

Family and Consumer Science Department

Introduction:

The Family and Consumer Science program provides students with a comprehensive view of life through the application of academic skills to real life experiences in a variety of lab settings. It is critically important for students today to have skills in the areas of good nutrition, interpersonal relations, and socialization if they are to understand themselves and others in the context of a rewarding life within society.

Course Recommendation Process: By instructor recommendation.

Family and Consumer Science Department

| Course Title (Code) | Grade Level | Length |
|----------------------------|--------------------|---------------|
| Culinary Arts I (FAM100) | 9,10,11,12 | Full Year |
| Culinary Arts II(FAM160) | 10,11,12 | Full Year |

| Course Title: CULINARY ARTS I (FAM100) | |
|---|-----------------------------|
| Level/Grade: 9 th -12 th | Length: Full Year |
| | Pre-requisites: None |
| Course Description: This full-year course is designed to introduce students to the key concepts and methods of the culinary arts and the hospitality industry. Students will learn best practices for food and kitchen safety, sanitation procedures, nutrition and basic food preparation through cooking demonstrations, group work and hands-on applications. This course also provides an overview of professionalism in the culinary industry and career opportunities leading into a career pathway to Culinary Arts. | |

| Course Title: CULINARY ARTS II (FAM160) | |
|---|--|
| Level/Grade: 10 th -12 th | Length: Full Year |
| | Pre-requisites: Culinary Arts I |
| Course Description: An immersive journey through the diverse and flavorful world of international cooking. Building upon foundational skills learned in Culinary Arts I, this course introduces students to traditional and contemporary dishes from regions across the globe—including Latin America, Europe, Africa, Asia, and North America. Students will deepen their understanding of how geography, culture, history, and available ingredients shape regional foodways and cooking techniques. Through hands-on labs, cultural research, and recipe adaptation, students will explore global culinary traditions while developing advanced skills in knife work, seasoning, flavor layering, and international cooking methods. Emphasis will be placed on cultural appreciation, culinary innovation, and professional kitchen practices. By the end of the course, students will be equipped to interpret, prepare, and creatively adapt global recipes, preparing them for future culinary opportunities and a broader worldview through food. | |

Last Revised 1/29/2026