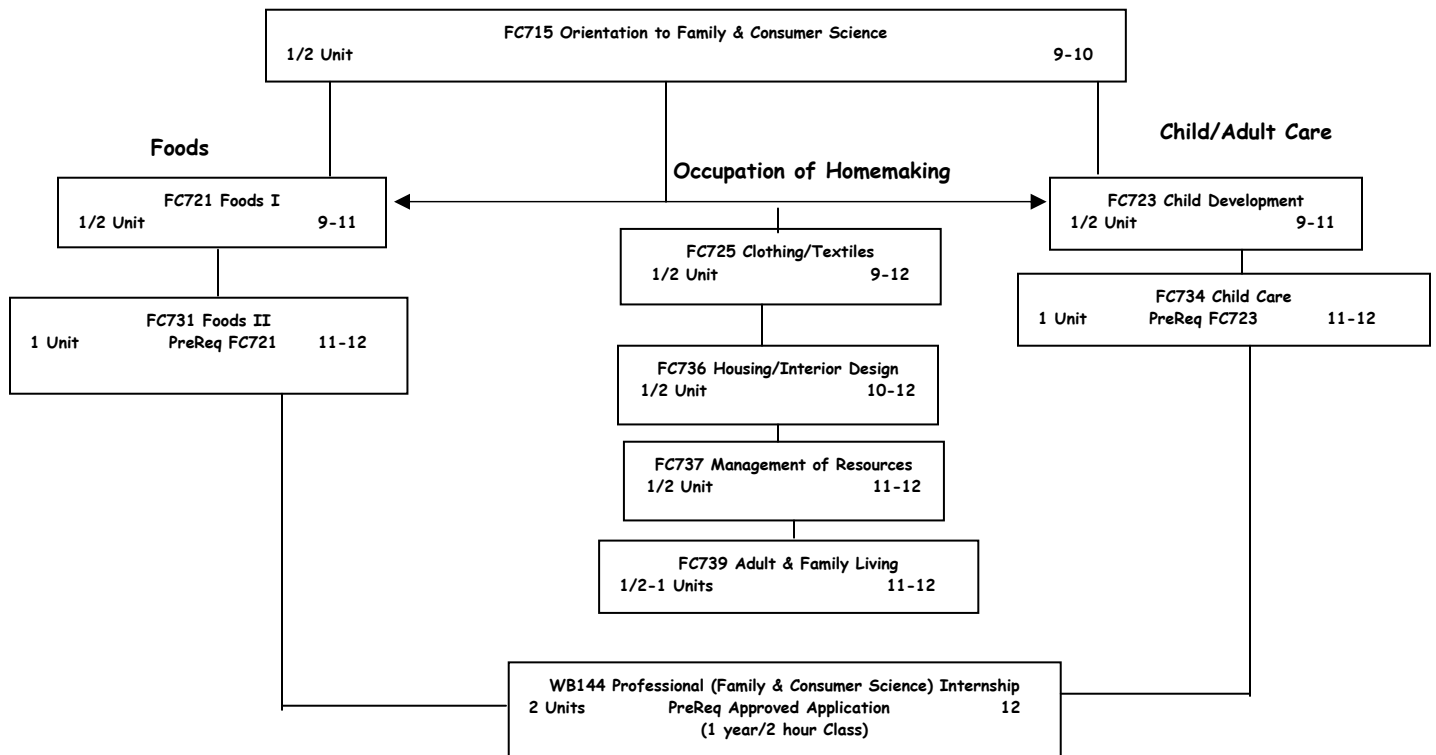


## FAMILY & CONSUMER SCIENCE DEPARTMENT

	Course	Level
FC715	Orientation to Family & Consumer Science	9-10
FC721	Foods I	9-11
FC723	Child Development	9-11
FC725	Clothing/Textiles	9-12
FC731	Foods II	11-12
FC734	Child Care	11-12
FC736	Housing/Interior Design	10-12
FC737	Management of Resources	11-12
FC739	Adult and Family Living	11-12
FC741-FC744	Home Ec Basics	9-12
FC761-FC764	Home Ec Basics II	11-12
FC751	Life Skills Basics	11-12
FC781-FC784	Skills Reinforcement Basics	9-12
FC791-FC794	Aggressive Replacement Training (A.R. T.) Basics	9-12

### Family & Consumer Science Career Paths



**COURSE NUMBER FC715 ORIENTATION TO FAMILY & CONSUMER SCIENCE (F200)**

CREDIT: 1/2

PREREQUISITES: NONE

Grade: 9-10

This course is designed to help students become confident, understanding family members. The student will be introduced to the world of work emphasizing the areas of Family & Consumer Sciences. Topics may include: health and nutrition, food preparation, personality development and communication skills, clothing and textiles, child care and baby-sitting, time management and decision making, housing, and careers in Family & Consumer Sciences. The units covered will be basic information that will give students an overview of the Family & Consumer Science field. This will allow students an opportunity to choose an area of study in which they are most interested.

