

Social Science and Humanities

Food and Nutrition

HFN101

This course focuses on guidelines for making nutritious food choices. Students will investigate factors that influence food choices, including beliefs, attitudes, current trends, traditional eating patterns, food marketing strategies, and individual needs. Students will also explore the environmental impact of a variety of food choices at the local and global level. The course provides students with opportunities to develop food preparation skills and introduces them to the use of social science research methods in the area of food and nutrition.

CREDIT: 1

TYPE: Open

GRADE: 9

Exploring Family Studies

HIF201

This course explores, within the context of families, some of the fundamental challenges people face: how to meet basic needs, how to relate to others, how to manage resources, and how to become responsible members of society. Students will explore adolescent development and will have opportunities to develop interpersonal, decision-making, and practical skills related to daily life. They will learn about the diverse ways in which families function in Canada and will use research skills as they explore topics related to individual and family needs and resources.

CREDIT: 1

TYPE: Open

GRADE: 10

Food and Culture

HFC3M1

This course focuses on the flavours, aromas, cooking techniques, foods, and cultural traditions of world cuisines. Students will explore the origins of and developments in diverse food traditions. They will demonstrate the ability to cook with ingredients and equipment from a variety of cultures, compare food-related etiquette in many countries and cultures, and explain how Canadian food choices and traditions have been influenced by other cultures. Students will develop practical skills and apply social science research methods while investigating foods and food practices from around the world.

CREDIT: 1

TYPE: University/College

GRADE: 11

Working with Infants and Young Children

HPW3C1

This course prepares students for occupations involving children from birth to six years of age. Students will study theories about child behaviour and development, and will have opportunities for research and observation and for practical experiences with young children. Students will become familiar with occupational opportunities and requirements related to working with infants and young children. They will also have opportunities to develop research and critical-thinking skills as they investigate and evaluate current research about early childhood education. This course will be available every other year (next available time will be 2014-2015).

CREDIT: 1

TYPE: College

GRADE: 11

Introduction to Anthropology, Psychology & Sociology

HSP3U1

This course provides students with opportunities to think critically about theories, questions, and issues related to anthropology, psychology, and sociology. Students will develop an understanding of the approaches and research methods used by social scientists. They will be given opportunities to explore theories from a variety of perspectives, to conduct social science research, and to become familiar with current thinking on a range of issues within the three disciplines.

CREDIT: 1

TYPE: University

GRADE: 11

PREREQUISITE: ENG2D1 - English **or** CHC2DF - Histoire du Canada au XXe siècle **or** CHC2D1 - Canadian History Since World War I

Nutrition and Health

HFA4U1

This course examines the relationships between food, energy balance, and nutritional status; the nutritional needs of individuals at different stages of life; and the role of nutrition in health and disease. Students will evaluate nutrition-related trends and will determine how food choices can promote food security and environmental responsibility. Students will learn about healthy eating, expand their repertoire of food-preparation techniques, and develop their social science research skills by investigating issues related to nutrition and health.

CREDIT: 1

TYPE: University

GRADE: 12

PREREQUISITE: Any university or university/college preparation course in Social Sciences and Humanities, English, or Canadian and World Studies.

Families in Canada

HHS4C1

This course enables students to develop an understanding of social science theories as they apply to individual development, the development of intimate relationships, and family and parent-child relationships. Students will explore a range of issues relating to the development of individuals and families in contemporary Canadian society as well as in other cultures and historical periods. They will develop the investigative skills required to conduct research on individuals, intimate relationships, and parent-child roles and relationships in Canada.

CREDIT: 1

TYPE: College

GRADE: 12

PREREQUISITE: Any university, college, or university/college preparation course in Social Sciences and Humanities, English, or Canadian and World Studies.

Families in Canada

HHS4U1

This course enables students to draw on sociological, psychological, and anthropological theories and research to analyse the development of individuals, intimate relationships, and family and parent-child relationships. Students will focus on issues and challenges facing individuals and families in Canada's diverse society. They will develop analytical tools that enable them to assess various factors affecting families and to consider policies and practices intended to support families in Canada. They will develop the investigative skills required to conduct and communicate the results of research on individuals, intimate relationships, and parent-child relationships.

CREDIT: 1

TYPE: University

GRADE: 12

PREREQUISITE: Any university or university/college preparation course in Social Sciences and Humanities, English, or Canadian and World Studies.