
FAMILY AND CONSUMER SCIENCES

COURSES OFFERED

Grades 9, 10 only

Adventures in Food	# 8403
Living Now	# 8903
Sewing and Design	# 8703
Foods For Today	# 8503
Independent Living	# 8803
Nutrition, Fitness and You!	# 7309

Grades 11, 12 only

Contemporary Fashions	# 8302
Beyond High School	# 8505
Fashion Art	# 8405
Foods Americana	# 8504
Food Science and You	# 8303
Foods for You	# 8604
Interior Design	# 8904
Child Development	# 8704

Grade 12 only

Preschool Practicum	# 8804
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ADVENTURES IN FOOD No. 8403
Semester/Full Time
Grades 9, 10 Credit .5

Adventures In Food is a course designed to explore the basic food groups while teaching safety and sanitation skills needed in food preparation. The course defines the need for students to understand their role in healthy eating to ensure good health in the future. While working in teams, students will gain necessary work skills to ensure success in their future careers. Communications, organization, and conservation skills are incorporated in the weekly labs while students learn about nutrition and health responsibilities in their family, career, and community environments.

Criteria for Selection - None.

LIVING NOW No. 8903
Semester/Full Time
Grades 9, 10 Credit .5

Living Now is a course that prepares students for the challenges of a fast paced, culturally diverse world. Living Now focuses on ways to understand the basic principles of food science and its relationship to individual, family, and societal wellness. This is accomplished through demonstrating food preparation skills to meet special dietary needs while participating in the senior citizens' program. The course will allow students to develop and demonstrate the skills to perform standard first aid, community CPR and AED, and receive Red Cross certification. Students will apply the practical reasoning process by developing a community service program benefiting the senior citizens of the community. Program highlights include guest speakers, a community based field trip, and consumerism as it relates to health, products, and nutritional studies.

Criteria for Selection - None.

SEWING and DESIGN No. 8703
Semester/Full Time
Grades 9, 10 Credit .5

Sewing and Design is a course where students will understand multiple life roles and responsibilities in family, career, and community environments by researching available careers in the clothing and textiles industry. Students will understand management practices related to human, economic, and environmental resources by examining wardrobe needs for multiple societal roles, demonstrate safe and proper use of all technological and textile equipment, and finally develop and demonstrate skills in constructing textile projects. Individual project work is included in this course and requires students to purchase supplies. Careers in the fashion industry will be explored through a wide variety of media.

Criteria for Selection - None.

FOODS FOR TODAY No. 8503
Semester/Full Time
Grades 9, 10 Credit .5

Students will understand the principles of food and science and its relationship to healthy individuals, families, and communities. The course will allow students to explore selected ethnic foods in relation to customs and food preparation techniques. Guest speakers will inform students of the diverse nationalities present in our community. Students will prepare various ethnic foods in weekly labs as well as identifying individual and family dietary needs. Students will also practice proper food safety and sanitation principles while working in the foods lab and excelling in work skills requested by future employers.

Criteria for Selection - None.

INDEPENDENT LIVING No. 8803
Semester/Full Time
Grades 9, 10 Credit .5

Explore what it takes to live independently while getting equipped to learn to balance family, community, and work activities. Students acquire skills in planning nutritious meals for various ages and health conditions. They will develop skills to plan and carry out financial goals for now and the future. Study the development and care of children from birth to 5 years of age while planning and carrying out a service-learning project, which will benefit the school and/or community.

Criteria for Selection - None.

NUTRITION, FITNESS AND YOU! No. 7309
Full Year/Part Time
Grades 9, 10 Credit .5

Must be combined with #7309 in Physical Education.

Note: This course may be selected in place of Family and Consumer Sciences course #8403 or 8503. **

A course designed with body composition and exercise balance in mind. This course allows students to understand the basic principles of food science and its relationship to individual, family, and societal wellness by permitting students to realistically determine what they can expect to change through diet and exercise. Students will examine and compare current nutritional concepts and trends to sound nutritional facts. Students will learn how to generate healthier meals to meet specific nutritional and health needs through recipe modification and food preparation techniques as they work in the foods lab. Students will develop skills in balancing family, career and community responsibility by participating in a community service project as it relates to nutrition and fitness. Students will utilize financial and resource management skills by examining and rating nutritional and physical fitness practices, services and equipment available to consumers. Proper nutrition and regular exercise to individual well being is stressed in each lesson.

Self-assessment will be done to evaluate each student's basic knowledge of nutrition and personal level of fitness. Teacher assessment will emphasize the student's improvement on an individual basis.

