

# FAMILY AND CONSUMER SCIENCE

## **FCS Survey** - 1 semester

Prerequisite: Suggested freshmen standing.

Content: Short units will provide hands-on opportunity and skills for independent living in foods, nutrition, wellness, consumerism, community service, family membership, childcare, home decorating and sewing. Students will be directly involved in planning all projects and activities.

Goals: To provide an overview of all areas of study opportunities available in the Family and Consumer Science program and explore their relationship to one's personal life, family and career options.

Cost: Estimated \$10.00-\$15.00 for projects

## **Food Concepts** - 1 semester

Prerequisite: Sophomore through senior standing.

Content: A study of nutrition and food planning. Preparation of food in the following areas will include: grain products, eggs and dairy, meat and poultry, soups and combination foods such as pizza, fruits and vegetables. The class is also intended to build a background for professional development and career opportunities as well as enlarge culinary skills for individual and family satisfaction.

Goals: To provide a basic, practical knowledge of food preparation skills together with a workable background in nutritional awareness.

Cost: \$10.00

## **Culinary Arts** - 1 semester

Prerequisite: Sophomore through senior standing.

Content: This course will consist of basic baking fundamentals. The study of how ingredients work together and the ratios will give anyone the freedom of developing their own creative recipes. Preparation of food from the following areas will include: quick breads, pies, yeast breads, cake decorating, cookies, specialty desserts, and candy making. This course will also concentrate on safety techniques, precise measurement, standardized recipes and formulas.

Goals: To introduce food service and food service careers together with fostering creativity in food preparation and decoration.

Cost: \$10.00

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### **Textile Arts** - 1 semester

Prerequisite: Sophomore through senior standing.

Content: A study of creative arts and crafts to enhance personal or home surroundings and develop talents for leisure time or income production. This class will use different types of textiles to learn rug making, felting, locker hooking, punch needle embroidery, jewelry making, and quilting. Students will determine projects jointly with instructor.

Goals: To develop the creativity and personal expression of each student utilizing a variety of art, craft and fabric media and demonstrate the potential of these arts as a source of income as well as personal fulfillment.

Cost: Estimated \$30.00, depending on projects chosen.

### **Fashion & Fabrics I** - 1 semester

Prerequisite: Sophomore through senior standing.

Content: A study of the role of history, culture and family needs in relation to modern clothing. Fabrics and fabric care will be studied, as well as color and design, consumerism and issues in the fashion industry. Selected sewing projects will be completed to demonstrate basic sewing skills needed for personal use or careers in the apparel industry.

Goals: To offer students an opportunity to explore and expand their knowledge of fashion, fabrics and clothing construction.

Cost: \$20.00 - \$30.00 depending on projects chosen.

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## **Fashion & Fabrics II** - 1 semester

Prerequisite: Fashion & Fabrics I or instructor approval

Content: An accelerated level of sewing, fabrics, and the fashion merchandising field. The course is an opportunity to continue the skills learned in Fashion & Fabrics I as well as to develop advanced clothing and tailoring techniques. Personal apparel, home furnishings, and other items chosen from commercial patterns may be elected as student projects.

Goals: To further develop clothing construction skills by providing an opportunity to enter a sewing class with a basic skill level.

Cost: Estimated \$30.00, depending on projects chosen.

## **Housing & Interior Design** - 1 semester

Prerequisite: Sophomore through senior standing

Content: A study of the American home, its importance and relationship to the family who inhabits it. The class studies factors of selection and cost as well as interior decoration based on art principles and personal choice. "Dream Homes" are planned and drawn. Decorator plates are used to express students' choices in color, texture, furnishings and fabrics. Careers in interior design and related occupations are explored.

Goals: To explore home selection, design, construction and interior decoration and investigate career choices in this field.

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## **Introduction to Health Occupations** - 1 semester

Prerequisite: Sophomore through senior standing

Content: Participants will study the structures and functions of the human body in health, disease, and injury. Students will learn about the health care systems and will practice principles of effective communication, leadership, and teamwork. The program is designed to develop the student's confidence in caring for members of our society including the young, the elderly, and themselves.

Goals: Introduction to Health Occupations will familiarize the student with entry-level knowledge and skills required for a variety of jobs in the health care field.

Additional Requirement: One job shadowing experience.

## **Independent Living** - 1 semester

Prerequisite: Junior or senior standing

Content: A comprehensive course designed to help students explore all aspects of life: personal development, decision-making, relationships regarding self and others, communication and conflict resolution, managing family and dealing with crisis situations and stress. The course prepares the older student for future life responsibilities such as career exploration, budgeting and finance, housing, community service, and how to stretch your dollar in foods and the basics of good nutrition.

Goals: To assist young men and women in understanding and appreciating themselves and their relationship to other people and today's world as they facilitate their progress through the developmental tasks towards maturity. It will also provide a practical application to a variety of skills for independent living. The skills are designed to prepare the older student for future life responsibilities.

Cost: Estimated \$5.00-\$10.00 supply fee.

# FAMILY AND CONSUMER SCIENCE

## **Child Development I** - 1 semester

Prerequisite: Junior or senior standing

Content: A study of the child from conception to school age, blended with guidance principles necessary for working with children and successful parenting. Practical observation is used as an integral part of developing a better understanding of children; the role of parenthood and the part childhood has played in our own lives. Students will develop lesson plans and then operate and teach a three-week playschool for three to four year-olds.

Goals: To gain knowledge of children through study and observation of developmental steps and provide insight and opportunity for students interested in child-related careers or their own future parenting roles.

Cost: Estimated \$5.00-\$10.00 for projects.

## **Child Development II** - 1 semester

Prerequisite: Child Development I with a grade of C or better.

Content: Students continue their study and observations of children with particular emphasis on health and safety, parenting skills, special needs children and the vast area of careers open to those who wish to work with or for children.

Students learn to develop lesson plans and then operate and teach a three-week playschool for three to four year-olds. After successful completion of Child Development II, students will have a grasp of what occurs in the professional Child Care setting. A student can also enroll in an Independent Study course, which will provide additional experience for those interested in a career in teaching.

Goals: To expand and explore the knowledge of children as introduced in the previous class.

Cost: Estimated \$5.00-\$10.00 for projects