

Grade 9 Home Ec.
Course Outline
Ms. Lawrence
lawrencj@prsd.ab.ca

Sewing	Foods
Introduce sewing projects Sewing safety review Machine parts review Threading, tension, and machine problems review Parts, threading, tension, and machine problems Quiz Pattern Envelope Guide sheets Layout demonstration & start cutting Clothing care & ironing Pressing a shirt Mending Sewing project	Kitchen and food safety review Lab procedures & dishwashing review Factors that contribute to successful meal planning Lab 1 - Breakfast Lab 2 - Lunch Lab 3 - Meal on a budget Lab 4 - Supper Lab 5 - Cultural Food or Meal Lab 6 - Choice Factors that influence food choices The importance of consumer skills in selecting foods for meal planning Planning, preparing and evaluating healthy meals for varying lifestyles and special occasions Investigate a culture and study foods typical of that culture Kitchen cleanup and organization
Project 40% Assignments and quizzes 10%	Labs 40% Assignments, Quizzes 10%

Teaching Methodology

A variety of auditory, visual, and kinesthetic instructional strategies will be used in order to target different learning styles and to successfully deliver curricular content. Direct instruction will include lecture, demonstrations, and question & answer sessions. Students will also engage in authentic individual, small group, and whole group activities including assignments, projects and presentations, as well as laboratories. Technology will be integrated into course presentation through videos, Smart Notebook, and computer animations and software. Students will complete labs and projects that will involve internet research.

Power School and Online Communication

The online marks program “Power school” is an online portal for teachers to communicate with students and parents about schedules, attendance, and grades. Attendance is updated daily and marks will be updated about every two weeks depending on the number of assessments done during that time.

You will be provided resources and assignments through the use of [Google Classroom](#). You will need to sign-up for our Google Classroom using the classroom code: **snfj4q2**

Help Sessions - Extra help is available during lunch and by appointment.

Resources

Sewing Supplies List For PJ Pants

- flannelette fabric – amount will depend on the length they wish to make their pants as well as the width of their fabric. 2.50 meters is usually enough for most students however they may require less if their fabric is wide or they may require more if they want a long leg length. Please have your child wash and dry their fabric before bringing it to school.
- 2.5 cm wide elastic to fit their waist measurement + 3 cm.
- 1 spool of thread to match their fabric.
- 2 large safety pins
- seam ripper
- measuring tape
- pins
- pin cushion or pin magnet
- 1 package of sewing machine needles for woven fabric.
- sewing scissors
- marking equipment (chalk pencil or washable marking pencil) bag or container to hold supplies.

Notes, assignments and worksheets provided will be posted in google classroom

General Expectations; Requirements for Success

- **Phones** are not needed for the bulk of the activities we complete in this course. Please follow school procedures in regards to devices in classrooms. Students who struggle with device use during class time will be addressed on a case-by-case basis.
- **Attendance** is one of the most important factors for academic success. It is expected that you come to class every day, on time, with the materials you require for class.
- **All notes, handouts, reading, and assignments missed due to absence are your responsibility.** Please make arrangements with myself or with a classmate to obtain missed materials. Should a quiz or lab be missed due to an excused absence, you will be allowed to make it up at a time and place that is convenient for both you and the teacher.
- **Homework** assignments are due at the **beginning of class; on or before the due date.** Progress checks are performed regularly throughout the course.
- **Assignments** should be handed in on time. Late work is not penalized, in terms of marks, and will be accepted up to the cut-off deadlines provided during the course. After which, the assignment will be given a grade of '0'. **Late assignments** will be marked at the teacher's discretion, do not expect them back the next day.
- Mature and considerate behavior is expected in class. Students are expected to be respectful to one another and the teacher. Please remain quiet and attentive whenever the teacher is teaching and remain focused on the work to be completed during work time.