**COURSE NUMBER FC721 FOODS I (F401)**

CREDIT: 1/2

PREREQUISITES: None, but freshmen enrolling should complete FC715 first

Grade: 9-11

This is a “how-to” course that provides an overview of food and food preparation. The purpose of the class is to expose students to the preparation of as many different kinds of foods as possible. The students will work in small groups and learn cooperation and organizational skills. The course includes a variety of topics dealing with nutrition and the body, recipe usage, equipment identification, food terminology, consumerism, food, safety and sanitation factors, manners and etiquette, and the basic principles in food preparation. The food units covered include the study and preparation of a range of products: yeast breads, quick breads, meats, poultry, cakes, pastry, milk, and eggs. Students will participate in extensive lab work, and they will get to eat their finished products.

**COURSE NUMBER FC723 CHILD DEVELOPMENT (F403)**

CREDIT: 1/2

PREREQUISITES: None, but freshmen enrolling should complete FC715 first

Grade: 9-11

We train and educate people for all kinds of jobs in this world, but one of the most important jobs—being a parent—requires no special training at all. This course should be a requirement for all individuals whether they ever expect to become parents or not. The major aim of this course is to explain the many factors affecting the physical, social, emotional, and intellectual development of a child. It will allow the student to become aware of the knowledge, skills and the enormous responsibilities involved in parenthood. This course includes a variety of topics dealing with parenthood and the developing child. Topics may include: decisions on becoming a parent, preparation for family members for a new baby, family planning, pregnancy and birth, prenatal care, care and characteristics of the newborn, emotions and development of the child, discipline, and behavior problems, birth defects, and day care services. This course requires textbook reading, study guides and handouts to be used with the text, videos, and class discussions. *(Students who complete both FC723 Child Development and FC734 Advanced Child Care may enroll and receive 6 hours dual credit: 3 hours for CHCA 101 and 3 hours for CHCA 111.)*

**COURSE NUMBER FC725 CLOTHING/TEXTILES (F402)**

CREDIT: 1/2

PREREQUISITES: None, but freshmen enrolling should complete FC715 first

Grade: 9-12

In this class, students will learn the preliminary skills needed to become skilled seamstresses. This course will cover such areas as fabric types and selection, figure types, color, design, selection and use of sewing equipment and pattern study including body measurements, layout, markings, pinning and cutting techniques. Students will learn basic sewing skills such as proper measuring, cutting and stitching. Following directions and good attendance will be important to the success of each student in this class in order to complete clothing projects within a timely manner. Students will be required to purchase their supplies for the two to three required projects. In addition, small-scale samples will be done on fasteners (buttons and snaps) and hems (blind stitch, catch stitch and machine stitch). In this semester class, the first quarter will include basic information about clothing & textiles and the second quarter will be hands-on sewing where class participation, attitude and attendance will play an important part of the student’s grade.

**COURSE NUMBER FC731 FOODS II (F415)**

CREDIT: 1

PREREQUISITES: FC721

Grade: 11-12

The overall intent of the course is to prepare the student with the basic skills needed to handle any entry-level job in the food service area, and to enrich his/her knowledge and appreciation of well prepared, attractively served fine food. Lab experiences include advanced methods and techniques in the preparation of appetizers, bakery products, desserts, and fruit and vegetable dishes. A cake decorating project and a gingerbread house project will be included. Meal planning and meal service are stressed including the preparation and formal service of complete meals. Elements of good nutrition are stressed during each unit as well as during a separate unit of study. The study of popular ethnic foods is highlighted by a written and oral report given on foods and the culture of different ethnic groups and their origins. This course introduces the student to various food service employment possibilities in our community. Continual emphasis is placed on employee responsibilities, sanitation measures, and good work habits.

**COURSE NUMBER FC734 CHILD CARE (F411)**

CREDIT: 1

PREREQUISITES: FC723 with teacher recommendation, TB Shot required,

Grade: 11-12

Caring for those who cannot care for themselves can be a challenging and rewarding career. This course will stress the qualities, skills and knowledge needed to help care for young children. Since working with children involves understanding human behavior, the major emphasis of the course is elementary psychology. Units of study include: developing a philosophy of individual worth, understanding basic human needs, the importance of self concept, emotions, personal adjustment, defense mechanisms, coping with conflict and frustration, and working with children. Other topics will be included on adoption, surrogate mothers, stress and children, divorce and children, how to explain death to children, day care for children, and television violence. Career options in child care will be discussed.

The second semester of the course will allow the student to study the personal qualifications and responsibilities of a good childcare worker and elementary teacher. The units of study will include such topics as: teacher responsibilities, health and safety, discipline and guidance, space and activity areas, meals and snacks, curriculum and goals, types of programs, and the learning experiences for children. These topics cover the specific details needed to operate a successful day care center. One major requirement of the course will be to plan a booklet of various learning activities for young children. Another requirement will be to participate in a day care setting through observation and/or interactions with the children. Since the experience at the local BCMW is similar to an internship, it is important to know that students must behave in a mature and responsible manner. Attitude, attendance, class participation, character and overall behavior play an important role in being a part of the class. *(Students who complete both FC723 Child Development and FC743 Child Care may enroll and receive 6 hours dual credit: 3 hours for CHCA 101 and 3 hours for CHCA 111.)*

**COURSE NUMBER FC736 HOUSING/INTERIOR DESIGN (F405)**

CREDIT: 1/2

PREREQUISITES: None

Grade: 10-12

This course will expose students to the many aspects of housing choices for their future. Students will learn the principles of design and how they apply to housing decisions. Students will create a project to select floor plans, floor coverings, and furniture selections for selected rooms of a "dream home."

