

## FAMILY AND CONSUMER SCIENCE DEPARTMENT

Class Number: 90  
Class Name: **Family & Consumer Science** (Elective)  
Length of Class: Two-Semesters Sequential  
Prerequisite: None  
Grade Level: 9 – 12

This is a comprehensive two semester sequential course that includes all components in the Family and Consumer Science area. Areas covered, Food and Nutrition, Housing/Interior Design, Fashion/Sewing, Skills for Living, Knitting, Child Care, and Quilting (subject matter may vary slightly year to year). Each student will be responsible for providing materials for two sewing projects and one knitting project. Many of the FCS areas consist of individual projects. Students are expected to be self-motivating and participate in the class activity each class block.

Class Number: 91  
Class Name: **Health 9** (Required)  
Length of Class: Fall – One Semester  
Prerequisite: None  
Grade Level: 9

This is a one-semester class required for graduation. Topics covered are Making Healthful Choices, Peer Relationships, Adolescence, Body's Reproductive System, Birth Control, STDs, Beginning of the Life Cycle, Physical Fitness, Food and Nutrition, Tobacco, Alcohol, and Illegal Drugs. The course will include hands-on and interactive activities as well as the incorporation of technology.

Class Number: 92  
Class Name: **Independent Living** (Required)  
Length of Class: Spring – One Semester  
Prerequisite: None  
Grade Level: 11 or 12

This is a one-semester course required for graduation. Topics to be covered are Body's Reproductive System, Birth Control, STD's, Beginning of the Life Cycle, Nutrition/Wellness, Financial Health, Safety and Sanitation in the Kitchen, Stocking a Kitchen, Cleaning, Laundry, Renting and Furnishing an Apartment. This course will include hands-on and interactive activities and the incorporation of technology.

Class Number: 93  
Class Name: **Child Development** (Elective)  
Length of Class: Two Semester Sequential  
Prerequisite: None  
Grade Level: 9 – 12

As a result of this course you will learn about children, parenting and yourself. This course will involve many hands-on experiences and the opportunity to work directly with children in the Kindergarten class. Some of the topics that will be covered are Physical-Emotional-Social and Intellectual Development of 4 – 6 and 1 - 3 year olds, Parenting Skills, Teen Pregnancy and Parenthood and Prenatal Development.

Class Number: 94  
Class Name: **Foods I** (Elective)  
Length of Class: Fall - One Semester

Prerequisite: None  
Grade Level: 10 – 12

Students need to acquire basic cooking skills and techniques to prepare themselves for their future. This course will cover the fundamental skills in preparing components of meals. Students will explore nutritional needs in the diet and preparing foods that enhance growth and development. Safety and sanitation in the kitchen, measurement techniques, and basic recipe reading will be the foundation of Foods I. Participation in labs is expected and students must be willing to try new foods during lab.

Class Number: 95  
Class Name: **Foods II** (Elective)  
Length of Class: Spring – One Semester  
Prerequisite: Foods I  
Grade Level: 10-12

Foods II is a continuation of Foods I; a study of food preparation and nutrition. Students will explore areas for personal and family enjoyment of foods. Textbook readings, discussions, projects, assignments and foods labs will comprise Foods II. Class participation is expected and students must be willing to try new foods in lab.

Class Number:  
Class Name: **Clothing** (Elective)  
Length of Class: Two Semester-Sequential or with instructor approval  
Prerequisite: Family and Consumer Sciences  
Grade Level: 9 – 12

This course is designed to assist students in improving their sewing skills. The students will use sewing machines and the serger to create useful items for the home or garments and accessories. Throughout the semester creativity while mastering new sewing skills will be stressed. Several garments will be constructed according to the student's sewing ability. The goal of Creative Sewing is for the student to feel more comfortable at the sewing machine, developing a life long skill. (Class size limited to 8 students.)