

# Home & Careers Grade 7 Course Outline

## A. Decision Making

- Decision Making process
- Pros and Cons of difficult decisions
- Problem Solving
- Time Management/ Study Skills

## B. Self-esteem

- What makes me, me?
- Relating with Others
- Positive thinking

## C. Family Resources and Management

- Family Types
  - All families are different
  - Parenting Styles
- Sibling and Child Care
  - How children learn
  - Babysitting
  - Birth Order
  - Changing family roles in the 21<sup>st</sup> Century
- Choosing What to Eat
  - Basic nutrition/ My Pyramid
  - Kitchen safety
  - Measurement and market orders
  - Starting to cook