

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 for Life Fashion Apparel & Textiles Quilting Housing & Interior Design	Foods for Life Baking & Pastry Arts Taste of Culture Fashion Apparel & Textiles Quilting Early Childhood Education Housing & Interior Design Sports Nutrition	Foods for Life Baking & Pastry Arts Taste of Culture Fashion Apparel & Textiles Quilting Early Childhood Education Sports Nutrition Culinary Arts I Culinary Arts II Housing & Interior Design	Foods for Life Baking & Pastry Arts Taste of Culture Fashion Apparel & Textiles Quilting Early Childhood Education Sports Nutrition Culinary Arts I Culinary Arts II Housing & Interior Design

601 Foods for Life

1 term 1/4 credit

Pre: None

Grade Level: 9 - 12

Course Summary: In this class, we will start from scratch in learning the basics of the kitchen, including meal planning and nutrition. Cooking a couple times each week, students learn the fundamentals of the kitchen, while making informed decisions about what they eat.

Lab Fee: \$12.00

604 Baking & Pastry Arts

2 terms 1/2 credit

Pre: None

Grade Level: 10 - 12

Course Summary: Baking & Pastry Arts prepares you for successful careers as baking and pastry professionals through building foundation of principles and skills, and then using specific applications and recipes. Students will be able to prepare a wide array of baked goods, pastries, and confections.

Lab Fee: \$25.00

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606 Taste of Culture*available 2024-25 school year***2 terms 1/2 credit****Pre:** None**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 for Life (Foods I)**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. Students will have the opportunity to earn their Food Handler certification as they work through the ServSafe curriculum

Lab Fee: \$25.00**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 Manager certification as they work through the ServSafe curriculum.

Lab Fee: : \$25.00 + cost of Food Manager certification (optional)**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. Sewing kits will be ordered through the school. Also, students will spend time learning about careers in the fashion, apparel, and textiles industry.

Lab Fee: \$30.00 (cost of fabric and materials)[top](#)

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 Sports Nutrition**1 term 1/4 credit****Pre:** Foods for life (Foods I)**Grade Level:** 10 - 12

Course Summary: Proper nutrition is key to optimizing health and athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. Cooking a couple times a week, students will learn how to prep meals and snacks to stay fueled throughout the day.

Lab Fee: \$12.00

621 Housing & Interior Design*available 2025-26 school year***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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