FAMILY AND CONSUMER SCIENCE 2017-18
(Practical Arts Credit)

Freshman	Sophomore	Junior	Senior
	Food & Nutrition I	Food & Nutrition I	Food & Nutrition I
	Food & Nutrition II	Food & Nutrition II	Food & Nutrition II
	Life Skills/Careers	International Foods	International Foods
		Life Skills/Careers	Life Skills/Careers
		Child Development	Child Development
		Housing/Interior Décor	Housing/Interior Décor
		Clothing Constr. & Textiles	Clothing Constr. & Textiles

500 Food & Nutrition I (2,3,4) 1 sem. 0.5 cr.

This course will introduce basic nutrition along with the preparation of foods that fulfill the requirements for a healthy lifestyle. The student will explore all the food groups and discover how each is important for proper growth and development. In addition, how the body utilizes foods for energy, ways to prepare healthy meals and reducing the risk of health problems are discussed. By the end of the semester the student will be able to plan and prepare nutritious meals, be capable of evaluating a recipe for fat and calorie content, be able to prepare menus to fulfill their daily requirement allowances, become aware of how their bodies utilize vitamins and minerals based on their activity levels, evaluate their personal needs and devise a plan to meet these needs. Kitchen and food safety and sanitation are also covered.

507 Food & Nutrition II (2,3,4) 1 sem. 0.5 cr.

Prerequisite: Food & Nutrition I

This course will continue the study of nutrition and preparation of foods that provide elements for a healthy lifestyle. The student will explore areas of study including cholesterol, dieting and weight control as well as learn more advanced techniques of cooking and preparing menus and new foods. At the end of the semester the student will be able to evaluate a food for its nutritional content and cholesterol levels, be able to evaluate a label for fat and nutrition, relate its importance to their diets, and demonstrate more advanced cooking skills, such as frying, making yeast breads, foreign food cooking, beginning cake decorating skills and cooking for crowds.

508 International Foods (3,4) 1 sem. 0.5 cr.

Prerequisites: Food & Nutrition II and signature of this course instructor.

This course emphasizes variety in food products, preparation techniques, experimentation in meal patterns, and the significance of foods as it relates to various cultures. The class includes a balance of written class work, research, demonstration and hands-on experience. Students will plan, prepare, and serve foods representing various regions of the United States and the world. Appreciation of the difference in international cuisine and the historical and geographical significance for these differences is emphasized. Come along with us and travel the world for a semester and experience the culture and cuisine of various countries.

502 Life Skills/Careers (2,3,4) 1 sem. 0.5 cr.

This is an introductory course in the Family and Consumer Science Curriculum. The student will study three units in this semester class. Career options in Housing and Interior Design, Fashion Design and Textiles, and Life Management Skills will be covered. The student will explore the many career options and possibilities associated with these fields. Machine and hand sewing skills will be taught, with the completion of a clothing garment.

503 Child Development (3,4) 1 sem. 0.5 cr.

This course is designed to bring child development and parenting concepts alive for students. The course will introduce the students to the importance of studying children and parenting, and will then focus on their development from conception through six years of age. The development will include not only physical maturation, but also an understanding of how emotional, social, and intellectual development are fostered and hindered.

We will also introduce the “Baby Think It Over” program, which uses simulated interactive infants. The program allows the students to explore the physical, emotional, social and financial consequences of parenthood. The program will encourage discussions and critical thinking about the many dimensions of parenting. The infant simulator in this program replicates the unpredictable, around-the-clock demands of an infant.

504 Housing and Interior Decorating (3,4) 1 sem. 0.5 cr.

The student will study all aspects of housing and interior designs, including floor plans, types of furnishings, cost, wall and floor coverings. The student will also study ceilings, roofs, windows, doors and faux painting techniques. At the end of the semester, the student will be required to complete a housing presentation using the principles and concepts discussed in class.

509 Clothing Construction & Textiles (3,4) 1 sem. 0.5 cr.
Prerequisite: Life Skills and signature of this course instructor.

The course will continue with the basic textiles and clothing construction techniques used in Life Skills and elevate them to an advanced level. Students will construct a portfolio expanding their knowledge of stitching techniques, types of seams, seam finishes and hemming. The many types of clothing construction techniques will be included in this course as well as installing zippers, buttons, buttonholes, etc. Along with the portfolio, students will construct 3 garments using the techniques taught in the class.