

## Family & Consumer Science

*The Family and Consumer Science (FCS) courses are yearlong four days a week courses open to grades 9 –12, except where indicated. All courses stress an outcome-based philosophy with an emphasis placed on practical, hands-on experiences, projects, labs, and activities. Students do not need to pay for supplies, and can keep their finished project. Students cannot enroll in more than one foods class (Foods and Baking / Foods and Nutrition) per school year, but they may enroll in more than one FCS course.*

### **Child Development - Course #615**

Prerequisite: FCS-Skills for Success recommended  
Grades 10-12

1 credit  
4 pds/wk

Students will learn the decisions and responsibilities involved in parenting and in working with children. The course explores child growth and development from conception to adolescence and provides an in-depth study of the physical, social, emotional and intellectual development of infants, toddlers, and preschool children. Students study the relationship of play, safety, healthcare, and discipline to a child's growth and development. Students who are interested in pursuing careers in human services, nursing, pediatrics, care of the physically and/or mentally challenged, or elementary education should consider this course. Opportunities are available to complete observations and assignments in the high school's preschool program. *This course is highly recommended to students planning to enter the Early Childhood Education program in 10<sup>th</sup> grade or the Health Careers Academy in 11<sup>th</sup> grade.*

### **Contemporary Living Skills - Course #616**

No prerequisite  
Grades 11-12

1 credit  
4 pds/wk

Students will learn to think about independent life after high school. Aspects of contemporary life such as personality development, career exploration, communication, relationships with family and friends and significant others, marriage, parenthood, decision-making, crisis management, budgeting, and personal finance are explored. In this experiential course, practical learning activities enhance student preparation for adult life.

### **Family and Consumer Science: Skills for Success - Course #617**

No prerequisite  
Grades 9-10

1 credit  
4 pds/wk

This FCS survey course is for students who desire to make the most of themselves and improve their ability to achieve success in life. Hands-on projects and lab opportunities focus on the areas of child development and family relations, foods and nutrition, clothing and textiles, housing and interior design, and consumer awareness. These experiences also help students to select additional Family and Consumer Science courses that focus on one of the above areas. Students develop skills in caring for children, interpersonal relationships, nutrition and meal preparation, constructing and caring for clothing, determining the costs involved in renting and furnishing an apartment, evaluating housing options, and making careful consumer decisions to maximize standard of living. *This course is highly recommended to students planning to enter the Early Childhood Education program in 10<sup>th</sup> grade or the Health Careers Academy in 11<sup>th</sup> grade.*

### **Foods and Baking - Course #622**

No prerequisite

1 credit

Grades 9-10

4 pds/wk

This course focuses on studying the basics of baking and food preparation. Students gain knowledge and understanding of functions of ingredients in recipes, while learning skills that increase their success in the kitchen. Students will learn the proper uses of equipment and consumer skills. There are many lab opportunities offered in this course where time management, teamwork, and the ability to follow directions. Students will make cakes, cookies, pies, and other desserts, as well as soups, salads, and casseroles. *This course is highly recommended to students planning to enter the Culinary Arts program in 10<sup>th</sup> grade.*

### **Foods and Nutrition - Course #623**

No prerequisite

1 credit

Grades 10-12

4 pds/wk

This course invites students to experience food preparation techniques with an increased skill level. Through labs, students demonstrate time management and organizational skills along with the ability to plan and prepare meals with culinary appeal. They also develop an appreciation for the importance of nutrient contributions in foods and the dietary impact on good health. Students learn to make appetizers, soups and salads, countless baked goods and main dish buffets with chicken, pork, and beef dishes as well as meatless entrees. An emphasis is on using kitchen appliances such as steamers, woks, fondue pots, microwave ovens and more. Join FCS for that gourmet touch to creative cooking and be the one that creates a terrific smell of apple pie, chocolate baked goods, teriyaki from a stir-fry, or the aroma of homemade bread!

### **Transitioning into Life Beyond High School - Course #635**

*Formerly Special Children/Special Adults*

Prerequisite: Child Development or FCS Skills for Success

1 credit

Grades 10-12

4 pds/wk

This class is for students who want to learn and work with students in a Life Skills support level. Regular Education students who have a passion for working with others will work one on one or in small groups with Life Skills students. The IEP team will select the Life Skills students and the FCS teacher will select Regular Education students using an interview process while considering graduation requirements. The goal of the class is to prepare students to live semi to full independent lives. In addition to learning the necessary skills to live outside their guardian's home and/or provide independence within the home. Topics for discussion are as follows: Money Management, Relationship Skills, Housing Options, Community Connections, Meal Preparation, Interviewing Skills, Job Opportunities, Social Skills, Interpersonal Skills, and Real-Life Applications. The class also includes field trips, guest speakers, community outreach, and site visits.