

## FAMILY & CONSUMER SCIENCES

Related Careers: Both female and male students can benefit from a study of an area within Family & Consumer Sciences. Occupations related specifically include: social worker, nurses, parent/homemakers, psychologists, teachers or teacher aides, architects or home designers, fashion designers and merchandisers, dry cleaners, dressmakers and sewing machine operators, chefs and short-order cooks, dieticians, home extension agents, food service workers, day care providers, etc.

### ELECTIVE COURSES:

Grade 9	Grade 10	Grade 11	Grade 12
<a href="#">Foods I</a> <a href="#">Basic Clothing</a> <a href="#">Quilting</a> <a href="#">Interior Design</a>	<a href="#">Foods I</a> <a href="#">Foods II</a> <a href="#">Global Foods</a> <a href="#">Basic Clothing</a> <a href="#">Quilting</a> <a href="#">Interior Design</a> <a href="#">Nutrition</a>	<a href="#">Foods I</a> <a href="#">Foods II</a> <a href="#">Global Foods</a> <a href="#">Basic Clothing</a> <a href="#">Quilting</a> <a href="#">Children in a Changing Wld</a> <a href="#">Nutrition</a> <a href="#">Independent Living</a> <a href="#">Introduction to Culinary</a> <a href="#">Interior Design</a>	<a href="#">Foods I</a> <a href="#">Foods II</a> <a href="#">Global Foods</a> <a href="#">Basic Clothing</a> <a href="#">Quilting</a> <a href="#">Children in a Changing Wld</a> <a href="#">Nutrition</a> <a href="#">Independent Living</a> <a href="#">Introduction to Culinary</a> <a href="#">Interior Design</a>

#### **601     Foods I**

**1 term    1/4 credit**

**Pre:** None

**Grade Level:** 9 - 12

**Course Summary:** Do you want to know your way around the kitchen? Do you want to learn the basics of cooking and baking? This is the class for you! You will be introduced to valuable culinary skills like mise en place, reading a recipe, equipment uses and knife skills while preparing a wide variety of foods from quick breads, eggs, dairy, grains and many more.

Lab Fee: \$12.00

#### **604     Foods II**

**2 terms    1/2 credit**

**Pre:** None

**Grade Level:** 10 - 12

**Course Summary:** Do you want to learn to cook main dishes like a pro or create beautiful baked goods like you see on the food network? This course will provide you with a variety of in-depth explorations in food preparation for the home kitchen. During this trimester class you will learn how to identify and use herbs and spices, how to use a wide variety of cooking methods for meats and main dishes as well as how to make cakes, pies, breads and candies from scratch.

Lab Fee: \$25.00

[top](#)

**606      Global Foods****2 terms    1/2 credit****Pre:** Foods 2**Grade Level:** 10 - 12

**Course Summary:** Travel abroad through food. Global Foods explores connections between what we eat and cultures around us. As we move around the globe, this course will cover cuisines and cooking methods of US, Canada, China, Italy, Spain, Germany, Greece, Mexico, Sweden, Switzerland, Thailand, Africa and France. See how their nutrition sources vary from ours and learn the different preparation techniques and characteristics of foods.

Lab Fee: \$25.00

**607A    Introduction to Culinary A****2 terms    1/2 credit****Pre:** Foods 2**Grade Level:** 11-12

**Course Summary:** Culinary 1 is the first of a sequential pathway, developed by the National Restaurant Association. This course allows students to master professional level kitchen basics. Topics covered include professional knife skills, stocks, soups & sauces, meats, cooking methods and grains. The course combines culinary and management skills, along with guest speakers and field trips within the industry. Students will have the opportunity to earn their food handler's certification. Culinary competitions are available to students who desire to be a part of the competition team.

**Lab Fee:** \$25.00 per trimester

**607B    Introduction to Culinary B****2 terms    ½ credit****Pre:** Culinary 1**Grade Level:** 11-12

**Course Summary:** Culinary 2 is the second of a sequential pathway developed by the National Restaurant Association. This course continues to develop professional level culinary basics. Topics covered include meal service, running a food establishment, sandwiches, pizzas and lunches as well as breakfast. Students will participate in many catering and food service events for the general public. Students will have the opportunity to earn their Food Safety Managers certification as they work through the ServeSafe curriculum. Articulated credit through SCTC is available for after successfully completing both culinary 1&2.

**609      Basic Clothing****1 term    1/4 credit****Pre:** None**Grade Level:** 9 - 12

**Course Summary:** Looking for a fun and relaxing hobby, or a hands-on class that one can really enjoy? Learn to use a sewing machine, select and care for fabric and choose and construct a sewing project of your choosing. Students will be responsible for purchasing fabric, and supplies outside of class time.

Lab Fee: \$5.00 (for classroom supplies)

[top](#)

**611     Quilting for Fun****1 term    1/4 credit****Pre:** none**Grade Level:** 9 - 12

**Course Summary:** Get in on the fun!! Quilting is a fun, relaxing national pastime and a way to express your creativity through textile arts. This class will teach you basic quilting skills in creating so that you can move on to most anything on your own. Learn to experiment with colors, patterns and specialized equipment to design and construct your own unique quilt projects. Students will be responsible for purchasing fabric, and supplies outside of class time.

Lab Fee: \$5.00 (for classroom supplies)

**614     Children in a Changing World** (formerly Exploring Childhood)**2 terms    1/2 credits    3 college credits****Pre:** 2.5 GPA**Grade Level:** 10 - 12

**Course Summary:** See the world through the eyes of a child! Learn how children develop physically, emotionally, socially and intellectually. Explore how children learn through play. Gain skills in working with children from newborn through school-age while considering how societal change impacts childhood, in the U.S. and around the world. This class is recommended for students interested in a child-related career in education, as a social worker, medical professional or anyone that likes to spend time with children.

**615     Independent Living****2 terms    1/2 credit****Pre:** None**Grade Level:** 11 - 12

**Course Summary:** Students will focus on criteria for successful independent living. Activities and lessons will develop the essential skills and knowledge needed to live independently and successfully. Students will have opportunity to research the expenses of finding a place to live, furnishing an apartment, purchasing a vehicle, and paying for insurance. The students will also explore ways of finding and keeping a job; money management; decision making, and buying and eating good food.

**620     Nutrition****1 term    1/4 credit****Pre:** None**Grade Level:** 10 - 12

**Course Summary:** In this course, students will be introduced to the basics of human nutrition. Students will be exposed to a variety of nutrition issues and concerns. They will also be taught smart habits regarding social, emotional, and physical wellbeing. Students will be given the opportunity to learn hands on in this class by experimenting with new recipes and nutritious ingredients.

Lab Fee: \$12.00

**621     Interior Design****2 term   1/2 credit****Pre:** None**Grade Level:** 9-12

**Course Summary:** Do you enjoy arranging things, experimenting with color or looking at houses? Interior design will give you the chance to create a home with warmth and personality. Activities will focus on housing choices, floor plans, design elements and principles, furnishings and accessories. Students will design the interior of a home as their final project. [top](#)