

# CTE – FAMILY & CONSUMER SCIENCE

## Course Offerings

### Foods & Nutrition (10-12)

This course includes basic classroom and laboratory experiences needed to develop knowledge and understanding of basic food principles and applied nutrition for people of all ages. This course content centers around: promoting food service and preparations management; applying nutrition concepts; meeting health needs in planning, preparing, and serving food; maximizing resources; promoting hospitality; and analyzing individual and family nutritional needs. Information related to careers in foods and nutrition, along with safety and sanitation is incorporated throughout the course.

### Culinary Careers (11-12) – Prereq: Foods & Nutrition

This course is designed to provide students interested in a career in culinary arts with the information and practical experiences needed for the development of food service job-related competencies. The students receive laboratory experiences using food service equipment, preparing food in quantity and serving food. Safety and sanitation are emphasized. Training experiences involve equipment and facilities, which simulate those found in business and industry.

### World Cuisine (11-12) – Prereq: Foods & Nutrition and Culinary Careers

This course will focus on the culture, foods, and recipes of cuisines found throughout the world. Emphasis is placed on management skills, human relations, personnel selection, supervision and career opportunities. Training experiences involve equipment and facilities that simulate those found in the restaurant business and industry when available.

### Early Childhood Education (10-12)

This course provides students with information and practical experiences needed for the development of competencies related to childcare, day care, and other education services occupations. Laboratory experiences, either in a school-based or worksite learning facility, are included throughout the class. Students meet standards in developing programs and assisting with children's activities. Classroom study includes the philosophy and management of care centers and the state and local regulations governing care-giving operations. The learning experiences will involve working with children simulating those found in business and industry, as well as preparation for developing and facilitating these activities. Federal laws, licensing and regulatory requirements for programs serving children birth to 12 years are covered. The history of educating children birth to 12 years will be addressed.

### Growth and Development of Children (10-12)

This course addresses the knowledge, skills, attitudes, and behaviors associated with supporting and promoting optimal growth and development of infants and children. The focus is on research-based nurturing and parenting practices and skills, including brain development research that supports positive development of children. The theories of Erikson, Piaget, Vygotsky and others will be studied as a foundation to understanding the physical, social, cognitive and emotional developmental milestones in children prenatally to 12 years. Students will explore opportunities in human services and education-related careers and develop a career portfolio.

### Family Health Maintenance (10-12)

This course is designed to address the health, safety, and social/emotional issues related to children, parents, and families. Communicable illnesses, prevention methods, childcare regulations, treatments for common injuries, legal mandates for reporting abuse and neglect, effects of violence on children, and nutritional needs will all be covered. Students interested in the fields of early childhood education, family studies and social services would especially benefit from this course.



Culinary Careers



Early Childhood Education



Foods & Nutrition