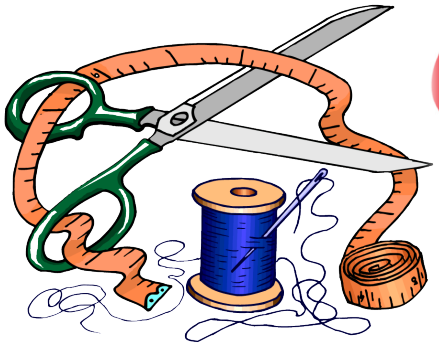
## COURSES OFFERED:

**Family & Consumer Sciences**
**19251G1000**

**Family Wellness**
**19259G0500**

**Nutrition & Food**
**19253G1002**



Family, Career and Community Leaders of America
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HOME OF THE Bulldogs

**Malea Ergle, Instructor**
**Family & Consumer Sciences**

# Addison High School

# Family & Consumer Sciences

Family and Consumer Sciences, the foundation course for classes in the Human Services cluster, allows students to engage with content from all four programs in the cluster. Its broad scope is designed to give students insight into financial literacy, consumer sciences, child and family studies, housing, apparel and interior design, and food and nutrition. In addition, it is intended to prepare students to select future courses and investigate career opportunities in those fields.

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## FAMILY WELLNESS

Family Wellness is designed for students interested in health issues affecting families and communities. It provides opportunities for students to explore health throughout the lifespan. Topics include community, consumer, environmental, family, personal, mental and emotional health; nutrition, injury prevention and safety, and disease prevention.

Career and Technical Student Organizations are integral, co-curricular components of each career and technical education course. These organizations enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and access opportunities for personal and professional growth. Students in the Human Services cluster affiliate with Family, Career, and Community Leaders of America (FCCLA).

## NUTRITION & FOOD

Nutrition and Food focuses on the impact of food choices, nutrition, meal management, cuisine, and following current nutritional guidelines on overall health across the life cycle.

The Nutrition and Wellness program looks closely at food as an essential part of human health and the human experience. Courses in this program explore food preparation, food product development and marketing, and the flavors and cultural significance of foods from around the globe. The goal of this program is to prepare students for post-secondary education and careers in a wide variety of fields, from food technology to small business ownership.