



2026-2027 **ACADEMIC** PROGRAM GUIDE

Achieving
Excellence,
Innovation,
& Empowerment
Together.

FAMILY & CONSUMER SCIENCES



Adaptive Culinary Leaders

Adult Living

Advanced Culinary Arts

Advanced Fashion & Design

Baking & Pastry Arts

Chefs

Child Development 1, 2

Culinary Arts

Fashion & Interior Design

Fashion Merchandising

*Introduction to Family and Consumer Science
Careers*

Teaching Internship Elementary 1, 2

Career Internship Program

Office of Family & Consumer Science

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Family and Consumer Sciences Department Mission Statement

Career and Technical Education allows students to explore their interests and abilities through a wide range of courses and experiences. CTE equips students with the ability to apply academic skills to the exploration of career pathways. Through hands-on activities, project-based learning, and partnering with industry and educational institutions, CTE prepares students for careers and provides opportunities for post-secondary credits and industry certifications.

Program	South Campus 9-10	North Campus 11-12
Child Development & Family Relations	Child Development 1 Child Development 2	Child Development 1, 2 Teaching Internship Elementary 1, 2 Adult Living
Culinary Arts / Nutrition	Culinary Arts Advanced Culinary Arts Adaptive Culinary Arts	Culinary Arts Advanced Culinary Arts Adaptive Culinary Arts Baking, Pastry Arts Chefs
Design	Fashion & Interior Design Advanced Fashion & Design	Fashion & Interior Design Advanced Fashion & Design Fashion Merchandising
Life & Career Development	Intro Family & Consumer Science Careers	

Suggested Course/Career Sequencing (please read descriptions for content and prerequisites)

Child Development/Family - Intro to Family & Consumer Science Careers - Child Development 1 & 2 - Teaching Internship Elementary 1 & 2

Culinary Arts/Nutrition - Intro to Family & Consumer Science Careers - Culinary Arts - Advanced Culinary Arts - Adaptive Culinary Leaders - Baking & Pastry Arts - Chefs

Design - Intro to Family & Consumer Science Careers - Fashion & Interior Design - Advanced Fashion & Design - Fashion Merchandising

Life & Career Development - Intro to Family & Consumer Science Careers

TCD Connections - Culinary - Early Childhood Education & Care - Certified Nurses Assistant - Medical & Health Care Careers

Office of Family & Consumer Science Department Standards

The Family and Consumer Sciences Department has established standards based on information from national and state professional organizations in the fields of sociology, family practices, foods and nutrition, consumerism, fashion and design, science, mathematics, and technology. Nine general standards were established as a result of the review of literature. Each general standard is supported by specific student learning standards, which are available upon request. Additionally, specific course standards have been developed that support the general standards, and these are distributed to students at the beginning of each semester or annual course.

Students within Family and Consumer Sciences will be able to....

1. Develop skills and strategies to explore career paths in family and consumer sciences.
2. Select and use appropriate technological instruments and formulas to solve problems, interpret results, and communicate findings.
3. Recognize and demonstrate effective verbal and non-verbal communication skills.
4. Develop and apply strategies to manage conflict and stress in individual and team situations.
5. Analyze the internal and external factors that influence individual and family wellness throughout their life spans.
6. Encourage opportunities to develop expertise, experience and emotional intelligence for transferable employability skills in relation to individual, family, career, and community roles and responsibilities.
7. Promote optimal growth and development of self, family members, and others throughout their life spans.
8. Evaluate decisions in relation to available resources and options.
9. Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.



- All courses listed under Family and Consumer Sciences apply toward the Practical Arts graduation requirement.
- **Independent Study:** As outlined in the Independent Study section, under specific conditions, students may make an application for Independent Study. In all cases, students must secure parent, teacher, counselor, divisional, and building administration approval. Independent Study may not be taken as an 8th semester/annual course.

Child Development & Family Relations

Adult Living

Credit: 1/2

Level: III

Grade Offered: 11, 12

Fall: 11, 12 FC5411

Spring: 11, 12 FC5412

Prerequisite: None

Adult Living is a one semester course that focuses on the foundation of adult living. Students will explore topics including; communication, decision making, morals & values, goal setting, relationships & dating, basic nutrition & food preparation, personal finance, stress management and living arrangements in college and beyond. This course will help students adapt to living independently in a variety of settings following high school graduation.

