

Human Ecology

Foods and Nutrition

Foods and Nutrition is offered at John Taylor Collegiate from Grade 9 all the way through to Grade 12. Students in all grades will learn how to be independent in the kitchen as well as creating a safe and sanitary work space. Grade 9 will introduce students to the idea of making healthy choices in their daily food intake. Grade 10 will focus on learning the role that each nutrient plays in the body as well as how to make better food choices for each nutrient. In Grade 11, students will focus on sports nutrition and healthy weight management. Grade 12 will teach students about safety issues surrounding our food supply and how diet will influence diseases in later life such as cancer, heart disease and diabetes.

Family Studies

Family Studies is offered at John Taylor Collegiate from Grade 9 all the way through to Grade 12. Grade 9 helps the students focus on learning good communication skills, understanding the importance of healthy relationships and teen sexuality. Grade 10 begins the study of human development starting with conception and moving through to the preschool child. In Grade 11 the school age child will be studied and by grade 12 the developing adult and issues surrounding adulthood are explored.