

## **FAMILY & CONSUMER SCIENCE PROGRAM**

### **FOODS**

*Level "B"*

*one credit*

*Grades 9 - 12*

Students enrolling in Foods should not fall victim to the misconception that this is an "easy" course. Students should develop an accurate knowledge of applied nutrition and an understanding of basic principles of food preparation. They will develop skills in using equipment to produce nutritious and attractively served meals. (Emphasis is placed on developing management techniques to aid in combining the roles of homemaker and wage earner.) Food buying, safety, and sanitation will be stressed.

**NOTE:** *On an A/B schedule, this course will be a double period twice a week. If there is no cooking, it'll only be one period.*

### **ADVANCED FOODS**

*Level "B"*

*one credit*

*Grades 9 - 12*

#### ***Prerequisite: Foods***

This course is an extension of the basic cooking skills learned in Foods class. The objective of this course is to give the student a chance to improve upon their skills learned in Beginning Foods. The focus will be on international cuisine. International Foods introduces the student to the contributions various ethnic groups have made to American cookery. The advanced student will become familiar with the geography, food history, customs, common ingredients and preparation techniques from countries all over the world. The student will continue to develop skills in kitchen organization, teamwork and equipment use.

Students might have the option to obtain their food handlers through the state in order to work.

**NOTE:** *This course will not be scheduled separately; rather, Advanced Foods students will enroll in the Foods course.*

### **HEALTHY LIVING**

*Level "B"*

*½ credit*

*Grades 9 - 12*

The focus of this course has broadened to include many contemporary issues that are pertinent to the teens in today's society. The students will evaluate the barrage of marketing and advertising messages that tempt them daily and how these choices will affect their health and wellness. Students will be introduced to basic food preparation skills taking into consideration safety and sanitation. A unit in the course will identify risky behaviors. Students will analyze the consequences of their personal wellness through leisure time activities.

### **CHILD DEVELOPMENT**

*Level "B"*

*1/2 credit*

*Grades 9 - 12*

This course is designed to show students the processes of having a child from preconception to the toddler years. Students will learn about different methods of conception, birth, and child rearing. During this course, you will find parenting tips, explanations, guidelines, activities and exercises. When you are through with this course, you will feel confident and knowledgeable about your role as a parent or caregiver.

### **CONSUMER EDUCATION**

*Level "B"*

*1/2 credit*

*Grades 9 - 12*

This course includes a study of installment purchasing and credit use, budgeting, comparison shopping, savings, consumer rights and responsibilities, and the use of resources to attain individual and/or family goals. Learning experiences focus on the understandings and skills needed to make decisions about the use of resources which contribute to an improved quality of life.

**NOTE:** *This course meets the Economics requirement for graduation.*