

Course Activation Assignment

Welcome to EBUS Academy Distributed Learning. Enclosed you will find everything needed to complete your course activation assignment. Once you have completed this assignment you can email it to activation@ebus.sd91.bc.ca, fax it to 1-250-567-3943, or mail it to:

EBUS Academy
Bag 8000, 187 East Victoria St.
Vanderhoof, BC Canada V0J 3A2
Phone: 1-800-567-1236



To be considered active in this course you must:

- ▶ Complete a current enrollment form (see www.ebus.ca - please allow 3 days for processing)
- ▶ Fill out the information below
- ▶ Complete the following activation assignment for this course

Contact information

Name: _____ Personal Email: _____

Phone: _____ High School: _____

Regular progress reports are mailed/emailed out. Please provide email addresses that you would like these reports to go to (e.g. parent, school counselor, etc.). Parent email addresses are mandatory.

Parent Email (Name/Email): _____

Counselor/Supervisor (Name/Email): _____

Name/Position/Email: _____

You hope to finish this course in: Semester (5 months) 10 months

Once these requirements are met, please visit your 'My Classes' icon in FirstClass to continue.

If you have not yet received your welcome email with FirstClass instructions, please call our Help Desk at 1-800-567-1236 ext. 2255. If you are a continuing student, please use your existing EBUS login.

Name: _____

Email: _____

Family Studies 12

Activation Assignment



**Please submit your work to activation@ebus.sd91.bc.ca or by fax to 1-250-567-3943.
Once your assignment has been received you will be contacted by a teacher.**

Learning Goal: The prescribed learning outcomes for Family Studies 12 are grouped under the following curriculum organizers:

- i) Families in Society
- ii) Interpersonal and Family Relationships

This assignment touches briefly on learning outcomes pertaining to each of the above.

Time: Approximately 2 - 3 hours

Score: /50 marks (5% of course mark)

1. List the 4 main food groups from which we should try to have servings each day. (4 marks)

2. List four reasons why many young adults fail to eat healthful meals. (4 marks)

3. Why do snacks and meals bought in cafes, and fast food outlets have to be more expensive than food you prepare at home? (3 marks)

4. When a person eats foods which contain more calories than he burns up in exercise, what is the effect on his body and appearance? (2 marks)

5. Write two or three paragraphs explaining why having a clear idea of your values and goals, and being loyal to them, can promote good mental health. (10 marks)

6. In what way is there a relationship between an individual's priorities and his/her standard of nutrition? (2 marks)

Name: _____

Email: _____

7. Read and complete the attachment entitled, "[It's About Choices](http://www.ebus.ca/Activation%20Assignments/Choices.pdf)". (15 marks)
(<http://www.ebus.ca/Activation%20Assignments/Choices.pdf>)
8. Read the document entitled "[Family Rituals](http://www.ebus.ca/Activation%20Assignments/FamilyRituals.pdf)".
(<http://www.ebus.ca/Activation%20Assignments/FamilyRituals.pdf>)
9. You have read about different rites of passage, family traditions, and family routines from # 8. Now, match the action to the correct family ritual. (10 marks)
- A. *Rite of Passage*
B. *Family Tradition*
C. *Family Routine*

(e.g. #1 would be B. Family Tradition)

- ___1 a family camping trip
___2 cleaning the house as a family every Sat. morning
___3 celebrating the engagement of a best friend
___4 calling a child every day after school to ensure s/he got home safely.
___5 each sibling using the car for a full weekend after successfully obtaining a driver's license
___6 attending a wake of a grandparent who has passed away
___7 moving away from home to attend university
___8 hunting for eggs on Easter morning
___9 grocery shopping together on Wednesday evenings
___10 a naming ceremony for a newborn child

You have reached the end of your Activation Assignment. Ensure that all is complete and submit to activation@ebus.sd91.bc.ca or by fax to 1-250-567-3943. Once your assignment has been received you will be contacted by a teacher. Thank you and welcome to Family Studies 12!