**COURSE NUMBER FC737 MANAGEMENT OF RESOURCES (F406)**

CREDIT: 1/2

PREREQUISITES: None                      Offered in Spring Only

Grade: 11-12

This course will help students search out the "real" problems facing today's consumers. In addition to the textbook, students are exposed to the latest consumer information through banking materials, magazines, and videos. Units of study include budgeting money, the use of credit, price/quality comparisons, advertising, and consumer protection. Students also learn the basis for their individual buying decisions. This course will prepare students for many things they will be faced with when they are out on their own in the world. This course satisfies the Consumer Education Requirement for graduation.

**COURSE NUMBER FC739 ADULT AND FAMILY LIVING (F409)**

CREDIT: 1/2 or 1

PREREQUISITES: None

Grade: 11-12

This course deals with the main facets of human growth and development and interpersonal relationships in adult and family living. It is designed to aid the students in knowing and understanding themselves, especially as they relate to their family, thus preparing students to gain knowledge and understanding of the roles and responsibilities of individuals in the home, community, and place of employment. The entire course is based on decision-making as students become introduced to the many alternatives of living in today's society including marriage and parenthood.

Areas of study include heredity and the environmental factors within a family, decisions affecting your future career and health, harmful substances and your family life, lifestyle options, communications with others, relationships with a future mate and engagement and marriage commitments. There will be computer projects included in some units of study. In addition, class participation will be a vital part of the student's grade.

**COURSER NUMBER FC741-FC742-FC743-FC744 HOME EC BASICS (SP801)**

CREDIT: 1

PREREQUISITES: None

Grade: 9-12

This course is designed for students within the cross categorical program. This course uses specially designed methods and teaching materials to help students learn skills needed for adult independent living. Students will study units on family and child care as well as food preparation.

While in the food lab, students will learn safety and sanitation rules, cooking terms, how to measure, and correct use of equipment. They will plan shopping lists and nutritional menus and prepare simple recipes. As students progress, they will learn how to increase and decrease food recipes, learn food budgeting and kitchen math. Students will also study proper meal etiquette. In addition, they will study units on care and maintenance of the home. There is no cost required for this course.

**COURSE NUMBER FC751 LIFE SKILLS BASICS**

CREDIT: 1/2 or 1

PREREQUISITES: Satisfactory completion of core Math and English requirements.

Grade: 11-12

This class is open to students within the cross-categorical program. The course is designed to provide instruction and practice in independent living skills that the student will need after completing secondary education.

The course consists of one semester each of Math and English. The Math semester provides instruction in units such as home improvement, spending money, earning money, traveling, budgeting and insurance. The English semester provides units of instruction for locating research materials, finding expert help, gathering information from the media, completing forms, and shopping.

**COURSE NUMBER FC781-FC782-FC783-FC784 SKILLS REINFORCEMENT BASICS**

CREDIT: 1/2 or 1

PREREQUISITES: None

Grade: 9-12

This course is designed to assist students with improving their basic study skills, organizational skills, and progress within their academic subjects. This course will be limited to those students within the cross categorical program. The skills reinforcement teacher will familiarize students with the resources, references, and accommodations available that can help them with their studies. The skills reinforcement teacher will require students to have a progress report signed by each of their teachers to assess progress. A chart will be maintained by the skills reinforcement teacher to monitor attendance, use of student planner, use of study time, and progress reports completed and returned. Credit will be earned on a pass/fail basis.

**COURSE NUMBER FC761-FC762-FC763-FC764 HOME EC BASICS II (SP801)**

CREDIT: 1

PREREQUISITES: Must be a Junior or Senior and have taken 1 or 2 years of Home Ec Basics

Grade: 11-12

This course is designed for students within the cross categorical program. This is a functional course that reviews the material taught in Home Economics Basics plus learning about clothing care, homeowner and auto insurance and studying careers in food service. More intricate food preparation and recipes are introduced.

**COURSE NUMBER FC791-FC792-FC793-FC794 AGGRESSIVE REPLACEMENT TRAINING (A.R.T.)**

CREDIT: ½

PREREQUISITES: None

Grade: 9-12

A.R.T. is a coordinated three part training course designed to teach adolescents to understand and replace aggression and anti-social behavior with positive alternatives. Students will learn proper social skills, anger control, and moral reasoning. This course is designed to address the needs of all students by helping them acquire skills and competencies necessary to interact in non-violent ways in a variety of social settings including ones where the student can experience stress.