

## FAMILY AND CONSUMER SCIENCES

Family and Consumer Sciences provides all students with an opportunity to develop knowledge, skills, and understanding that can be applied to all phases of family life. Opportunities to develop career and vocational interests are also emphasized.

### FAMILY AND CONSUMER SCIENCES COURSE DESCRIPTIONS

#### **FOOD FOR TODAY (4201)**

One Semester                      Credit 0.50                      Weight 1.02

Prerequisites: This course is open to students in Grades 10, 11, and 12.

Description: This course is designed for the student who wants to update their food preparation skills, and develop an understanding of kitchen management, the use of equipment, and current consumer issues about nutrition and today's food choices. This course will include laboratory experiences in baking and cooking of seasonal foods. Sanitation and safety in the kitchen are emphasized. Some catering experiences are included and careers in the food services industry are considered.

#### **FOOD CHOICES (4204)**

One Semester                      Credit 0.50                      Weight 1.02

Prerequisites: This course is open to students in Grades 10, 11, and 12.

Description: This course includes the principles of food preparation, the use of up-to-date kitchen equipment, and nutrition and health issues that affect food choices. Lab experiences include regional foods of America, adapting recipes to low fat cooking, choosing recipes that satisfy hunger and dietary needs, understanding the use of convenience foods in the marketplace and home prepared meals. Some catering is included and career opportunities are explored.

#### **CREATIVE FOODS (4211)**

One Semester                      Credit 0.50                      Weight 1.02

Prerequisites: Prior successful completion of Food for Today or Food Choices is required.

Description: Creative Foods emphasizes planning, preparing, and serving foods for special occasions. International foods are also researched and prepared in class. Students are expected to develop greater technical skill and use more difficult recipes in this course. Some catering is included and career opportunities are explored. Students are expected to attend two out-of-class events.

**FASHION TRENDS (4206)**

One Semester

Credit 0.50

Weight 1.02

Prerequisites: This course is open to students in Grades 9, 10, 11, and 12.

Description: Fashion trends, designers, careers, and history will be explored while studying the elements and principles of design. This project-based class will include aspects of marketing and merchandising in a global economy. Student's interests, current issues, and topics in the industry will determine guest speakers, field trips, and assignments.

**CREATIVE SEWING (4209)**

One Semester

Credit 0.50

Weight 1.02

Prerequisites: This course is open to students in Grades 9, 10, 11, and 12.

Description: Creative Sewing involves basic skills for fabric selection, pattern use, project construction, and use and care of sewing machines and equipment. Students will construct several projects which can include clothing construction, home decorating, crafts and accessories. Students are required to provide most materials. This course may be repeated once for an additional 0.50 credit. Repeating students will work independently on individually chosen projects.

**CHILD DEVELOPMENT (4212)**

Full Year

Credit 1.00

Weight 1.02

Prerequisites: This course is open to students in Grades 10, 11, and 12.

Description: Emphasis is on understanding the physical, emotional, social, and intellectual development of children from conception to age six with special emphasis on preschool aged children. Other topics include parenthood responsibilities, children with special needs, and the influence of the family on the developing child. Students plan for and participate in a nursery school. This course is intended for students considering careers dealing with children such as teaching, health careers, social and recreational work, and for those interested in learning more about children.

**CHILDHOOD EDUCATION (College Career Pathways) (4301)**

Full Year

Credit 1.00

Weight 1.04

Prerequisites: This course is open to students in Grades 11 and 12. Prior successful completion of Child Development is required.

Description: This course is designed to provide students with the information and skills necessary to work in early childhood education. Students will become acquainted with theories of development, curriculum evaluation, learning styles, and issues and trends in early childhood education. Exploration of other careers working with young children will also be investigated. Emphasis will be on preschool through early elementary aged children. Students are responsible for planning, conducting, and evaluating all aspects of the nursery school program.

**EDUCATION PRACTICUM (4302)**

One Semester

Credit 0.50

Weight 1.04

Prerequisites: This course is open to students in Grade 12 with the recommendation of the Childhood Education teacher.

Description: The Education Practicum course is offered in conjunction with Independent Living. Seniors interested in the field of education, with two years experience in the Child Development/Childhood Education program, will assist in teaching independent living skills to students with special needs. This course may be repeated for additional credit.

**INDEPENDENT LIVING (4101)**

One Semester

Credit 0.50

Weight 1.00

Prerequisites: This course is open to students in Grades 9, 10, 11, and 12 with the recommendation of the Guidance Department or a student's case manager.

Description: Independent Living is offered in conjunction with the Education Practicum course. The course is designed to improve the quality of life for students needing extra support in independent living skills. Topics include food preparation and nutrition, clothing, home management, child care, and interpersonal relationships. Independent Living may be repeated for additional credit.

**EARLY CHILDHOOD CAREER CLUSTER**

Please refer to the front section of the Program of Studies for information regarding the RHS Early Childhood Career Cluster.