

FAMILY AND CONSUMER SCIENCES-- CAREER/TECH DEPT

Teen Living: - Semester Course

Course #: 0501

Credit: 1

Elective: Grades 9 - 10

Prerequisite: None

Course Description:

Teen Living is offered as a semester course that is an overview of different areas in the Family and Consumer Sciences Department. Topics such as resources and decision making; relationships; food choices and food preparation; clothing buymanship and construction; child care/development and housing are included. A greater emphasis is placed on foods and clothing with labs or hands-on experiences provided. It is recommended for freshman and sophomores. It makes a good background for the other semester courses offered in the Family and Consumer Sciences Department.

Skills Needed To Be Successful In The Class:

Students must be able to read, write and follow step-by-step instructions and express ideas verbally, visually and in writing. If skills are lacking, extra effort is made to help students develop them.

Specific Outcomes -- The Student Will Be Expected To:

1. Recognize that individuals have resources to help themselves as well as others.
2. Use the decision making process in solving problems.
3. Identify ways to deal with peer pressure.
4. Recognize the personal, social and cultural aspects of food.
5. Follow a good personalized nutritional program.
6. Follow safety and sanitation procedures.
7. Buy, store and prepare a variety of foods.
8. Describe several influences on decisions about what to wear.
9. Select clothing that enhances personal appearance.
10. Follow clothing care practices that give desired results.
11. Recognize the value in being able to sew.
12. Recognize ways to give care to children and the elderly that meets the physical, mental, social and emotional needs.
13. Recognize alternatives in housing.
14. Recognize how people's needs are met through housing.
15. Discuss ways the individual can improve his or her own housing situation.
16. Describe several careers in the family and consumer sciences.

Careers Related to Content:

Various careers mentioned with the suggestion that students follow up with the semester courses in areas of particular interest where skills and careers are considered in more detail.

FAMILY AND CONSUMER SCIENCES-- CAREER/TECH DEPT

FOODS AND NUTRITION: - Semester Course

Course #: 0511

Credit: 1

Elective: Grades 10 - 12

Prerequisite: None

Course Description:

The Foods and Nutrition semester class covers the following topics: selection, use and care of equipment; safety and sanitation; good nutrition throughout the family life cycle including the seven dietary guidelines and food pyramid; special dietary considerations; getting the most for supermarket dollar. Labs are included in all of the previous topics with additional ones in the following areas: yeast and quick breads; milk and cheese; fruits, vegetables and salads; meat, poultry and eggs.

Skills Needed To Be Successful In The Class:

Students must be able to read, write, follow step-by-step instructions, altering recipe yield, work cooperatively in small groups and be able to express ideas verbally and in writing. Cooperation is also needed for labs.

Specific Outcomes -- The Student Will Be Expected To:

1. Recognize how various food choices affect our lives physically and emotionally.
2. Plan well-balanced foods for the entire family by using the food pyramid and the seven dietary guidelines.
3. Prepare meals that practice good management of time, money, personal and environmental resources.
4. Evaluate and use kitchen equipment effectively for better time and money management.
5. Effectively adjust recipe quantities to meet specific needs.
6. Apply the principles of sanitation, recycling and safety when working with food and equipment.
7. Know how to and put into effect the correct food preparation methods.
8. Recognize and practice wise supermarket shopping techniques to get the most from food dollars.
9. Identify food related occupations.

Careers Related to Content:

Education, Food Service (hotels, hospitals, restaurants, retail stores, etc.), Chef, Dietitian, Research, Food Chemist, Food Journalist, Nutritionist, Caterer, Homemaker, Marketing, Food Related Transportation, Kitchen Designer.

FAMILY AND CONSUMER SCIENCES-- CAREER/TECH DEPT

ADVANCED FOODS: - Semester Course

Course #: 0512

Credit: 1

Elective: Grades 10 - 12

Prerequisite: A grade of C or higher in Foods and Nutrition, or course instructor approval.

Course Description:

The Advanced Foods class has two major emphases: 1) obtaining knowledge about restaurant operations and food science careers; 2) individualized contracted lessons in advanced cooking techniques. Students select the individualized units and work at their own pace. Each unit contains a variety of opportunities such as study guide, work sheets, and food preparation. Favorite units selected to name a few are foreign foods, special dietary needs, garnishing, desserts, breads, meats, entertaining, and cost control. Quantity cooking and meal service are demonstrated as small groups of students prepare and serve a meal for the entire class. Field trips and guest presentations are also included.

Skills Needed To Be Successful In The Class:

Students must be able to read, write and express opinions verbally as well as work together cooperatively in small and large group settings. Students also need competence in basic food preparation skills and basic math skills. Self motivation is important when students work independently.

Specific Outcomes -- The Student Will Be Expected To:

1. Identify requirements for a job in food service.
2. Comply with safety and health rules.
3. Prepare foods from the basic food groups with emphasis on creativity, garnishing and presentation of food.
4. Promote food that enhances family customs and traditions (i.e. holiday meals, wedding showers, graduation receptions, etc.).
5. Cost out recipes to determine high cost and low cost of foods.
6. Plan menus within budget guidelines, prepare shopping lists and purchase food to be served in a social/entertainment setting.
7. Examine occupations related to the food service/hospitality industry.
8. Identify entrepreneurship businesses that can be operated in the home (i.e. bed and breakfast, catering).
9. Identify ways to balance work, family and individual needs.

Careers Related to Content:

Education, Food Service (hotels, hospitals, restaurants, etc.) Chef, Dietitian, Food Journalist, Nutritionist, Caterer.

