

# Course Descriptions

## *Burnaby Central*

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### **APPLIED DESIGN, SKILLS & TECHNOLOGIES**

## **HOME ECONOMICS**

Home Economics courses at Burnaby Central are fun, hands-on courses that help students become better prepared for our changing world. We focus on empowering young people to become active and informed members of society with respect to both living independently and living with others. The Home Economics curriculum fosters 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 life's daily challenges
- Enhancing students' development as responsible citizens

### **Home Economics 8**

This hands-on course helps you learn "SKILLS FOR LIFE"! You will learn about kitchen safety, metric measurement, healthy eating habits, and how to prepare delicious snacks. 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 apron or gym bag. You will be able to impress your friends and family with your enhanced skills and learn healthy eating habits too!

### **Food Studies 9**

This course will focus on skills in the areas of food preparation and meal planning with an emphasis on nutrition and time management. Students work in cooperative groups to prepare a variety of popular and nutritious meals and snacks such as breakfast, lunch, dinner and baking. Students will explore topics such as kitchen safety, sanitation, nutrition, the role of ingredients, First Peoples food use and how food production impacts society. The skills and knowledge acquired in this course provide students with practical skills for everyday life.

### **Textiles 9**

This course is an introductory course that enables students to learn textiles knowledge and sewing skills to express their personal style and creativity. No previous experience required. Students will construct two to three simple garments/crafts that may include pajama pants, hoodies and craft items such as quilted pillow, pencil cases, bags and Coast Salish knitting. Students will learn how to operate a Janome sewing machine and sergers, cultural influences on fashion and textile choice, sewing terminology, fibre characteristics and care. A small selection of fabrics are available for use, however students are encouraged to purchase their own materials based on personal style and preference.

Updated: Dec 2021

## **Culinary Arts 10**

This course is designed as an introduction to food preparation in the teaching kitchen. Students will develop food preparation, catering and food marketing skills in a 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 Cook's Training Level 1 Course offered at Burnaby Central.

## **Skills Exploration 10 - International Foods 10**

Journey to Thailand, India, Italy, China, Mexico, Greece and other countries by preparing a variety of appetizers, breads, soups, salads, and desserts. Using food, discover the similarities and differences of each country's customs and cuisine. Learn about world cuisine, factors influencing food choices, travel, geography, climate/growing conditions, and nutrition. Bring your appetite and sense of adventure to try new and delicious foods! It is an experience you will not want to miss!

## **Textiles 10**

Students continue to develop basic garment construction techniques and select projects to practice new techniques. No previous experience required. Possible projects include the use of both knits and woven fabrics, pants/skirts, unlined jackets/shirts. Students will explore the origins, characteristics, and care of natural and manufactured textiles, First Peoples traditional and current textile knowledge and practices, strategies for altering patterns and upcycling, principles of design, environmental factors and ethical impact of the Textiles industry and the impact of those choices on local and global communities. A small selection of fabrics is available for use; however, students are encouraged to purchase their own materials based on personal style and preference.

## **Baking 11**

The baking and pastry professions are growing rapidly so this course is offered to introduce students to the background knowledge, skills and practical required to produce quantity commercial baked goods offered in our cafeteria. 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. This course is also offered in the morning during X Block.

## **Culinary Arts 11**

This fun, interactive course teaches students to focus on quantity food preparation. Students develop the skills necessary for commercial food preparation as they participate in activities related to receiving, storing, preparing and presenting nutritious foods. The knowledge gained will provide life skills that will enable students to cook for family and friends. All students will learn the necessary skills for working in the food industry today.

### **Food Studies 11**

Students will further enhance their knowledge and skills by preparing nutritious and appetizing products. You will also have an opportunity to select and prepare your own recipes (with guidance from the teacher) and use consumer skills by exploring and comparing similar food products. Units of study will include food preservation, baking, impact of diet on health, yeast breads, soups, grain products, fad diets, multi-course meals, desserts and the impact of sugar consumption on health. Bring an open mind and an adventurous palate.

### **Interpersonal and Family Relationships 11**

This course enables students to explore the factors involved in interpersonal relationships. Topics will include reasons and the importance of forming relationships, definitions of committed relationships, cultural influences, factors involved in ending relationships, components of healthy relationships and how to thrive and reciprocate in a variety of relationships, indicators of unsafe relationships, actions to ensure safety in relationships and communication styles and strategies.

### **Textiles 11**

Students will build on their clothing construction skills and textiles knowledge. No previous experience required. Student's projects may include: lined jackets/coats, dresses, pants, knits and craft items. Students will explore careers in design, production and marketing of textile items, historical influences of fashion and textile choices and the properties, selection/care of natural and manufactured fibres and yarns, and ethical and economic issues in the Textiles industry. A small selection of fabrics is available for use, however, students are encouraged to purchase their own materials based on personal style and preference.

### **Baking 12 – Specialized Studies in Foods**

This course enables students to learn the advanced baking principles and techniques. Students will gain the knowledge and skills required to create professional desserts, to work in the baking and pastry arts industry and/or to be prepared for post-secondary baking and pastry arts programs. The course focusses on foundational baking knowledge, application of baking principles, time management skills, analyzing and problem-solving skills, managing baking processes, achieving product outcomes and plating skills. Units of study will include artisan breads, pastry dough, batters, cookies, cakes, fillings, dessert sauces, plating desserts, cake design and creation, chocolate and confection work.

### **Child Development and Care Giving 12 (Child and Youth Education 12)**

This course explores child development from prenatal to youth. Stages of child development from birth to age 12, including cognitive, social, physical, and emotional development, and language and speech will be explored. Students will also gain valuable skills in the areas of conflict resolution, mentorship, communication and working with youth. Additional topics will include the role of play in human development and learning, nutritional needs and feeding practices for children of various ages and theories of caregiving styles and impacts on child development. Experiences will be gained from hands on interactions with partnered elementary schools.

### **Culinary Arts 12**

This fun, hands on culinary course teaches students to focus on quantity food preparation. While experiencing the creative preparation and presentation of food, students become leaders who can apply their learned skills to their home life and in public food-service facilities. Students will have the opportunity to develop skills required to work in the food industry.

### **Food Studies 12**

In this course, you will learn and apply advanced food preparation techniques and prepare multi-course meals. Units of study will include food preservation, baking, consumer comparisons, food security, genetically modified foods, yeast breads, stock based soups, salads, grain products (oats, corn, filled pasta) types of vegetarians, multi-course meals, and desserts. Have fun working with your group, appreciating, exploring and tasting the wonderful world of food.

### **Textiles 12**

Students will experiment with challenging fabrics, methods for designing patterns and advanced techniques in this course. Students will construct advanced textile items which may include tailored garments, lined garments, evening wear, costumes, swimwear and or active wear. Students will explore ethical and environmental issues in the fashion industry, historical uses of textile items and their influence on modern textile use, First Peoples historical textile practices, influences of design, production, labelling and distribution, relationship between fibre content, fabric type and its appropriate use. A small selection of fabrics is available for use, however, students are encouraged to purchase their own fabric based on personal style and preference.