

# FAMILY AND CONSUMER SCIENCE

**Objective:** Students will learn how to live more successfully in homes and communities today and in the future. These courses are designed to help students develop a better understanding of themselves and people of all ages and how to manage resources of time, energy, and money.

The six major areas studied in family and consumer sciences are:

- 1) Home management, family economics, and consumer buying
- 2) Personal, family, and community relations
- 3) Child development
- 4) Food and nutrition
- 5) Clothing and textiles
- 6) Housing and interior design

Arrangement of Family and Consumer Sciences electives:

- Foods
- Hospitality and Intermediate Foods
- Creative Foods
- Food Internship

## **Basic Foods - Grades 9-10-11-12**

### *Semester Elective*

Foods is designed for students who wish to learn the basic techniques in food selection, purchase, and preparation. In this class students will have academic and laboratory experience in sanitation, proper use of utensils, cooking techniques, and time management. An in-depth study of bread, pastries, dairy products, egg cookery, and fruits and vegetables is included. Careers in Culinary Arts will be explored. This course is a prerequisite for Creative Foods.

## **Hospitality and Intermediate Foods Grades 10-11-12**

### *1<sup>st</sup> Semester*

*Basic foods class is a prerequisite to taking this course. Each foods class builds onto previous course work. The foods binder you have accumulated information in is also a "must" for this class.*

This course will encompass the booming industry of Hospitality that prevails in all segments of the Hospitality Industry includes: Food and Beverage, Lodging, Recreation, and Travel and Tourism. This course will focus on the "Food Service Industry." In addition to honoring Hospitality Skills, the student will also continue their Culinary Art Skills learned in Basic Foods by preparing and using more complicated and advanced cooking techniques. If you think that you may want a career in Hospitality Management or the Food Service Industry this is the course for you.

## **Creative Foods - Grades 11-12**

*Semester Elective*

*Prerequisite: "B" or above in Foods*

Preparing and serving complete meals will be the major emphasis of this class. It will cover all aspects of food service from buying food, to preparing and serving a meal to the public every Friday. A variety of meals will be served including outdoor cooking, foreign and regional foods, etc. Enrollment in creative foods is limited and based on an application process through the teacher. To apply, a student must fill out an application form to be obtained from the teacher.

## **Foods Internship- Grades 11-12**

Culinary Art Internships are available to students who have taken all three academic foods courses with the intent of pursuing a career in Culinary Art. Students will be placed in Restaurant and food service establishments to hone their culinary skills. Mentors at these establishments will work closely with the student and teacher to make this an on-the-job experience that will place them head and shoulders above their peers when entering Culinary Art School or when seeking employment.

## **Child Development - Grades 10-11-12**

*Semester Elective*

The unit begins by studying prenatal considerations: genetics, a study of common birth defects, and financial planning. Prenatal development is studied step-by-step along with maternal care during pregnancy. The sequence of a normal birth is discussed. This is followed by an explanation of the characteristics and needs of the newborn.

The physical, emotional, social, and intellectual development of the growing infant and child to six years is studied in depth. Relevant topics such as child care options, toy safety, nutrition education, and sex roles are included in the course.

The class also studies emergency situations involving children, how to cope with illnesses, and ways of preventing illness and accidents. Serious situations are discussed that are major influences in the lives of children such as divorce, death, single parents, adoption, child abuse, and handicaps. Careers in child development will be explored.

A field trip includes a trip to the hospital nursery and delivery room.