

Family and Consumer Sciences

Introduction of Family and Consumer Sciences

This first course will provide students with an overview of the four major content areas of Family and Consumer Sciences. Students will be introduced to child development, family relationship concepts and how they relate to family dynamics. Additionally, students will identify financial literacy and consumer economic principles. Students will understand the concepts of design through textiles for personal and home use. Throughout the course, students will develop communication, leadership and career investigation skills.

Principles of Food

In this course, students will gain knowledge in food selection criteria and apply preparation methods to promote a healthy lifestyle. Students will apply cooking methods, ingredient selection and nutritional information in the context of selected food dishes. Throughout the course, basic food safety and sanitation techniques will be emphasized.

Global Foods

In this course, students will compare cuisines, ingredients and preferred cooking methods of various cultures. The influence of traditions and regional and cultural perspectives on food choices and culinary practices will be emphasized. Students will examine the issues and conditions that affect the availability and quality of food in the global market and apply advanced cooking techniques, including the use of specialty and advanced equipment in the preparation of food dishes.

Culinary Fundamentals

In this course, students will apply fundamental culinary techniques, such as knife handling skills and recognition, selection and proper use of tools and equipment. An emphasis will be placed on mise en place, the management of time, ingredients and equipment. Students will apply standard recipe conversions using proper scaling and measurement techniques.

Nutrition and Wellness

In this course, students will use principles of nutrition to ensure a healthy body throughout the lifecycle. An emphasis will be placed on planning and preparing meals with an understanding of nutrients and their benefits, portion control and dietary needs. Additional information will include steroid and supplemental use, body weight and management and the implementation of physical activity to maintain a healthy lifestyle.

Human Services Focus Area Personal Wellness and Development

In this course, students will develop a personalized approach to healthy living. An emphasis will be placed developing personal health for an adolescent that can be used as they transition through life. Additional topics will focus on problem-solving, work ethic, nutritional and food selections, family dynamics and personal health.

Personal Wellness

In this course, students will analyze personal physical, emotional, social and intellectual growth for a healthy lifestyle. An emphasis will be placed on lifespan wellness by managing stress through relaxation, physical activity and sleep. Additional topics will include human growth development, mental health management, personal hygiene and preparing for emergency medical situations. This course may serve as the Health credit.

Human Growth and Development

In this course, students will analyze human growth and development throughout the lifespan. An emphasis will be placed on physical, cognitive, social and emotional growth and development. Additional topics will include human characteristics and traits, genetic defects, parenting styles and responsibilities and cultural differences within a family unit and community.

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Child Development

In this course, students will study the principles of child growth, development and behavior. An emphasis will be placed on the cognitive development of a child and sensory and motor skills. Additional topics will include childhood diseases, immunizations, theories of development, learning styles and evaluating childcare services.

Career and Individual Development Focus Area Transitions and Careers

In this course, students will analyze interests, aptitudes and skills to prepare for careers and transition through life. An emphasis will be placed on work ethic, team building, communication and leadership skills. Additional topics will include technology etiquette and career planning.

Personal Financial Management

In this course, students will develop personal financial plans for individual personal well-being. Throughout the course, students will develop financial literacy skills to provide a basis for responsible citizenship and career success. Additional topics will include analyzing services from financial institutions, consumer protection, investing and risk management.

Career and College Readiness

In this course, students will develop effective learning strategies and skills to provide a strong foundation for successful lifelong learning. Throughout the course, student will research careers and occupations, review postsecondary admissions qualifications, develop interviewing skills and participate in internships. Additional topics will include principles and techniques of professionalism, networking, conflict-resolution, negotiation, leadership and entrepreneurship.

Interior Design, Furnishings and Management

In the Family and Consumer Sciences career field course, students will examine design principles used in residential interiors. An emphasis will be placed on incorporating anthropometrics, ergonomics and psychological responses. Additional topics will include the selection and organization of furnishings, floors and wall coverings in living spaces, kitchens and baths.

Textile Design, Construction and Maintenance

In this course, students will study the visual appearance of fabric and fashion design. Students will identify, analyze and apply production processes and techniques in textiles. Additional topics will include the maintenance and alterations of textiles products, including home interior accessories and garments.

