



LYNN HIGH SCHOOL
FAMILY & CONSUMER
SCIENCE PROGRAM

STACEY BARNETT,
INSTRUCTOR



FAMILY &
CONSUMER
SCIENCES



People-Centered Sciences



Courses offered:

**Family & Consumer Science
19251G1000**

**Nutrition & Food
19253G1002**

**Sports Nutrition
19253G1001**

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WINSTON
COUNTY SCHOOLS
PROVIDA FUTURI
EST. 1908

FCCLA is the only national career and technical student organization with the family as its central focus. FCCLA members have been making a difference in their families, careers, and communities by addressing important personal, work, and societal issues through Family and Consumer Sciences education.



LHS FACS COURSES

Family & Consumer Sciences is designed to give students insight into financial literacy, consumer sciences, child and family studies, housing, apparel and interior design, and food and nutrition.

Food & Nutrition teaches the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on the USDA Dietary Guidelines and Food Guide Pyramid.

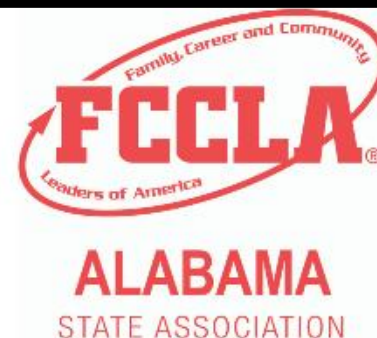
Sports nutrition is designed for students interested in health, fitness, and sports performance. Students will learn how to choose nutritious foods for healthy lifestyles and peak performance of athletes. Students are challenged to develop personal fitness and nutrition plans.

FCCLA's mission is to promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through:

- Character development
- Creative and critical thinking
- Interpersonal communication
- Practical knowledge, and
- Career and Technical preparation



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