Child Development 1

Credit: 1/2

Level: III

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5656

Spring: 9, 10 FC5657

Fall: 11, 12 FC5651

Spring: 11, 12 FC5652

Prerequisite: None

This course covers information from conception through the first week of life. Included in this course is a unit on parenting which helps students think through the responsibilities and roles of parents. This course exposes students to career components in education through application of theory in a 9-week preschool lab. During the preschool students plan and implement developmentally appropriate lessons while engaging preschoolers in the learning process. This course is a prerequisite for Child Development 2. Any student intending on taking Teaching Internship or Early Childhood Internship must earn a grade of B or better in Child Development 1 (a CR/NC grade is not accepted).



Child Development 2

Credit: 1/2

Level: IV

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5756

Spring: 9, 10 FC5757

Fall: 11, 12 FC5751

Spring: 11, 12 FC5752

Prerequisite: Child Development 1

This is the second course in the Child Development sequence and picks up where Child Development 1 left off, covering the development of children from birth to age 5. During the semester, we take a deeper look into all areas of development: physical, intellectual, social & emotional. Students will further refine their teaching methods through a 9-week preschool lab. During the preschool, students plan and implement developmentally appropriate lessons while engaging preschoolers in the learning process.

Teaching Internship - Elementary 1

Credit: 1

Level: IV

Grade Offered: 1, 12

Fall: 11, 12 FC6531

Spring: 11, 12 FC6532

Prerequisite: B or better in Child Development 1 or Child Development 2

This course is for students interested in a career in teaching or a career related to teaching, child psychology, social work, or pediatric care. It provides an introduction to teaching as a profession as well as real life experience as a teacher aide in District 204's associate schools where students will be implementing methodology learned in the classroom. The course covers a variety of perspectives on current educational topics relevant to the teaching profession. The course is scheduled for a 7th and 8th period block allowing students to intern at their assigned schools. Students may receive three college credits with College of DuPage upon successful completion of this dual credit course.

Teaching Internship - Elementary 2

Credit: 1

Level: IV

Grade Offered: 11, 12

Spring: 11, 12 FC6562

Prerequisite: Teaching Internship Elementary 1

This course is a continuation of Teaching Internship 1. Successful completion of Teaching Internship I is required to enroll in Teaching Internship 2. Course Structure is a block schedule of 7th and 8th periods allowing for students to intern at District 204's associate schools. Students continue to work on honing their teaching skills, and lesson planning. The course also covers a variety of perspectives on current educational topics relevant to the teaching profession. Students may receive three college credits with College of DuPage upon successful completion of this dual credit course.

Culinary Arts

Culinary Arts

Credit: 1/2

Level: III

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5226

Spring: 9, 10 FC5227

Fall: 11, 12 FC5221

Spring: 11, 12 FC5222

Prerequisite: None

Culinary Arts is designed to teach basic food preparation skills utilizing various types of culinary equipment and a range of preparation and cooking techniques. The following areas of study are covered in this course: kitchen and food safety, measuring, knife skills, cooking methods, nutrition and various culinary specific units. Lab periods provide practical experiences in time management, equipment use, and food preparation skills. While this course provides personal enrichment, it may also serve as a foundation for further training in culinary arts. Peanut, tree nut and sesame seed free.

Advanced Culinary Arts

Credit: 1/2

Level: IV

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5236

Spring: 9, 10 FC5237

Fall: 11, 12 FC5231

Spring: 11, 12 FC5232

Prerequisite: Culinary Arts

Students will build upon foundational skills learned in Culinary Arts to explore more advanced cooking methods, flavor development, and professional kitchen techniques. Emphasis is placed on mastering precision knife cuts, advanced plating and garnishing methods, and understanding the distinctions between stocks and broths and their applications in soups and sauces. Students will gain hands-on experience preparing a variety of proteins—including pork, beef, poultry, fish, and seafood—while exploring global seasoning profiles and fresh ingredient preparation such as pasta and egg white foams. As part of the course, students will also prepare for and earn their ServSafe Food Handler Certification through the National Restaurant Association, gaining essential food safety and sanitation credentials recognized throughout the industry. This course is peanut, tree nut and sesame-seed free.

Baking and Pastry Arts

Credit: 1/2

Level: IV

Grade Offered: 11, 12

Fall: 11, 12 FC5851

Spring: 11, 12 FC5852

Prerequisite: Culinary Arts

In this course, students will build on the beginning baking skills learned in Culinary Arts. Fundamentals of baking and pastry equipment, ingredients, weights and measures, conversions, preparation and storage, including the production of desserts, breads, pastries and rolls. Students may have the opportunity to earn dual credit upon successful completion of course. Tree nut and sesame seed free.

