

# Family and Consumer Science

Courses Offered	9	10	11	12
Nutrition		•	•	•
Sewing	•	•	•	•
Personal Development	•	•	•	•
Interpersonal Relationships			•	•
Human Development			•	•
Parenthood Education			•	•
Bake Shop			•	•
Fashion Design & Merchandising			•	•

## Bake Shop

Grades 11,12

1 Trimester | 1/2 credit

Prerequisite: A grade of a “C” or better in Nutrition

Baked goods are serious business... and delicious! By taking this course, you’ll explore baking as an art, science, and business. You’ll have the chance to develop baking skills and techniques through a combination of classroom learning and hands-on experiences. Upon completion of this course, you’ll be equipped with the basic skills needed to bake for pleasure, as well as a foundation to pursue careers in baking & pastry arts.

## Fashion Design & Merchandising

Grades 11,12

1

Trimester | 1/2 credit

Prerequisite: A grade of a “C” or better in Sewing

This course brings the world of textiles, fashion, and apparel to life through a variety of hands-on projects and experiences. Course topics include the role of fashion in society, consumer decisions, the design process, merchandising and retailing, as well as essential sewing skills. Throughout the semester students will develop practical textile care, repair, alteration, and construction skills, as well as explore related careers.

## Human Development

Grades 11,12

1 Trimester | 1/2 credit

Prerequisite: Parenthood Education

This course covers the development of knowledge regarding the normal progression of physical, intellectual, emotional, and moral development beginning with conception, continuing through adolescence and young adulthood. Contacting resource speakers, conducting interviews, individual observation, and group observations will be assigned.

## **Interpersonal Relationships**    Grades 11 ,12

1

Trimester | 1/2 credit

This course is designed for students who wish to improve the quality and effectiveness of their relationships in the areas of family, friends, dating, school, and work. The emphasis will be acquiring the knowledge and skills to help make these relations more meaningful.

Current issues such as assertiveness training, violence and sexual harassment are covered.

## **Nutrition**    Grades 10, 11 ,12

1 Trimester | 1/2 credit

This course is designed for students who are interested in improving their knowledge and skills concerning nutrition and dietary practices that support optimal health for self and others. Skills practice includes kitchen lab practice.

## **Parenthood Education**    Grades 11 ,12

1 Trimester |

1/2 credit

This course is designed to assist the student in the development of personal awareness of and knowledge and skills associated with the roles and responsibilities of parenting.

Resource speakers, parent interviews, individual observations, and care of the computer “real care baby” are included in class requirements.

## **Personal Development**    Grades 9, 10,11 ,12

1 Trimester |

1/2 credit

This course is designed to introduce students to the skills and knowledge necessary for understanding themselves and better managing their lives. The emphasis will be on students applying these skills to help them make sound decisions regarding their physical, mental, emotional, and social health and wellness. Some areas for study will include nutrition, physical fitness, building self-esteem, and mental and emotional health. There will also be emphasis on personal and group projects that relate to individual interests and some involving a service-learning experience.

## **Sewing**    Grades 9, 10, 11 ,12

1 Trimester | 1/2 credit

Lab Fee: Cost of project materials

This is a class for students interested in learning about the sewing machine, wardrobe planning, fibers and fabrics, and basic sewing construction. Students will make a small quilt and a tote bag as part of the class. The student will be responsible for the cost (cost may run \$50.00 to \$100.00 depending on project) of the supplies necessary for each project.