



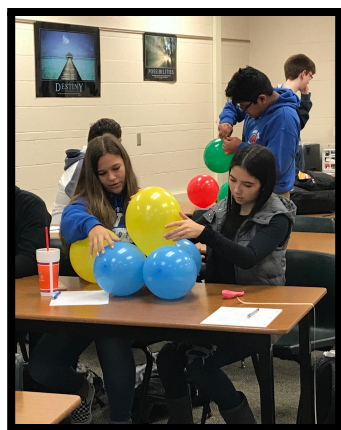
Family and Consumer Science Curriculum

~ Home Economics UPDATED ~

Courses Offered

Grade Levels

| | |
|--|---------|
| Life Choices | 9 - 12 |
| Careers in Design | 9 - 12 |
| Growth and Child Development | 10 - 12 |
| Foods with Flair | 10 - 12 |
| The Science of Cooking | 10 - 12 |
| Gourmet Foods (Foods with Flair prerequisite) | 11 - 12 |
| ***New*** Global Foods (Foods with Flair Prerequisite) | 11 - 12 |
| Life: On Your Own | 11 - 12 |



Life Choices

Course Number: 8351

Credit: .5

Length: Semester

Grades: 9 – 12

“It prepares you for interviews and the world of work.”

“Everything that we learned relates to real life!”

Ready for the world of work? This class can help you find direction, develop a career path, create an effective resume, as well as participate in a mock interview. We will also spend time learning about time and stress management, teamwork, leadership, effective communication and the ins and outs of ethics. Furthermore, students will practice employment skills and interpret career and workplace issues.

Careers in Design

Course Number: 8331

Credit: .5

Length: Semester Grades: 9 – 12



“This was one of my favorite classes! I finally got to learn how to sew and I got to create projects that I chose.”

“This is one of the best classes I took! I wanted it to last all year.”

The perfect course for anyone interested in learning how to sew, create, and learn about design. In this course, we study the elements and principles of design while covering both **Fashion and Interior Design**. One major sewing project as well as several smaller independent projects will be completed for which students will need to purchase the supplies.

Growth and Child Development

Course Number: 8251

Credit: .5

Length: Semester

Grades: 10 – 12



“This is one of the best classes I took at the high school!”

“Everyone should take this class! It can help you in your own life and in a career.”

An in-depth study of the development of children beginning with the prenatal stage through the elementary years. The focus is on early childhood with an emphasis on the physical, intellectual, social, and emotional development of the child. This class has the option of taking home the electronic babies. An alternative assignment will be available for those who do not want to take it home.



Foods with Flair

Course Number: 8221

Credit: .5

Length: Semester

Grades: 10 – 12

“You should take it. It’s a lot of fun and you actually learn stuff you can use!”

“This class makes you open your eyes about all of your food choices.”

“All of the food you make is really good!!

Like to Eat? This course focuses on the basics of cooking and nutrition. A significant amount of time will be devoted to making food in the kitchen. Topics to be covered include the following: social and cultural factors that influence healthy lifestyle choices, creating food patterns related to healthy lifestyle outcomes, demonstrating safe food-handling practices related to food-borne pathogens, and applying kitchen practices that sustain the environment. There is a fee for this course.

The Science of Cooking

Course Number: 8271

Credit: .5

Length: Semester

Grades: 10 – 12



“The things I learn in this class will help me prepare food at home!”

“It’s so fun to do experiments with food and then get to eat it!”

Food science is a growing field of study that examines biological, physical and chemical science concepts related specifically to food. Through this class, you will gain knowledge and skills in product development, food selection/preparation, nutritional analysis, problem solving, and critical thinking. The study of food can benefit you as you make daily food choices, both now and in the future, and understand the health impacts of those choices.

Gourmet Foods

Course Number: 8261

Credit: .5

Length: Semester

Grades: 11 - 12

Prerequisite: *Foods with Flair*



“This class is like Foods with Flair, but so much better!”

“Take it! It’s so fun! You won’t regret it!”

Building on what we learned in Foods with Flair. This course is designed to prepare you to be self-sufficient in the kitchen in all aspects from planning, preparation, and nutrition of food. We will further explore more advanced recipes and baking. We will have friendly cooking competitions.

****NEW****

Global Foods

Course Number:

Credit .5

Length: Semester

Grades 11-12

Prerequisite: Foods with Flair

Global Foods course explores the connections between what we eat and cultures around us. As we move around the globe, this course will cover the history and topography as it relates to each region's dietary customs, cuisines and cooking methods. By investigating cultural, spiritual, and social influences on food choices, you can gain an awareness and understanding of diverse populations within our society.

Life: On Your Own

Course Number: 8352

Credit: .5

Length: Semester

Grades: 11 – 12



“This is Adulting 101.”

“Everyone should take this class! You will use everything from this class for the rest of your life.”

This course will focus on preparing students for transitioning into adulthood. We will learn about topics like taking responsibility for yourself, choosing a roommate, securing a place to live and how to furnish it, cleaning and caring for your living space, how to buy a car and basic car maintenance, budgeting on a starter salary, what healthy relationships look like, clothing purchases and care, and grocery shopping.