

Grimsby District Secondary School

Social Science and Humanities

Food and Nutrition

HFN101

This course explores the factors that affect attitudes and decisions about food, examines current issues of body image and food marketing, and is grounded in the scientific study of nutrition. Students will learn how to make informed food choices and how to prepare foods, and will investigate our Canadian food heritage and food industries, as well as global food issues. The course also introduces students to research skills related to food and nutrition.

CREDIT: 1

TYPE: Open

GRADE: 9

Individual and Family Living

HIF201

This course explores the challenges faced by all people: how to meet basic needs, how to relate to others, how to manage resources, and how to become responsible members of society. Students will acquire knowledge and skills that are needed to make the transition to adulthood. Teachers will instruct students in developing interpersonal, decision-making, and practical skills related to daily life. Students will explore the functioning of families and the diversities found among families and within society.

CREDIT: 1

TYPE: Open

GRADE: 10

Parenting

HPC301

This course focuses on the skills and knowledge needed to promote the positive and healthy nurturing of children, with particular emphasis on the critical importance of the early years to human development. Students will learn how to meet the developmental needs of young children, communicate and discipline effectively, and guide early behaviour. They will have practical experiences with infants, toddlers, and preschoolers, and will learn skills in researching and investigating questions relating to parenting.

CREDIT: 1

TYPE: Open

GRADE: 11

Introduction to Anthropology, Psychology & Sociology

HSP3M1

This course introduces the theories, questions, and issues that are the major concerns of anthropology, psychology, and sociology. Students will develop an understanding of the way social scientists approach the topics they study and the research methods they employ. Students will be given opportunities to explore theories from a variety of perspectives and to become familiar with current thinking on a range of issues that have captured the interest of classical and contemporary social scientists in the three disciplines.

CREDIT: 1

TYPE: University/College

GRADE: 11

Food and Nutrition Sciences

HFA4M1

This course examines various nutritional, psychological, social, cultural, and global factors that influence people's food choices and customs. Students will learn about current Canadian and worldwide issues related to food, frameworks for making appropriate dietary choices, and food-preparation techniques. This course also refines students' skills used in researching and investigating issues related to food and nutrition.

CREDIT: 1

TYPE: University/College

GRADE: 12

PREREQUISITE: Any University, University/College, or College preparation course in Social Sciences and Humanities, English, or Canadian and World Studies

Individuals and Families in a Diverse Society

HHS4M1

This course applies current theories and research from the disciplines of anthropology, psychology, and sociology to the study of individual development, family behaviour, intimate and parent-child relationships, and the ways in which families interact within the diverse Canadian society. Students will learn the interpersonal

skills required to contribute to the well-being of families, and the investigative skills required to conduct and evaluate research about individuals and families.

CREDIT: 1

TYPE: University/College

GRADE: 12

PREREQUISITE: Any University, University/College, or College preparation course in Social Sciences and Humanities, English, or Canadian and World Studies