

FAMILY & CONSUMER SCIENCES

Related Careers: Both female and male students can benefit from a study of an area within Family & Consumer Sciences. Occupations related specifically include social worker, nurses, parent/homemakers, psychologists, teachers or teacher aides, architects or home designers, fashion designers and merchandisers, chefs and short-order cooks, dieticians, home extension agents, food service workers, day care providers, etc.

ELECTIVE COURSES:

| Grade 9 | Grade 10 | Grade 11 | Grade 12 |
|--|--|---|---|
| Foods I Fashion Apparel & Textiles Quilting Housing & Interior Design | Foods I Foods II Taste of Culture Fashion Apparel & Textiles Quilting Early Childhood Education Housing & Interior Design Nutrition | Foods I Foods II Taste of Culture Fashion Apparel & Textiles Quilting Early Childhood Education Nutrition Culinary Arts I Culinary Arts II Housing & Interior Design | Foods I Foods II Taste of Culture Fashion Apparel & Textiles Quilting Early Childhood Education Nutrition Culinary Arts I Culinary Arts II Housing & Interior Design |

601 Foods I

1 term 1/4 credit

Pre: None

Grade Level: 9 - 12

Course Summary: Do you want to know your way around the kitchen? Do you want to learn the basics of cooking and baking? This is the class for you! You will be introduced to valuable culinary skills like mise en place, reading a recipe, equipment uses and knife skills while preparing a wide variety of foods from quick breads, eggs, dairy, grains and many more.

Lab Fee: \$12.00

604 Foods II

2 terms 1/2 credit

Pre: None

Grade Level: 10 - 12

Course Summary: Do you want to learn to cook main dishes or create beautiful baked goods like you see on food network? This course will provide you with a variety of in-depth explorations in food preparation. During this trimester class you will learn how to identify and use herbs and spices, how to use a wide variety of cooking methods for meats and main dishes as well as how to make cakes and yeast breads from scratch.

Lab Fee: \$25.00

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606 Taste of Culture

2 terms 1/2 credit

Pre: Foods I or II

Grade Level: 10 - 12

Course Summary: Tastes of Culture course explores the connections between what we eat and cultures around us. As we move around the globe, this course will cover the history and topography as it relates to each region's dietary customs, cuisines, and cooking methods. By investigating cultural and social influences on food choices, you can gain an awareness and understanding of diverse populations within our society.

Lab Fee: \$25.00

607A Culinary Arts I

2 terms 1/2 credit

Pre: Foods I or II

Grade Level: 11-12

Course Summary: Culinary Arts I is the first of a sequential pathway, developed by the National Restaurant Association. This course allows students to master professional level kitchen basics. Topics covered include professional knife skills, stocks, soups & sauces, meats, cooking methods and desserts. The course combines culinary and management skills, including pop-up restaurants for staff and meals at the DEF building for senior citizens in our community.

Lab Fee: \$25.00 per trimester

607B Culinary Arts II

2 terms 1/2 credit

Pre: Culinary Arts I

Grade Level: 11-12

Course Summary: In Culinary Arts II, students get to further explore the exciting and developing professions in the culinary industry using the National Restaurant Association ProStart curriculum. Throughout the class, high school students will learn career-building skills and get a taste for success in an industry that is hungry for talent. This course continues to develop professional level culinary basics. Students will participate in catering and food service events. Students will have the opportunity to earn their Food Safety Managers certification as they work through the ServSafe curriculum.

609 Fashion, Apparel & Textiles

1 term 1/4 credit

Pre: None

Grade Level: 9 - 12

Course Summary: : Looking for a fun and relaxing hobby, or a hands-on class that one can really enjoy? Learn to use a sewing machine, select fabric, care for fabric and construct sewing projects of yourself. Two projects include mittens and pajama pants/shorts. Students will be responsible for purchasing their own fabric and supplies. Sewing kits will be ordered through the school.

Lab Fee: Cost of fabric (kits) + supplies (approx. \$40.00)

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611 Quilting for Fun**1 term 1/4 credit****Pre:** none**Grade Level:** 9 - 12

Course Summary: Get in on the fun! Quilting is a relaxing national pastime, and a way to express your creativity through textile arts. This class will teach you basic quilting skills. Learn to experiment with colors, patterns, and specialized equipment to design and construct your own unique quilt projects. Students will be responsible for purchasing fabric and supplies outside of class time. The students will have the opportunity to have their quilts machine quilted by Cindy. She runs a local business in Cold Spring. This is optional due to an additional \$25.00 charge, which is half of what it typically costs.

Lab Fee: Cost of fabric + \$5.00 (for classroom supplies)

614 Early Childhood Education**2 terms 1/2 credits****Pre:** None**Grade Level:** 10 - 12

Course Summary: See the world through the eyes of a child! Learn how children develop physically, emotionally, socially, and intellectually. Explore how children learn through play. Gain skills in working with children one on one while considering how societal change impacts childhood, in the U.S. and around the world. This class is recommended for students interested in a child-related career in education, as a social worker, medical professional or anyone that likes to spend time with children.

620 Nutrition**1 term 1/4 credit****Pre:** None**Grade Level:** 10 - 12

Course Summary: In this course, we will examine science concepts related specifically to food, gaining knowledge and skills in food preparation, food selection, nutrition analysis, problem solving, and critical thinking. The study of food can benefit you as you make daily food choices, both now and in the future, and understand the health impacts of those choices.

Lab Fee: \$12.00

621 Housing & Interior Design**2 term 1/2 credit****Pre:** None**Grade Level:** 9-12

Course Summary: Do you enjoy arranging things, experimenting with color, or looking at houses? Housing and interior design will give you the chance to create a home with warmth and personality. Activities will focus on housing choices, floor plans, design elements and principles, furnishings, and accessories. Students will design the interior of a home as their final project.

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