Chefs

Credit: 1 (dc)

Level: IV

Grade Offered: 11, 12

Fall: 11, 12 FC5871

Spring: 11, 12 FC5872

Prerequisite: Culinary Arts

Topics covered in this course include restaurant management, catering, hospitality and quantity food preparation. Students will develop skills needed to manage workers, time schedules, food costs and market orders. Students will plan and prepare meals for LT events and are required to participate in catering events before, during or after school. Students will study for their ServSafe Food Manager certificate as part of the class. This course can be repeated. Peanut, tree nut and sesame seed free. Students may receive one college credit with College of DuPage upon successful completion of this course.

Adaptive Culinary Leader

Credit: 1/2

Level: IV

Grade Offered: 10, 11, 12

Spring: 10 FC7107

Spring: 11, 12 FC7102

Prerequisite: None

This is a one semester course designed for any student who is interested in working alongside special education peers within a culinary arts/art/music/Applied Tech course. Students will develop an understanding and gain experience in: modifying activities to meet individual needs, developing lessons and assisting with instruction, and working alongside peers with special needs to develop meaningful connections. Students will be involved in partnering with and assisting students in acquiring skills through a variety of engaging activities. This course fulfills a creative/practical art elective requirement.



***“Take criticism as a challenge
to improve, embrace
it and learn from it”***

~ Gordon Ramsay

Design

Fashion & Interior Design

Credit: 1/2

Level: IV

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5286

Spring: 9, 10 FC5287

Fall: 11, 12 FC5281

Spring: 11, 12 FC5282

Prerequisite: None

This course focuses on relevant career readiness for industry areas of fashion and interior design. Students will learn how to use the elements and principles of design to create beauty, harmony and balance in their artwork. It is a project-based course that will give students the opportunity to study the history of fashion, design original fashion illustrations, and construct garments through a sewing unit. Students will also learn the basics of architecture, housing categories, produce scaled floor plans and create digital interior designs along with other basic skills needed for working in the field of design. Students will be responsible for project and supply fees of \$25.00.

Advanced Fashion & Interior Design

Credit: 1/2

Level: IV

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5296

Spring: 9, 10 FC5297

Fall: 11, 12 FC5291

Spring: 11, 12 FC5292

Prerequisite: Fashion & Interior Design

Advanced Fashion & Design is a one-semester course aimed at creating industry level readiness. Students will explore topics including the process of fashion design from ideas and sketches, to creating garments that are personalized and runway ready. Elements and principles of design will be applied as students discover what makes fashion relevant to today's trends and how they can include their own personalities into the many career opportunities in the fashion industry. This project-based class focuses on fashion careers such as public relations, styling and consulting, illustrating and designing, merchandising, and sewing. Students are required to take the Fashion and Interior Design course as a prerequisite. Students will be responsible for the project and supply fee of \$25.00.

Fashion Merchandising

Credit: 1/2

Level: IV

Grade Offered: 11, 12

Fall: 11, 12 FC5301

Spring: 11, 12 FC5302

Prerequisite: Fashion & Interior Design

This project-based course introduces students to the business and marketing side of the fashion industry through hands-on projects and real-world applications. Students will examine the evolution and movement of fashion, analyze trends and consumer behavior, and discover how textiles, product development, and merchandising brings ideas from concept to consumer. The course also highlights career pathways in fashion buying, styling, product development, and retail management. Students interested in the fashion industry should also consider taking Advanced Fashion & Design. Students may earn 3 college credits with College of Dupage upon successful completion of this Dual Credit Course

Life & Career Development

Introduction to Family & Consumer Science Careers

Credit: 1/2

Level: III

Grade Offered: 9, 10, 11, 12

Fall: 9, 10 FC5356

Spring: 9, 10 FC5357

Prerequisite: None

Communication, goal setting, decision-making, and interpersonal relationships are emphasized throughout the semester. You will learn about yourself, your family, child development, and parenting which could lead to taking Family Health Issues, Adult Living, Child Development or Teaching Internship class. Also included are units of food preparation, meal management, and design which lead into the Culinary Arts sequence and Fashion and Interior Design.

Career Internship Program

Credit: 1/2 (dc)

Level: IV

Grade Offered: 12

Fall: 11, 12 FC5551

Spring: 11, 12 FC5552

Summer: FC5558 or FC5559

This course is designed for a student who is seeking to complete an internship in partnership with LTHS. Detailed information about qualifying for a Career Internship Program class can be found in the Career Internship Guidelines for Approval section of the Guide. An application does not guarantee admission.

