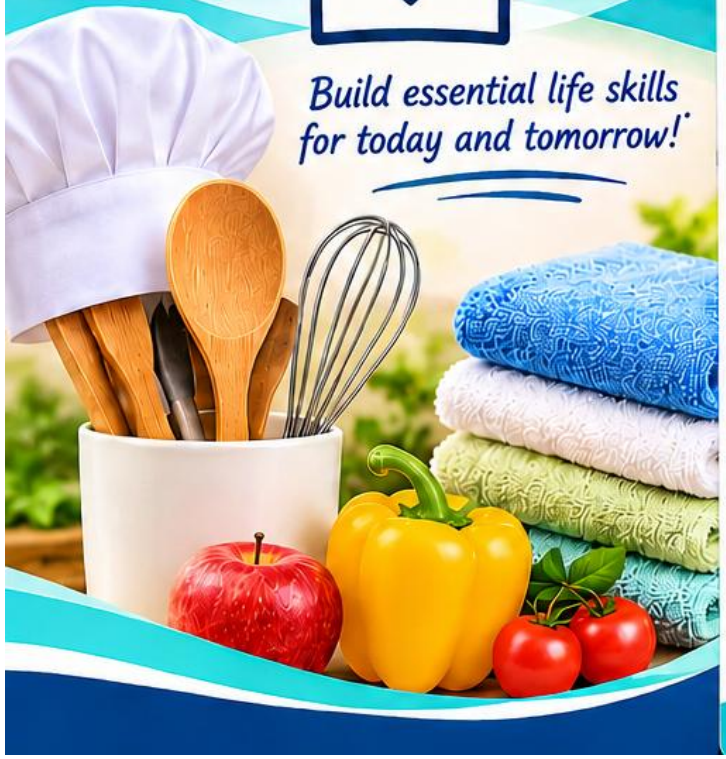
HIF10 Grade 9 Family Studies

Learn • Create • Grow

Build essential life skills for today and tomorrow!



Unit 1: Daily Living Skills

- Kitchen Tools and Equipment
- Measuring Techniques
- Understanding Recipes
- Kitchen Safety
- Knife Skills
- Food Safety
- Laundry
- Healthy Eating and Canada's Food Guide
- Meal Planning



Unit 2: Relating to Self and Others

- Adolescent Development
- Needs and Wants
- Values and Goals
- Growth Mindset
- Adolescent Relationships
- Bullying and Cyberbullying
- Harassment and Dating Abuse
- Communication Styles and Skills
- Conflict Resolution
- Decision Making
- Managing Resources



Unit 3: Exercising Responsibility

- Personal Responsibility
- Family Responsibilities
- Consumer Awareness



Crafts:



- Beaded Blue Dragons and Critters
- Friendship Bracelets:
  - Square Knot
  - Staircase
  - Candy Stripe



- Sewing:
  - Buttons
  - Pillows
  - Hacky Sacks
  - Teddy Bears
  - Frogs



Variety of Baking and Cooking:

- Muffins
- Cookies
- Cupcakes
- French fries
- Quesadillas
- Apple Crisp
- Gingerbread/Shortbread cookies
- Pancakes
- Cheesy garlic bread

