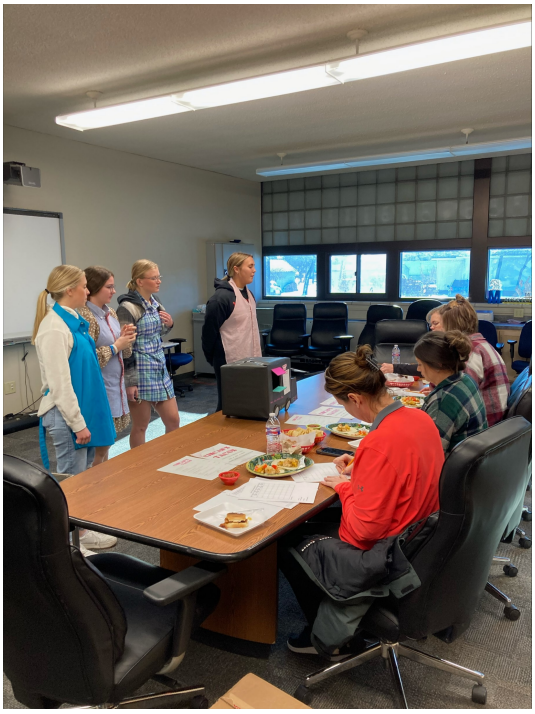
The MLS Family and Consumer Sciences program focusses on hands on projects teaching life skills to students. In Nutrition and Foods, an advanced foods class, students have enjoyed Fri-YAY labs where they get to prepare and eat whatever they choose for their meal every Friday. They plan together what they will need and what each person will bring, much like they would in a real-life setting. They participated in an egg challenge where they created desserts which involved separating eggs and whipping egg whites. They presented their food to a panel of judges. They recently completed yet another challenge. They prepared for the Food Truck challenge by building a model food truck for a business they created. They also created a logo, flyer, menu, business plan, recipe book and a signature food item and presented it to a team of judges.

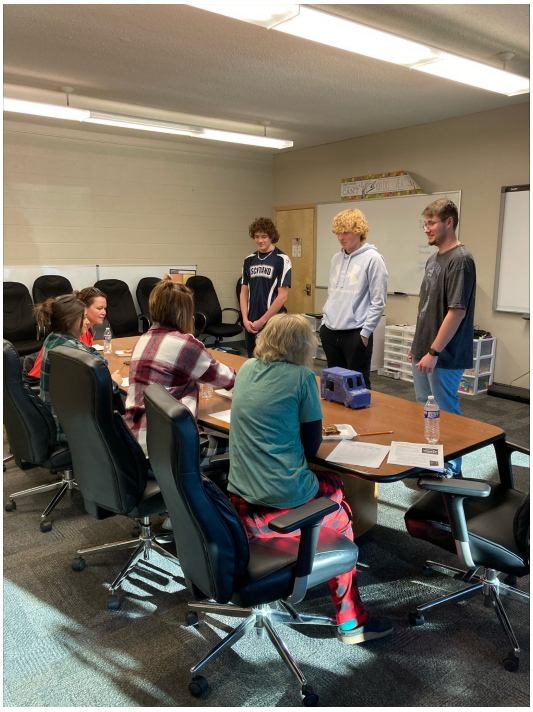




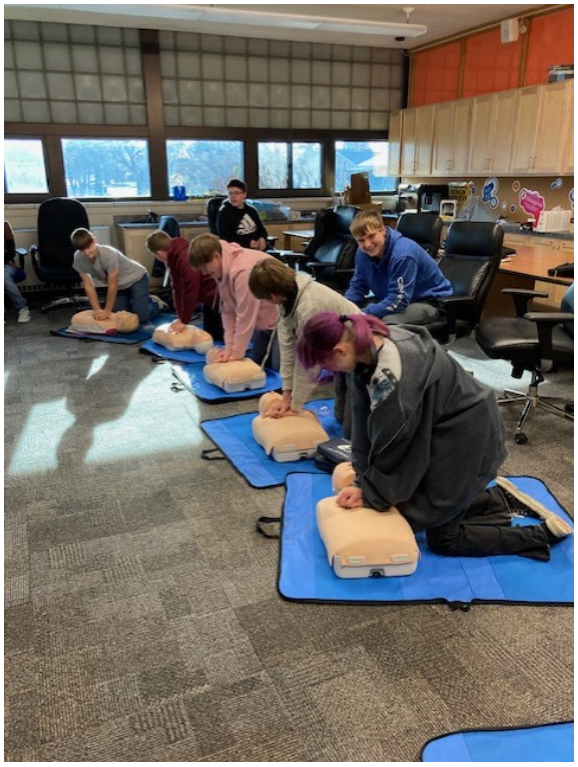








Fourteen members of the Individual and Family Health class recently received training in CPR/first aid and will be certified upon completion.



FACS I has been doing cooking labs and made microwave baked apples, Super small batch of extra large chunk cookies and grilled cheese roll ups.



Housing and Design recently made STEM houses out of nonperishable food items to demonstrate their basic construction knowledge.





FACS 7 is learning to sew and is navigating hand stitching techniques and created emoji ornaments.



Family and Consumer Science classes are part of the 7-12 MLS course catalog and are taught by Valerie Aho.