***Students will be assigned to Family and Consumer Sciences and PE during the same period on alternating days.*

Criteria for Selection - None.

CONTEMPORARY FASHIONS **No. 8302**
Semester/Full Time
Grades 11, 12 **Credit .5**

This semester course presents the fundamental concepts of the Fashion Industry with emphasis on wholesaling and retailing ready-to-wear clothing. The course will promote an understanding of the human, economic, and environmental resources that influence the fashion business while evaluating the role of the consumer to the fashion industry. Career opportunities in the fashion industry are explored and evaluated in terms of developing a career plan.

Criteria for Selection - None.

BEYOND HIGH SCHOOL **No. 8505**
Semester/Full Time
Grades 11, 12 **Credit .5**

This course is designed to provide the skills needed for life on your own. The course will focus on management of finances, resources, health, and wellness. Decision-making skills are taught and applied to meal management, child development and setting up a household. This self management, and practical skills curriculum prepares students for independent living. Career options will be evaluated and a course of action planned. This course is a must for any student getting ready to move on to life at college or on his/her own!

Criteria for Selection - None.

FASHION ART **No. 8405**
Semester/Full Time
Grades 11, 12 **Credit .5**

This is a semester course which will provide you with the opportunity to apply the principles of art and design to fashion. Students will evaluate and design apparel and accessories based on textile exploration, design principles, and current fashion trends. Individual project work is included in this course and will require students to purchase supplies. Creativity in fashion and accessories will be emphasized as projects are designed, constructed, and evaluated. There is no limit to the types of projects that can be created.

Criteria for Selection - None.

FOODS AMERICANA **No. 8504**
Semester/Full Time
Grades 11, 12 **Credit .5**

This foods course is designed for students to learn about the historical and cultural influences that have contributed to regional food specialties in our country. It will provide students with the opportunity to experience the application of basic food principles of food science and the relationship to individual, family and societal wellness. While identifying factors that influence food customs, students will prepare and evaluate the nutritional content of regional foods. Various forms of technology will be experienced in meal preparation and in the discovery of career options.

Criteria for Selection - None.

FOOD SCIENCE AND YOU **No. 8303**
Semester/Full Time
Grades 11, 12 **Credit .5**

The Food Science course has a variety of applications to everyday life. Students will learn nutrition information to personalize their life, health and diet. You may find an area of this multi-faceted field to study further after leaving high school. You will study the biological and chemical basis of nutrition, food preparation and processing while learning the scientific principles as they apply to food and nutrition.

Criteria for Selection - None.

FOODS FOR YOU **No. 8604**
Semester/Full Time
Grades 11, 12 **Credit .5**

This foods course will utilize nutrition and meal management principles to plan and prepare nutritionally balanced meals. Emphasis will be on balancing the nutrients which contribute to personal wellness. Weekly lessons and food choices will be analyzed based on individual, family, and community resources and needs. Students will examine possible career options in food science, service and technology.

Criteria for Selection - None.

INTERIOR DESIGN **No. 8904**
Semester/Full Time
Grades 11, 12 **Credit .5**

This semester course focuses on all aspects of residential design to meet housing needs. Introduction to the world of housing construction basics and designs in furniture are covered. Emphasis on the elements, principles, and goals of design show how these factors determine quality design and decorating options. Students will evaluate the needs, goals, and resources of both individuals and families when creating design plans for interior environments.

Criteria for Selection - None.

CHILD DEVELOPMENT
Semester/Full Time
Grades 11, 12

No. 8704

Credit .5

This course offers an in depth look at the concepts and theories associated with child development. Physical, social, emotional, and intellectual development of children and the factors that influence the development are studied. The health and safety needs of children are examined. A variety of experiences, including communication and problem-solving skills, budgeting and money management, nutrition and health related issues are geared to developing concepts important to understanding children and the developmental process. Career opportunities are explored.

Criteria for Selection - None.

PRESCHOOL PRACTICUM
Semester/Full Time
Grades 12

No. 8804

Credit .5

This course is designed to explore advanced child development concepts and theories through an actual interactive Preschool experience. Children aging from 3^{1/2} to 5 years old participate in Preschool three days a week for the majority of the semester. Each senior will help plan and lead classroom activities that will enhance their child development skills. Classroom planning will include activities in the areas of the arts, science, literacy, and math. Seniors who choose this course need to have an interest in children and strive to understand their needs.

This Preschool program adheres to the Child Development Laboratory Procedural Guidelines as established by the Pennsylvania Department of Education (2004). Copies of the guidelines are available upon request.

Criteria for Selection - None.