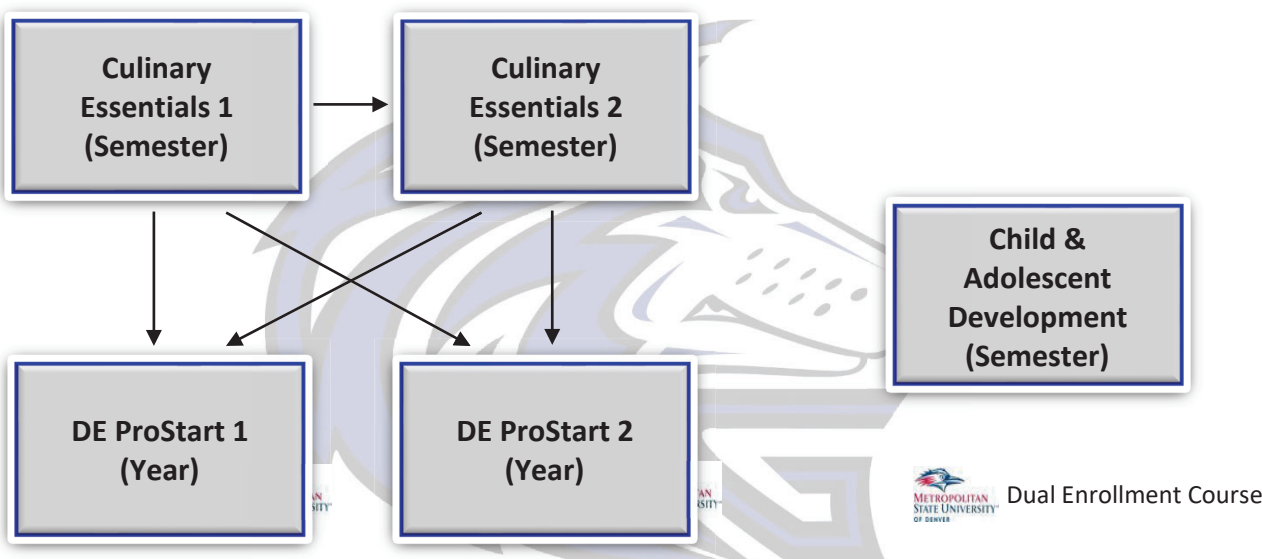


FAMILY AND CONSUMER SCIENCES



FAMILY & CONSUMER SCIENCES COURSE DESCRIPTIONS

The Family and Consumer Sciences program offers a wide selection of elective, practical arts and life skills courses for all students. Areas of study include foods and nutrition, culinary arts and hospitality, human development and the family, parenting and child development, future teacher preparation, and career awareness in other related occupations. Students who desire the practical application of their academic skills, while working cooperatively with others on interesting, hands-on, classroom activities and projects, will enjoy the challenges that lay ahead.

CULINARY ESSENTIALS 1

Prerequisites: None

Fee: \$25 food fee

Grade Level: 9 – 11

Semester: 0.5 Credit

This course is designed to introduce students to a variety of culinary skills and food preparation. Through instruction and culinary lab practice, this class will provide an opportunity for students to learn food preparation and demonstrate food safety. Some topics include introductory culinary skills and preparation of items such as quick breads, yeast breads, and eggs; as well as meal and menu planning, nutrition, and food borne illnesses. Students will be able to demonstrate the correct procedures and techniques in introductory culinary labs, analyze nutritional guidelines and plan menus that are nutritionally balanced and demonstrate food safety standards.

CULINARY ESSENTIALS 2**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: Culinary Essentials I or extensive culinary experience approved by the teacher****Fee: \$25 food fee**

This intermediate culinary course is designed for students interested in exploring culinary careers and to advance them to the next level of food preparation expanding. The students will have the opportunity to prepare menu items that involve more detailed procedures, and practice techniques used in the culinary field. Students in this class will classify pasta types and create fresh pasta dishes, prepare and evaluate the nutritional value of various types of meats, select herbs and spices to enhance flavors of foods and apply techniques used in cake and cookie decorating. They will develop skills in preparing advanced yeast breads and pastries, identify the origins and prepare foods from different regions and cultures and emphasize presentation throughout the course.

DE PROSTART 1**Grade Level: 10 – 12****Year: 1.0 Credit****Prerequisites: Successful completion of Culinary Essentials I, Culinary Essentials II or extensive culinary experience approved by the teacher****Fees: \$50 food fee, optional fees for chef coat, competition and Metropolitan State University credit**

This course from the National Restaurant Association introduces students to the world of professional cooking! Basic communication skills, safety and sanitation, food preparation, meal planning, and other topics are taught in this course. FCCLA is an integral part of this course. The class will teach you basic food safety and sanitation, customer service, food preparation and employability skills. We will take exciting tours and host many great guest speakers. You will have the opportunity for a paid internship working with a professional mentor in the area of food service, hotel lodging or hospitality. This course aligns with Metropolitan State University dual enrollment Food Fundamentals (RST 1550). Students will have the opportunity to earn high school credit while at the same time enroll in and earn college credits with the opportunity to transfer credit to an institution of higher education. If a student chooses to enroll in dual enrollment (college) credit, they may be responsible to pay a portion of the tuition. More information can be found in the Concurrent Enrollment section. Note: DE Prostart 1 and DE Prostart 2 are offered every other year on a rotating schedule. Students are able to take these courses in either order. Catering events required outside normal school hours.

DE PROSTART 2**Grade Level: 10 – 12****Year: 1.0 Credit****Prerequisites: Successful completion of Culinary Essentials I, Culinary Essentials II or extensive culinary experience approved by the teacher. *Note that ProStart II can be taken prior to ProStart I and they do NOT need to be taken in order.****Fees: \$25/semester food fee, optional fees for chef coat, competition and Metropolitan State University credit**

Students will continue to be trained for employment in restaurants and hospitality. The basic skills taught in ProStart I will be reviewed and additional skills such as customer relations, accounting procedures, and more advanced food preparation skills will be taught. FCCLA is an integral part of this course. Students will investigate career paths in lodging and work at a paid internship at a large hotel. This course will train you in food preparation techniques as well as hotel/motel management skills. You will take exciting field trips and hear from guest speakers in the industry. Opportunities exist for each student to participate in a paid mentor position in the area of food service, hotel lodging or hospitality. This course aligns with Metropolitan State University dual enrollment Food Preparation and Science (RST 2550). Students will have the opportunity to earn high school credit while at the same time enroll in and earn college credits with the opportunity to transfer credit to an institution of higher education. If a student chooses to enroll in dual enrollment (college) credit, they may be responsible to pay a portion of the tuition. More information can be found in the Concurrent Enrollment section. Note: DE Prostart 1 and DE Prostart 2 are offered every other year on a rotating schedule. Students are able to take these courses in either order. Catering events required outside normal school hours.

CHILD & ADOLESCENT DEVELOPMENT**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: None**

Do you love children? Do you want to work with children or be a parent one day? Child & Adolescent Development is designed for students interested in child development and/or careers related to pediatrics, psychology, social services, education, and parenting. The purpose of this course is to acquire knowledge and understanding of child and adolescent development necessary for strengthening the well-being of children and families. Content focuses on perspectives of human development, research, and theories, understanding and nurturing development, and challenges to development. This class also includes an optional weekend long simulation experience with an infant simulator!