

## FAMILY AND CONSUMER SCIENCES

- Course descriptions that are shaded are not being offered.

### **Advanced Foods**

Course # 7505

1 trimester

Grade Level: 9 - 12

Prerequisite: B or better in Food & Nutritional Science

Advanced Foods expands on what was learned in Food & Nutritional Science by looking at regional foods and cooking methods of the USA and the world. Students will utilize various resources to research geographical, social, historical, and cultural information, as well as recipes and food preparation techniques for each country/region studied. Students will gain hands on experiences in preparing foods from around the world.

### **Child Development 1**

Course # 7501

1 trimester

Grade Level: 10-12

Prerequisite: None

This course is designed for anyone who is interested in children. Students will learn about observation of children, guiding children's behavior, teen pregnancy, prenatal development, pregnancy, childbirth, and the intellectual, emotional, physical, and social development of the infant child. Students are required to participate in a class-run preschool during which each student will plan activities for, interact with, and evaluate the preschool children.

### **Child Development 2**

Course # 7502

1 trimester

Grade Level: 10 - 12

Prerequisite: Child Development 1 or teacher approval

This course is designed for anyone who is interested in children. Students continue learning about the observation of children and take a more independent role in planning the activities of the preschool. Students will learn about the physical, emotional, social, moral, and intellectual development of children from toddler to school age. Further, students will gain knowledge of children with special challenges, child abuse and neglect, and stresses on families. This course is ideal for those students considering a career in healthcare, education, or social work fields.

### **Food and Nutritional Science**

Course # 7503

1 trimester

Grade Level: 9 - 12

Prerequisite: None

Food and Nutritional Science is the study of different types of foods, nutrients, how food affects our health, and how to prepare foods. The student will learn how the food in our bodies is broken down and used, and what damage can happen to a body if some nutrients are not eaten. Students will analyze their own diets and learn what needs to be improved or maintained. The class will be enhanced with once weekly cooking laboratories involving many different foods including nutrients such as carbohydrates and proteins and food groups such as breads, fruits, and vegetables.

### **Personal Living**

Course # 7504

1 trimester

Grade Level: 9 - 10

Prerequisite: None

Personal Living is the study of how to improve and advocate for your own health. Topics included in the class are goal setting, communication skills, healthy relationships, stress management, cooking for one, and personal, physical, and mental health advocacy.