



Huron Heights

Family Studies

"Learning skills for life"

Family Studies provides students with opportunities to understand and support the role of family in society. Students develop self-confidence, interpersonal skills, practical living skills, and the awareness they need to function in and manage family life in today's rapidly changing world.



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Grade 9 Courses

Food and Nutrition (HFN1O/2O1)

This course explores the role nutrition plays in one's life. Students will investigate factors that influence food choices, including beliefs, attitudes, 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, learn about nutrients, analyse their own diet, understand safe kitchen and food handling practices, and develop food-preparation skills during practical food labs.

Exploring Family Studies (HIF1O/2O1)

This course explores, within the context of families, some of the fundamental challenges people face. Students will investigate 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.

** The above two courses are offered as Grade 9 & 10 split classes. A student with the HFN1O1 credit may not take the HFN2O1 credit, similarly, a student with a HIF1O1 credit may not take the HIF2O1 credit.*

Both the Food and Nutrition and Exploring Family Studies courses offered in Grades 9 & 10 lead to our senior courses in the Social Sciences field.

Grade 11 Courses

Housing and Home Design (HLS3OI)

Students will learn about the needs that housing fulfils, housing options, home maintenance and safety, as well as factors to consider related to housing. They will use the elements and principles of design to analyse design and decorating decisions.

Understanding Fashion (HNC3CI)

Students will gain an understanding of fashion trends, factors that influence these trends, create fashion items and learn about fibres, fabrics, and the elements and principles of design.

Raising Healthy Children (HPC3OI)

Students will gain skills and knowledge that caregivers need, with emphasis on maternal health, pregnancy, birth, and the early years of human development.

Grade 12 Courses

Nutrition and Health (HFA4U/4CI)

Students will examine the relationships between food, energy balance, and nutritional status, learn about healthy eating, and expand their repertoire of food-preparation techniques in food labs.

Human Development Throughout the Lifespan (HHG4MI)

Students will learn about theoretical perspectives on human development, threats to healthy development and factors that promote resilience throughout the lifespan. Students will learn about physical, cognitive, and social-emotional development from the prenatal period through old age.

Families in Canada (HHS4UI)

Students will draw on sociological, psychological, and anthropological theories and research to analyse the development of individuals, intimate relationships, family, and parent-child relationships with a focus on issues and challenges facing individuals and families in Canada's diverse society.

The World of Fashion (HNB4MI)

Students will learn how to create a fashion product using various tools, techniques, and technologies while developing their practical sewing skills and learn about various factors that affect the global fashion industry.

Personal Life Management (HIP4OI)

Students will learn to manage their personal resources to meet their basic needs for food, clothing, and housing. They will also learn about their personal, legal, and financial responsibilities and develop and apply interpersonal skills in order to make wise and responsible personal and occupational choices.