

# HUMAN ECOLOGY

At St. Mary's Academy, Human Ecology has three components: Foods & Nutrition, Textiles & Design and Family Studies.

In Junior School (grades 7 & 8) students experience Human Ecology and Foods & Nutrition for half of a year in each grade. The Textiles & Design program introduces students to the basics of textile construction and fabric sustainability/care. The Foods & Nutrition program focuses on food literacy skills, nutritious foods and cooking methods as a main factor contributing to a person's overall health and honing kitchen skills to improve confidence in making healthy choices.

In Senior School (grades 9 to 12), the Textiles and Design course is an elective. Students create a design portfolio using the elements and principles of design in home décor or apparel fashion. In addition, students construct an article of clothing or home décor item using measurement skills in flat pattern/drafting basics. The Foods & Nutrition portion of the credit includes review of safety and sanitation, basic food preparation planning, equipment and food technique/skill acquisition. Additionally, the fundamentals of nutrition along with one's relationship with food and its influences are examined.

