

FAMILY & CONSUMER SCIENCE

Life Planning (9-12)

½ credit

No Fee

This course will include units on establishing a lifelong career planning process, coordinating personal and career responsibilities, setting goals, and developing a life management plan. It will also cover units on the importance of financial planning such as budgeting, saving, investing, using credit wisely, and insurance needs.

Personal Development (9-10)

½ credit

Fee: \$8.00

This course will help students to enhance personal development of self and others. It will also help them to develop self esteem, manage stressful situations, formulate a plan to achieve career goals, form healthy relationships with peers, manage conflict, time management, and learn basic cooking skills. The Personal Development course is recommended for all freshmen and sophomore students.

Family Living (10-12)

1 credit

Fee: \$8.00

This course covers units on dating, marriage, family relations, teenage pregnancy, prenatal development, child development, guiding and disciplining children, positive parent/child relationships, and child abuse. Special projects will include a computer baby simulation, as well as a class period spent teaching and interacting with young children.

Foods and Fitness (10-12)

1 credit

Fee: \$22.00

This course will include units such as cooking techniques, measurement, kitchen safety and sanitation, as well as the planning, preparation and meal serving. It will emphasize staying active and managing weight, making healthful food choices, and outdoor walking. It will cover such topics such as eating disorders, substance abuse, budgeting, and include many fun projects.

Global Cuisine (11-12)

½ credit

Fee: \$15.00

Pre-requisite: Foods and Fitness

Have you ever traveled to Mexico, Spain, Greece or Italy? If not, this course is for you! Students will explore different cultures through cooking delicious ethnic foods and completing research projects. This course is a multicultural experience. Students will learn facts, demographics, clothing and customs of foreign countries and U.S. regions. They will cook a variety of ethnic foods and try many new and different dishes. This course will allow students to have a greater understanding of the world around them.

Fashion and Design (10-12)

½ credit

Fee: \$5.00

This course explores topics in fashion and interior design. Students will learn basic principles and elements of design. They will have the opportunity to create unique projects and learn how to dress for success and to use color to their advantage.