FAMILY AND CONSUMER SCIENCES-- CAREER/TECH DEPT

CLOTHING AND MERCHANDISING: - Semester Course

Course #: 0503

Offered: 2017-18, every other year

Credit: 1

Elective: Grades 9 - 12

Prerequisite: None

Course Description:

Emphasis for the clothing and merchandising course is given to: why people wear clothes, fashions of today and times past, getting the most for our clothing dollars, reading and interpreting label information, analyzing workmanship and proper fit, buying for family members and personal selection. Recycling and mending are part of the clothing care unit. Career possibilities are examined. Students also complete individualized sewing projects according to abilities and interest. Students with sewing abilities of any level will benefit. Alterations and sewing for others as a career choice are included. Computerized embroidery machine can be used with preprogrammed designs. Students will furnish their own sewing supplies and fabric for projects or purchase through the school.

Skills Needed To Be Successful In The Class:

Students must be able to read, write and follow step-by-step instructions and express ideas verbally, visually and in writing. Patience is helpful but previous sewing experience is not needed.

Specific Outcomes -- The Student Will Be Expected To:

1. Identify factors that influence clothing choices.
2. Use wise consumer practices in selecting clothing for self and family members.
3. Apply knowledge of fibers, fabrics and finishes when making clothing purchases.
4. Evaluate ready-to-wear clothing for its construction.
5. Modify, repair and construct clothing.
6. Maintain one's personal clothing and that of the family laundry.
7. Describe the steps in the production of clothing.
8. Follow steps for construction and evaluating sewing projects.
9. Recognize possibilities and experiment with computer assisted designing and sewing.
10. Investigate employment opportunities and requirements in the field of clothing.

Careers Related to Content:

Apparel Industry, Textile Industry, Design, Research, Marketing, Retailing, Fashion Buyers, Advertising, Alterationists.

FAMILY AND CONSUMER SCIENCES-- CAREER/TECH DEPT

HOUSING AND INTERIORS: - Semester Course

Course #: 0522

Offered: 2018-19, every other year

Credit: 1

Elective: Grades 9 - 12

Prerequisite: None

Course Description:

Evaluating alternatives is the main focus of the housing and interiors semester course. Students visit a variety of homes examining the advantages and disadvantages of each concept. Housing is evaluated in relation to its site, structure, energy efficiency, safety, living space, zoning, traffic, storage and cost. Decision-making skills are emphasized in buying or renting and in making consumer choices concerning furniture, floor and wall coverings, window treatments and lighting. Students will be better prepared to choose, pay for and maintain housing, home furnishings and equipment that meets the needs of the individual or household group.

Skills Needed To Be Successful In The Class:

Students must be able to read, write and express ideas verbally, visually through decorating projects and in writing. Listening skills and cooperation are needed for the field trips.

Specific Outcomes -- The Student Will Be Expected To:

1. Accept the home as a place in which an individual's basic needs are satisfied.
2. Compare cultural and global influences on housing choices.
3. Identify values, attitudes, interests and activities of individuals that effect decisions relating to housing.
4. Relate the effect of physical and environmental factors of the neighborhood and community to housing needs.
5. Develop higher order thinking skills by using criteria to evaluate existing housing.
6. Explain basic financial and legal aspects in buying or renting.
7. Use wise buymanship practices in furnishing, decorating and equipping a home.
8. Apply the principles and elements of design when purchasing and decorating a home.
9. Recognize and obtain assistance from resource people within a community.
10. Identify and explore career possibilities in housing and home furnishings.

Careers Related to Content:

Advertising and Sales of Home Furnishings, Interior Designer, Buyer for Furniture Store, Building Industry, Realtor, Architect, Home Care and Maintenance, Appraiser, Planner or Developer, Homemaker.

FAMILY AND CONSUMER SCIENCES-- CAREER/TECH DEPT

PARENTING AND CHILD DEVELOPMENT: - Semester Course

Course #: 0542

Credit: 1

Elective: Grades 11 – 12-*driver's license/school permit is strongly suggested*

Prerequisite: None

Course Description:

This course is designed to help students become more knowledgeable about what is involved in parenting children. Students are given opportunities to practice parenting skills through interaction with parents and children in various stages of development. The challenges of parenting a newborn are experienced through the "Baby-Think-It-Over" project. Emphasis is also placed on preparing students for entry level jobs in the field of child development. Areas covered include such topics as the decision to parent, planning for children, family situations affecting children, pregnancy and birth, baby's first year, the toddler and the preschooler. Children's play, health and safety, and guidance are also important aspects. The class includes a field trip to the maternity ward and observing and participating in community preschools.

Skills Needed To Be Successful In The Class:

Students must be able to read, write and express opinions and ideas verbally and in writing. A driver's license/school permit and cooperation is needed as we go out to the preschools.

Specific Outcomes -- The Student Will Be Expected To:

1. Describe sexual reproduction and birthing process.
2. Analyze contraception and family planning methods.
3. Discuss health concerns and needs at various stages of prenatal and postnatal development.
4. Identify the additional risks of teen pregnancy and parenting.
5. Describe ways to guide the physical, social, emotional, and intellectual development of children including those with special needs.
6. Select toys, equipment, food and materials appropriate for the developmental stage of a child.
7. Select and use appropriate childhood guidance techniques.
8. Discuss childhood diseases and immunization procedures.
9. Identify ways to provide a safe environment for a child.
10. Locate and/or utilize child development resources for assistance.
11. Evaluate personal qualities while making the decision to parent or the decision to select a career in working with children.

Careers Related to Content:

Early Childhood and Elementary Education, Child Care Providers, All Health Related Occupations such as Nursing, All Human Relations Fields such as Social Work, Psychology and Counseling.