

## •FAMILY AND CONSUMER SCIENCES DEPARTMENT•

### **CONSUMER ECONOMICS**

One Semester, 1 Credit

Course No. 1005

Grade Level: 9,10,11,12

Prerequisite: None

Description: This course presents a basic approach to economic principles. Students focus on topics of supply and demand, money and the role of financial institutions, and the role of government in our market system.

### **NUTRITION AND WELLNESS I**

One Semester,

1 Credit

Course No. 1011

Grade Level: 9,10,11,12

Prerequisite: None

Description: This course teaches the benefits of nutrition and wellness. Basic techniques in food science are presented. Laboratory experiences include food preparation, table setting and social etiquette, and time management skills. A basic/beginning approach to foods and kitchen management is emphasized.

### **NUTRITION AND WELLNESS II**

One Semester,

1 Credit

Course No. 1012

Grade Level: 9,10,11,12

Prerequisite: Nutrition and Wellness I, C average or better, or teacher permission

Description: This course is an advanced study of foods, food preparation, meal planning, and entertaining. It also stresses the importance of food in the human body and the management of food resources. There are laboratory activities and experiments to make learning more meaningful with emphasis on regional and foreign cookery.

### **FOOD INDUSTRY OCCUPATIONS/CATERING AB**

One Semester or All Year, 1 Credit Per Semester

Course Nos. 1021, 1022

Grade Levels: 10,11,12

Prerequisites: Nutrition and Wellness I and II; C average or better, or teacher permission.

Description: The catering class is designed to educate students who have successfully completed Beginning and Advanced Foods in the business of food service. Emphasis will be placed on money management and food marketing. The students will prepare products for the faculty and staff in the Eastbrook corporation, coordinating class activities with work-related ethics. Laboratory experiences and research are the dominant methods of teaching. The laboratory setting is designed to give each student the opportunity to practice food preparation skills according to business specifications. Extensive laboratory equipment and resources are used. This course may be taken for one or both semesters.

### **FOOD AND FITNESS**

One Semester, 1 Credit

Course No. 1013

Grade Levels: 10,11,12

Prerequisite: One semester of Physical Education

Description: This class is designed to help the student combine the two components of fitness and nutrition into their daily lifestyle. This laboratory course may be team taught by Family and Consumer

Sciences and Physical Education instructors. Food lab and experience and active participation in a wide variety of cross-training activities will be the focus. Students will also develop and design their own personal wellness program and monitor their progress. The ultimate goal of this course is to provide opportunities for the students to develop skills that promote lifelong fitness.

### **FASHION/TEXTILES FOUNDATIONS I**

One Semester, 1 Credit

Course No. 1031

Grade Level: 9,10,11,12

Prerequisite: None

Description: This course instructs students on a beginning level of fashion, textiles, tools, techniques, and construction of garments. Students participate in a laboratory/application setting.

### **FASHION/TEXTILES FOUNDATIONS II**

One Semester, 1 Credit

Course No. 1032

Grade Level: 10, 11, 12

Prerequisite: Textiles and Fashion Technologies I, C average

Description: This course presents an advanced level of clothing construction. Students are encouraged to explore technology and complex tailoring techniques in fashion and clothing design.

### **FASHION/TEXTILES FOUNDATIONS III/CRAFTS**

One Semester, 1 Credit

Course No. 1033

Grade Level: 9,10,11,12

Prerequisite: None

Description: This class will create craft items using a variety of skills and methods. It will develop skills in cross-stitch, embroidery, quilting, sewing, and other types of hand crafts. The course would revive the importance of having a hobby, which will provide feelings of creativity and self-satisfaction in making something of beauty with one's own hands.

### **HOUSING AND INTERIOR DESIGN FOUNDATIONS**

One Semester, 1 Credit

Course No. 1035

Grade Level: 9,10,11,12

Prerequisite: None

Description: This course will look at the historical background of housing as well as the design of interiors. Students learn through projects, lectures, and site visitations. Elements of design and application of art principles in decorating are emphasized.

### **HUMAN DEVELOPMENT AND FAMILY WELLNESS**

One Semester, 1 Credit

Course No. 1036

Grade Level: 9,10,11,12

Prerequisite: None

Description: This course covers health problems facing the family and home nursing as it relates to family living. Areas of study include family crisis, abuse, violence, physical and mental health issues, the aging process, and diseases and illnesses. Applications through projects and volunteer experiences are included.

### **ADULT ROLES AND RESPONSIBILITIES**

One Semester, 1 Credit

Course No. 1045

Grade Level: 10

Prerequisite: None

Description: The basis of this course is to develop positive living skills. Among the concepts that will be presented will be CPR/First Aid, self-understanding and improvement, social and communication skills, understanding sexual development and associated issues, AIDS education, love and partner selection, and understanding life cycles. Experiences with the "Baby Think It Over" infant simulator and the "Empathy Belly" are requirements for this course. This course is required for graduation.

## **INTERPERSONAL RELATIONSHIPS**

One Semester, 1 Credit

Course No. 1050

Grade Level: 11, 12

Prerequisite: None

Description: This course addresses the knowledge, skills, attitudes, and behaviors all students need to develop positive, caring relationships. Instruction includes communication techniques and building self-esteem as well as responsibilities in relationships, marriage, and parenthood. Students discuss social issues, interact with classmates, and plan a wedding.

## **CHILD DEVELOPMENT AND PARENTING**

One Semester, 1 Credit

Course No. 1060

Grade Level: 11, 12

Prerequisite: None

Description: This course focuses on the normal growth and development of pre-school children and the principles of child guidance based on physical, intellectual, emotional, and social needs in the child. An experience with the "Baby Think It Over" simulator is a requirement for this course. Applications include day care visitations and interaction with children.

## **ORIENTATION TO LIFE & CAREERS**

One Semester, 1 Credit

Course No. 1070

Grade Level: 12

Prerequisite: None

Description: This class teaches students the skills necessary for independent living and emphasizes an understanding of its responsibilities. Students will learn through lectures, research, and laboratory experiences. Units will include such topics as food preparation, money management, job searching, housing, auto purchasing, and basic sewing/laundry skills.