

# FAMILY AND CONSUMER SCIENCE

The unique focus of Family and Consumer Science is the role of the family as it relates to the individual, family, employment, and community. This is a program designed to provide active participation and hands-on activities for young men and women to develop the knowledge, skills and behaviors needed for:

- Strengthening the well-being of individuals and families
- Becoming responsible citizens and leaders
- Promoting optimal nutrition and wellness
- Managing resources for individuals and families
- Balancing personal, home, family, and work lives
- Successful life management, employment, and career development
- Functioning as providers and consumers of goods and services
- Appreciating human worth and accepting responsibility
- Using critical and creative thinking skills to address problems in diverse family, community, and work environments
- Exploring career opportunities related to FACS

## COOKING CLASSES

### **Everyday Cooking** 2501

Grades: 9-10-11-12

Prerequisite: None

Suggested donation of \$30 to offset materials cost.

Are your cooking skills limited to macaroni and cheese from a box or putting a frozen pizza in the oven? Join us to make several food labs using just a few ingredients and be surprised at your results. Learn to cook from more than just a box. You will gain up-to-date information about healthy eating, food preparation, and food safety and sanitation. Through hands-on involvement, basic cooking skills will be put into practice as you prepare and eat healthy snacks, quick breads, soups, salads, casseroles, sweet treats and main entrees.

### **Gourmet Cooking** 2504

Grades: 9-10-11-12

Prerequisite: None

Suggested donation of \$30 to offset materials cost.

What is there to eat? Using basic cooking principles and hands-on cooking experiences, you will explore units about chocolate, yeast breads, eggs, cheese, fruits and vegetables. This class may be for you if you have a sweet tooth and a flair for creative foods. Bring your own imagination to this class and a love for food.

### **FIT (Fitness and Individual Training) Cooking** 2505

Grades: 9-10-11-12

Prerequisite: None

Suggested donation of \$30 to offset materials cost.

Cook and eat to gain that competitive edge by supporting your **Fitness and Individual Training** plan. In this class you will be preparing foods that will help you refuel and recover post-workout, cook meals that will promote muscle development and select snacks that will keep your energy level steady before, during, and after working out. FIT Cooking is designed to help you improve your health and athletic performance through proper nutritional intake while learning to prepare the foods which support your personal and team training goals. Energy shakes, whole-grain warm up foods, pasta and proteins, heart healthy grains and energy rich food are among the units of study and cooking. Eat to be FIT! This course is recommended for students who are recreational, individual and/or team athletes. Note: A contribution is requested to cover food supplies for each student. Course content supports STEM initiatives and MCA math and science standards.

### **Pizza, Pasta and More!** 2508

Grades: 9-10-11-12

Prerequisite: Everyday Cooking and/or Gourmet Cooking

Suggested donation of \$30 to offset materials cost.

Make Emeril proud as you "kick it up" a level in this advanced cooking class! Students will learn advanced skills and concepts on selecting, storing, preparing and serving foods. Creative approaches will be used as different types of pizza and a variety of pasta dishes are prepared. In addition, students will prepare a variety of other foods including garlic mashed potatoes, bread maker breads and chicken stir-fry.

### **International Cooking 2506**

Grades: 10-11-12

Prerequisite: Everyday Cooking and/or Gourmet Cooking

Suggested donation of \$30 to offset materials cost.

Do you love to cook and entertain? This class takes your cooking skills to a more advanced level. Explore the ever-changing world of multicultural cuisine as you prepare new and exciting foods. Cooking experiences will include appetizers, garnishes, assorted cheesecakes, a variety of ethnic foods such as Italian, German, Thai, Mexican, French, Scandinavian, Asian, and more.

## INTERIOR DESIGN COURSES

### **Interior Design 1 2507**

Grades: 9-10-11-12

Prerequisite: None

Information gained in this class will enable you to plan and decorate a home or apartment to meet today's lifestyle needs. Activities will focus on housing needs, design elements and principles, floor plans, furniture selection, window treatments, and accessories. Hands-on learning activities are a big part of this course. A final project will consist of planning and decorating an apartment. **This class meets the Arts Standard Requirement.**

### **Interior Design 2 2541**

Grades: 10-11-12

Prerequisite: Interior Design 1

This class is designed to give you a broad overview of information needed to plan, build, and decorate a home. The content explains how and why the intended functions of a home are used to determine the home's construction and decoration. Interior and exterior construction, decoration, and landscaping are explored. Participation through individual projects, design teams, resource people, and a field trip are an important part of this class.

