obtain their Level 1 certification needed for employment in the food industry today.

### **Cafeteria 12**

This fun, hands on culinary course teaches students to focus on quantity food preparation and service. While experiencing the creative preparation and presentation of food, students of Cafeteria 12 become leaders who can apply their learned skills to their home life and in public food-service facilities. Students also have the opportunity to develop attitudes required by the food industry and to practice customer service. Foodsafe is offered in class and all students passing this course will obtain their Level 1 certification needed for employment in the food industry today.

### **Foods & Catering 11 & 12**

Catering is one of the fastest growing segments of the food industry. At Burnaby Central, students learn how to provide food professionally for special occasions within our school community. The focus is on quality food production, service techniques, and presentation that showcases the students learned skills.

## **Textiles Studies 9, 10, 11 & 12**

Are you looking for a fun and creative way to express yourself? Are you interested in sewing and have a flare for fashion? Then Textiles Studies is the course for you! No previous experience required. The course is made up of grades 9 through 12 and is designed to help you learn and build your Sewing skills and Textiles knowledge by:

- learning about fabric use and care
- reading, understanding and working with commercial patterns to create clothes, crafts etc.
- selecting colour and styles that suit you
- examining current and historic fashion trends and fashion designers
- fitting, changing and altering patterns and designs
- working with sewing machines and sergers, irons, and specialized sewing equipment
- practicing basic to advanced sewing techniques e.g. zippers, darts, sleeves etc.
- planning and participating in the annual fashion show

Have fun and express your personal and creative styles, classes fill up so don't miss out!

## **Family Studies 11 & 12**

Family Studies can be taken in grade 11 and 12 and is one of the most exciting courses you will take as it is all about you and your life! Check out the fascinating topics you will cover:

- Adolescent development and issues facing teens today and in the past
- Stages in adulthood and challenges facing adults today
- Dating, committed and family relationships
- Aging, stereotypes and myth busting
- Sexuality, wellness, mental and physical health
- Living on your own, housing and Interior design
- Parenthood and Parenting skills
- Living as an individual and in a family
- Related careers Improve your communication skills by participating in our weekly discussions on any of the above topics and more. This class gives you the opportunity to choose a topic and in a group run the class for a day. Don't miss out on this amazing opportunity to learn more about yourself and impact your life for the better!

## **Child Development 11**

Learning about children is fun! Practical projects, group work, guest speakers, and visits with children are all included in this course.

- Gain knowledge of child development from physical, social, intellectual and emotional perspectives.
- Explore various parenting styles.
- Host a seasonal children's party with food, games, and entertainment. Other topics include toys and play, books and storytelling and health and safety. Enjoy the wonderful and imaginative world of children!

## **Child Development 12**

Are you interested in working with children? Many jobs and careers involve interaction with these “little folks”. This course is designed to promote the understanding of children and their growth and development.

- Learn about career opportunities.
  - Explore “ages and stages” of children.
  - Gain knowledge about special needs.
  - Find out how birth order affects development.
  - Host a seasonal children’s party with activities, food, stories, music and entertainment.
- Various programs and activities for children will be explored through projects, guest speakers, videos, individual and group work, and visits with parents and their children. Come and explore the creative world of children!