

Home Economics/ Nutrition/Art



Abbotsford Traditional
Middle School

This exploratory program is designed to teach the students about cooking, the proper care and maintenance of a kitchen, nutrition and food sustainability and basic hand-sewing skills. Various art skills and techniques are sometimes incorporated as well. The course aims to enable students to feel confident in using kitchen equipment, basic measuring skills, cooking skills, and to understand the importance of good nutrition, food sustainability, composting and recycling.

The Grade 6 students are thoroughly taught the basics of cooking, including different baking methods, how to read recipe, cooking terms, etc. The sewing portion is mostly taught to Grade 6 students and consists of them completing a hand-sewing sample before moving onto a hand-sewing project.

Grade 7 students are deeply steeped into learning about nutrition and how to become a healthy eater for life! They are also required to complete a hand sewing review sample as well as they are taught how to sew on buttons. Grade 7 students will also complete an art unit.

The Grade 8 students term is spent on local and global food sustainability projects and they are taught laundry care, including laundry care symbols and ironing of a men's dress shirt.

All grade levels cook at least one day per week, where they are in the kitchen centers learning valuable skill-sets and group communication skills.

Overall, the program is geared toward teaching students valuable life-skills that incorporate all of their academic learning, in some way, into hands-on tasks. This allows them to become experiential learners which will benefit them for the rest of their life!