Family & Consumer Science Careers

- No asterisk – entry level position; high school graduation usually required
- *Some post high school education usually required
- **College degree usually required

Course Areas	Courses	Careers	Careers
Apparel/Fashion Design	Intro to Family & Consumer Science Careers Fashion & Interior Design Advanced Fashion & Design Fashion Merchandising Career & Community Partnerships	Tailor Buyer** Company representative** Drapery maker Dressmaker* Fabric designer* Fashion designer** Fashion illustrator* Seamstress	Textiles technician* Color manager/colorist Facilities renovation Purchasing agent Visual merchandiser Educational marketing Store planner Trend director Assistant in production development
Interior/House Design	Fashion & Interior Design Career & Community Partnerships	Building and remodeling consultant* Buyer Equipment designer* Equipment salesperson* Furniture designer** Interior designer** Interior decorator** Print manager and Computer Aided Design operator	Contract/commercial design Residential design** Space planner* Kitchen and bath designer* Restaurant designer* Design in environments for special populations** Remodeling Historic preservation Realtor*
Food/Nutrition	Intro to Family & Consumer Science Careers Culinary Arts Advanced Culinary Arts Baking & Pastry Arts Chefs Career & Community Partnerships	Pastry chef* Cook* Dietician* Food inspector** Food broker* Food technician* Food scientist** Military Nutrition Educator** Restaurant management	Menu planning Nutrition and health writing* Hospitality* Sports nutrition** Recipe development** Private practice Food promotion Wellness centers Government agencies (USDA, WIC, EFNEP)
Child Human Development	Intro to Family & Consumer Science Careers Child Development 1 & 2 Teaching Internship Elementary Career & Community Partnerships Adult Living	Day Care center director** Day Care center worker* Extension specialist Child life/hospitalized child care provider Residential youth care provider Early childhood education**	Elementary education** Secondary education** Child care service and referral provider Crisis nursery** At-risk youth programming*
Family Relations	Intro to Family & Consumer Science Careers Adult Living	Case worker** Family counselor** Social worker** Counselor Psychologist Career coach	Family life educator** Marriage enrichment Volunteer coordinator Support group coordinator Publish health/public aid Crisis hotline programs
Consumer Management	Career Internship	Consultant** Companies Consumer Banker Marketing Specialist** Advisor** Consumer communication/media specialist	Product information specialist Consumer educator Consumer advocate Consumer complaint investigator/mediator Consumer relations specialist Lobbyist

Family & Consumer Sciences Classes

When choosing Annual Courses, you will need the first and second semester codes.

Freshmen

Fall Only

FC5226	Culinary Arts
FC5236	Advanced Culinary Arts
FC5356	Intro to Family & Consumer Sciences Careers
FC5286	Fashion & Interior Design
FC5296	Advanced Fashion & Design
FC5656	Child Development 1
FC5756	Child Development 2

Spring Only

FC5227	Culinary Arts
FC5237	Advanced Culinary Arts
FC5357	Intro to Family & Consumer Sciences Careers
FC5287	Fashion & Interior Design
FC5297	Advanced Fashion & Design
FC5657	Child Development 1
FC5757	Child Development 2

Sophomore Courses

Fall Only

FC5226	Culinary Arts
FC5236	Advanced Culinary Arts
FC5356	Intro to Family & Consumer Sciences Careers
FC5286	Fashion & Interior Design
FC5296	Advanced Fashion & Design
FC5656	Child Development 1
FC5756	Child Development 2

Spring Only

FC5227	Culinary Arts
FC5237	Advanced Culinary Arts
FC5357	Intro to Family & Consumer Sciences Careers
FC5287	Fashion & Interior Design
FC5297	Advanced Fashion & Design
FC5657	Child Development 1
FC5757	Child Development 2

Junior and Senior Courses

Annual

FC 5871/2	Chefs
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Fall Only

FC5411	Adult Living
FC5231	Advanced Culinary Arts
FC5291	Advanced Fashion & Design
FC5851	Baking & Pastry Arts
FC5221	Culinary Arts
FC5281	Fashion and Interior Design
FC5301	Fashion Merchandising
FC6531	Teaching Internship 1 Elementary
FC5651	Child Development 1
FC5751	Child Development 2

Spring Only

FC7102	Adaptive Culinary Leader
FC5412	Adult Living
FC5232	Advanced Culinary Arts
FC5292	Advanced Fashion & Design
FC5852	Baking & Pastry Arts
FC5222	Culinary Arts
FC5282	Fashion and Interior Design
FC5302	Fashion Merchandising
FC6532	Teaching Internship 1 Elementary
FC6562	Teaching Internship 2 Elementary
FC5652	Child Development 1
FC5752	Child Development 2

Fall or Spring

FC5551/2	Career Internship
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Honor our tradition of excellence, foster innovation, and
empower all students in their quest for a fulfilling life.