***\*\* Students successfully completing Interior Design 1 and Interior Design 2 may have the opportunity to earn Articulated College Credit from a post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating post-secondary institutions.***

## FAMILY LIFE COURSES

### **Infant and Toddler Development 2532**

Grades: 9-10-11-12

Prerequisite: None

If you are interested or puzzled by babies and toddlers, this class is for you. Infant and Toddler Development will start with the birth of the newborn and continue with infant care and development through the toddler years. Multiple births and children with special needs will also be studied. Project options include the Real Care Parenting program.

***\*\* Students successfully completing Infant and Toddler Development may have the opportunity to earn Articulated College Credit from a post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating colleges and universities.***

### **Child Development 1 2509**

Grades: 10-11-12

Prerequisite: None

If you enjoy working with children, this is the class for you. This course offers you the opportunity to have fun and experience the unique relationship of working with three, four, and five-year-old children in an actual play school setting. The knowledge of the development of preschoolers will be used to plan, develop, and implement a safe, creative, child-centered environment for the children attending. This is an excellent class for those considering a career working with children.

### **Child Development 2 2551**

Grades: 11-12

Prerequisite: Child Development 1

If you enjoyed working with the preschool children in Child Development 1, then this class is for you! This course builds upon the principles of growth and development as does Child Development 1. As a continuation, students will be given opportunities to increase their understanding of preschoolers by planning developmentally appropriate curriculum and developing guidance skills through working with children in our playschool setting. The playschool will be a large part of the class, but other areas of study include school-aged children and children with special needs **\*\* Students successfully completing Child Development 1 and Child Development 2 may have the opportunity to earn Articulated College Credit from a post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating colleges and universities.**

### **Independent Study Child Development 3 IS 2509**

Grades: 12

Prerequisite: Instructor Approval and successful completion of Child Development 1 and 2

Students who have shown tremendous success and leadership in Child Development 1 and 2 can consider this course. In addition to working with preschool-aged children, students will study theorists and study the stages of human development. This course is only available via independent study and requires instructor approval.

### **Exploring Relationships 2524**

Grades: 10-11-12

Prerequisite: None

Develop the skills needed to establish and maintain healthy relationships. Topics covered in this course will include interpersonal communication skills, dating, violence-free relationships, readiness for the responsibility of marriage, and the elements of successful relationships. Issues facing family relationships will also be explored such as divorce, single parent families, family stress, child/spouse abuse, and neglect. The skills developed in this class will help you understand and improve relationships and enable you to better understand and recognize challenging issues many families face.

### **Parenting 2510**

Grades: 10-11-12

Prerequisite: None

In this class you will examine the decision to parent and important issues related to raising healthy children and building positive relationships with them. The healthy growth and development of children from the prenatal stage through birth will be explored. Guest speakers, a panel discussion, projects, and the "Real Care Baby" simulation experience are a part of this class. Whether you become a parent or pursue a child-related career, the Parenting class offers valuable information.

## **CAREER FOCUS COURSES**

### **Introduction to Teacher Education F-2531**

Grades: 10-11-12

Prerequisite: None

This program involves the linking of high school students with elementary school students in a caring and supportive relationship. Following a brief training period, students spend the remainder of the trimester working with elementary school children. The high school and elementary school students meet daily at the cooperating elementary school. The older students may help a child with academic work or may spend more personal time with the child reading a story, working on an activity, or simply listening to what has been happening in the child's life. This program will provide valuable experience for students considering child-related careers. **NOTE: Students must provide their own transportation to and from the elementary school.**

**Independent Living: Life 101 2521**

Grades: 10-11-12

Prerequisite: None

Ready to live on your own? This class explores situations you may encounter and the realities of living on your own. Topics included are money management, the use and responsibilities of credit, finding a place to live, dorm life, apartment living and leases, insurance options, and buying and maintaining a car. Developing skills to secure and maintain employment, cooking for one or two people, and other concerns of living on your own are units of study that may be covered in this class.