

FAMILY & CONSUMER SCIENCES

SEMESTER ELECTIVES

Compass

8115 1 Semester – ½ Credit
Open to Grades 9-10 1 Period Per Day

Strongly recommended for all incoming freshmen.

In this course, lessons and activities are designed to support the Vision of a Lakewood Graduate. Students will develop effective learning strategies and critical skills to provide a strong foundation for success throughout high school and for lifelong learning.

- Study skills and organizational habits
- Intro to Naviance: graduation and college planning tool
- Develop a 4-year graduation plan
- Guest speakers: colleges, careers, military, career shadowing, College Now, guidance counselors and more
- Scholarship opportunities
- Explore West Shore Career-Tech programs
- Intro to community service and H2O

Leadership & Mentoring - New for 2021-22!

8420 1 Semester – ½ Credit
Open to Grades 11-12 1 Period Per Day

In this course students will develop leadership skills through hands-on school and community involvement. An emphasis will be placed on service learning, leadership training and peer-to-peer mentoring. Students have the opportunity to emerge from this course with impactful leadership and motivational skills, both of which are critical, regardless of the path students choose to take after high school. This course is a great choice for any student looking to grow their confidence, leadership abilities and for those seeking a strong connection to their school and larger community.

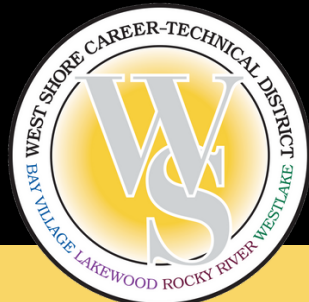
- Learn what it means to be an effective leader
- Gain and grow critical leadership skills
- Participate in a program to mentor underclassmen
- Engage in service learning opportunities at the high school and within the Lakewood community
- Network and build connections through partnerships with local businesses and leaders

Architecture & Interior Design - New for 2021-22!

8230 1 Semester – ½ Credit
Open to Grades 9-12 1 Period Per Day

Students will examine design principles used for residential exteriors and interiors. Students will complete hands-on activities, which could include constructing a piece of furniture, repurposing items or creating a mock home. Students can explore and learn more about:

- Housing styles and architecture
- Design principles in decorating and furnishing
- Space planning and floor plans
- Individual and global factors in selecting a living environment
- Careers in housing, interiors and furnishing industries



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Fashion Design

8210 1 Semester – ½ Credit
Open to Grades 9-12 1 Period Per Day

Fashion Design is recommended for any student interested in learning the foundational concepts regarding the fashion industry and sewing. Explore all things fashion in this project-based, hands-on course.

- Learn about prominent fashion designers
- Trend & runway analysis
- Application of production techniques with sewing projects
- Fashion history
- Fashion illustration
- Fibers & fabric construction
- Fast fashion + upcycling project
- Careers in the fashion industry
- Guest speakers

Child Development

8410 1 Semester – ½ Credit
Open to Grades 9-12 1 Period Per Day

Discover more about yourself by exploring how child development affects adult development. Whether you want to understand the reality of having children or have a passion for working with kids, this course provides information and skills for both interests. Reality Works Simulation Baby is an optional project.

- Healthy pregnancy, newborn care and stages of child development
- Parenting skills
- Explore career opportunities
- The psychology of child development
- Guest speakers

Everyday Cooking

8330 1 Semester – ½ Credit
Open to Grades 9-12 1 period Per Day

Everyone should at least know their way around the kitchen. Learn the basics of all things cooking in this hands-on, lab-based course that allows you to eat what you make and take home the leftovers! If you aren't sure the difference between a Tbsp and tsp...this course can help.

- Healthy Food Decisions
- Basic Cooking Techniques
- Create Yummy Recipes
- Kitchen Safety
- Meal Planning
- Baking Concepts

Due to the serious nature of food allergies and restrictions, modifications to labs can't always be made.



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Experience with Foods

8370 1 Semester – ½ Credit
Open to Grades 9-12 1 Period Per Day

This is a course for students who have a high interest in learning the basics of food preparation. Students will apply basic culinary practices and understand how flavor, texture and appearance are affected during food preparation. Labs and classroom activities are centered around the main food groups, with other categories included, such as breads and baking. Measuring techniques and kitchen safety and sanitation are other course topics covered. Nutrition and meal planning are covered throughout the course as well.

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Creative Cooking

8310 1 Semester – ½ Credit
Open to Grades 10-12 1 Period Per Day

Prerequisite: Everyday Cooking or Experience with Foods

This course is for the student who wishes to expand their cooking skills beyond the basics and who have a passion for cooking. Creative Cooking focuses on food preparation techniques such as broiling, sautéing, baking, and frying. An emphasis is placed on applying new techniques in the kitchen and on making all parts of a meal from scratch. Students will learn the components of food presentation and will have the opportunity to put their creative skills to the test during cooking labs. Additionally, students will apply their learning of the selection and proper use of tools and equipment. Nutrition and application of how to make healthy food choices are topics that are also covered.

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Global Foods

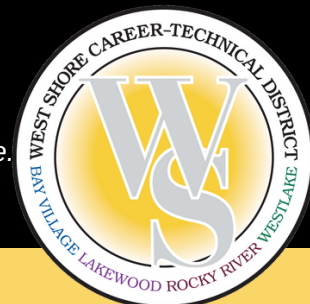
8350 1 Semester – ½ Credit
Open to Grades 10-12 1 Period Per Day

Prerequisite: Everyday Cooking or Experience with Foods

Broaden your food horizon and expand your palette with this next-level food course. Explore what the world has to offer through cuisine.

- Cultural and traditions influence on cuisine
- Recipes from around the world
- Ingredients and cooking methods
- Global food market
- Food truck competition
- Explore career opportunities

Due to the serious nature of food allergies and restrictions, modifications to labs can't always be made.



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SEMESTER ELECTIVES

Senior Class Cooks!

8160 1 Semester – ½ Credit
Open to Grade 12 1 Period Per Day

Adulting can be hard! Let us help ease your mind when it comes to cooking, budgets and food. In this course, seniors will develop a personalized approach to responsible and healthy living skills for when they are on their own.

- Selecting and preparing recipes on a budget
- Basic cooking techniques
- Meal prep for young adults
- Etiquette
- Lifecycle nutrition and wellness
- Budgeting/consumer issues for young adults
- Careers in the hospitality industry

Due to the serious nature of food allergies and restrictions, modifications to labs can't always be made.

