

Join Mrs. Hale and Mrs. Perkins in Family and Consumer Science at Cave Spring High School

click the class title or scan the QR to find out more



Culinary Arts: Learn basic food preparation skills focused on baking and cooking trends. Students learn skills geared toward both personal and/or professional career goals.

Nutrition and Wellness: Learn about living a lifestyle of wellness, basic nutrients, food choic-es, nutrient guidelines and how to make and cook healthy foods.

Child Development: Learn about families and children, parenting styles, family roles and re-sponsibilities, healthy relationships, pregnancy and childbirth, developmental stages of babies and toddlers thru adolescence.

Adulting 101: Learn basic, every-day skills to help you in life after high school. Such as cooking, basic sewing, budgeting, household, home and family management and much more.

Teachers for Tomorrow: Learn about having a career in education, focusing on the duties and responsibilities of teaching.