

# FAMILY AND CONSUMER SCIENCE

| Course Name  | 9 | 10 | 11 | 12 |
|--|---|----|----|----|
| Foods 1  | E | E  | E  | E  |
| Foods 2  | E | E  | E  | E  |
| Global Foods   |   | E  | E  | E  |
| Baking and Pastries  |   | E  | E  | E  |
| Sewing 1   | E | E  | E  | E  |
| Apparel Construction   |   | E  | E  | E  |
| Quilting   | E | E  | E  | E  |
| Apparel Design   | E | E  | E  | E  |
| Housing and Interior Design  | E | E  | E  | E  |
| Child Development and Parenting                                    |   | E  | E  | E  |
| Interpersonal Relationships  | E | E  | E  | E  |
| Youth Apprenticeship   |   |    | E  | E  |
| E = Elective Course      R= Required Course      * = Honors Course |   |    |    |    |

## **Foods 1**

*0.5 Credit: Semester*

*Prerequisite: None*

This is an introductory course to the concept of food and food preparation. We will be covering the importance of safety and sanitation when handling food. Students will learn the ins and outs of reading and preparing a recipe. Other topics we will be covering are why we eat, the influences we have on our eating habits, history of food, nutrition, and healthy eating habits. This course is the first course needed to work towards a career in the foodservice industry.

## **Foods 2**

*0.5 Credit: Semester*

*Prerequisite: Foods 1*

Hungry for more? This course will continue to focus on sanitation and safety while preparing food. We will be learning about dairy, proteins, fruits, vegetables, and grains through this course. You will prepare a final “meal” as part of your exam. This course is the second step necessary towards a career in the foodservice or hospitality industry.

## **Global Foods**

*0.5 Credit: Semester*

*Prerequisite: Foods 1*

Students will be discovering the world of food. We will be learning about different cultures and what their norms are when it comes to food. Students will have the chance to learn about specific countries around the world along with different cooking techniques they use. Not only will we be talking about other countries, we will also learn about the different types of food that are unique to specific parts of the United States.

## **Baking and Pastries**

*0.5 Credit: Semester*

*Prerequisite: Foods 1*

During this class, students will learn the art and science of baking. Students will learn about baking basics and how to be a successful baker. We will be covering a variety of topics such as cookies, cakes, pies, breads and more. At the end of the class, students will be creating a bake shop to show off the skills they have learned in class.

## **Sewing 1**

*0.5 Credit: Semester*

*Prerequisite: None*

Students will gain basic sewing skills and techniques by sewing each day in class. Projects will include a nine-patch pillow, hand stitching, drawstring bag, pillowcase, zipperbag, fleece mittens, stuffed animals, and lanyard. You will learn how to read a pattern, thread and maintain a sewing machine and do basic machine embroidery. You will become familiar with all the tools and skills needed to become a successful sewer. Sewing teaches students the fundamental skills of problem-solving, technical reading and following directions.

## **Apparel Construction**

*0.5 Credit: Semester*

*Prerequisite: Sewing 1*

Students will continue to practice and improve upon the skills obtained in Sewing I. New topics will include “Fitting Garments,” “Fabric choices,” and construction of dresses, fitted pants/jeans, costumes and purses/bags. Embellishments will be highlighted using the embroidery machine and hand sewing techniques. This is a lab course; students will be sewing every day. The culmination of the course will be a portfolio. This course is a basis for careers in the fashion industry.

## **Quilting**

*0.5 Credit: Semester*

*Prerequisite: None*

Creation of 13 quilt blocks using different quilt block patterns to be incorporated into a finished quilt will be the goal of this course. Week by week we will explore new quilt blocks, learn how to select fabric, master cutting, and construction techniques and learn how to use a rotary cutter. This is an opportunity to learn all of the basics! More experienced sewers will have the opportunity to improve their skills. Students will be able to use their interests in math, history, and art to develop their quilt.

## **Apparel Design**

*0.5 Credit: Semester*

*Prerequisite: None*

Students will learn about the fashion industry and the history of clothing around the world. Students will be keeping track of fashion trends in the United States and how they have changed over the years. They will have the opportunity to use adobe illustrator design garments and fabrics. Students will use their clothing designs to practice draping their garments on a mannequin. Other topics include pattern making and garment alterations.

## **Housing and Interior Design**

*0.5 Credit: Semester*

*Prerequisite: None*

Are you the type of person who enjoys art, design, and planning for your future home? Interior Design is the course for you! Increase your skills in kitchen planning, furniture selection and coordinating elements of design. Learn more about design principles, style, and color, while arranging furniture, designing floor plans and examining floor and window treatments. Students will also plan for the future by examining costs of renting and buying a house.

## **Child Development and Parenting**

*0.5 Credit: Semester*

*Prerequisite: Sophomore Status*

This course is designed to help students realize what responsibilities are involved in the parenting role. This course is designed to study the norms of childhood behavior and growth, investigate responsibilities and alternatives for childrearing and parenting, and to create an awareness of the characteristics of pregnancy, birth, and childrearing. Students will discuss readiness for parenthood, conception, prenatal development, infancy, preschool children, and discipline. Career opportunities will also be included. This course is fundamental for anyone who is considering becoming a parent, teacher, medical professional or child care worker.

## **Interpersonal Relationships**

*0.5 Credit: Semester*

*Prerequisite: None*

Learn more about yourself and your relationships by developing a positive self-concept. Personality development, communication skills, dating expectations and the need for positive relationships will be explored. This discussion focused course explores working families, family abuse, teenagers and their specific issues, and the effects of stress on the family. Informal discussions and small group work are important aspects of this course. This is a practical course in examining the real issues of different types of relationships.