



Family and Consumer Science

The Family and Consumer Science program provides students with a variety of educational courses focusing on practical experiences and hands-on learning. Students are exposed to a variety of occupations and develop skills that are adaptable to personal and career roles, as well as helping students to prepare for entry into advanced education and the world of work.

0703 ● Intro to Foods & Nutrition 20 Weeks ● .5 Credit ● Grade 10

Prerequisite: Sophomore Status

If you like to cook, or would like to learn how, this course is for you! Content includes: nutrition awareness, meal management, food purchasing and preparation, meal service, and related career exploration. Sample units: muffins, yeast breads, fruits and vegetables, breakfast, lunch and a holiday dinner.

0704 ● Gourmet Foods 20 Weeks ● .5 Credit ● Grade 10

Prerequisite: Introduction to Foods and Nutrition and Sophomore Status

This course teaches advanced food preparation techniques, the importance of menu planning, food appearance and presentation, and the use of specialized equipment. Careers will be explored in more depth. Sample units: salads, yeast breads, entrees, beverages, kitchen gifts and international cooking.

0705 ● Commercial Foods/Foods 3 20 Weeks ● .5 Credit ● Grade 12

Prerequisite: 12th Grade, must have taken Intro to Foods, Gourmet Foods and .5 credit of any other FACS course.

Do you want to know what is after Gourmet Foods? Well look no further. Commercial Foods/Foods 3 is where it's at. During this course we will be looking at all aspects of a restaurant. This course presents more advanced techniques of food preparation. Instructional methods include lectures, demonstrations and student participation. Topics covered include the preparation of beef, poultry, shellfish, fish, vegetarian and ethnic foods. We will also explore healthy alternatives to common dishes. The highest safety and sanitary practices will be enforced. Students will be given and required to have a professional chef's uniform to participate in class.

0920 ● Nutrition & Fitness / PE 40 Weeks ● .5CR PE/ .5CR Class Grades 9-12

Heart disease is the #1 leading cause of death in the United States. Obesity and lack of physical fitness are the leading causes of heart disease. This course will allow students to become more knowledgeable concerning lifestyle choices that impact this epidemic. Students will find this course to be relevant and interesting as they become advocates for their own wellness as well as



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that of friends and family. They will learn about the benefits of eating a balanced, nutritious diet while they develop their own fitness program. Students will also become more informed, educated consumers as a result of the practical experiences they will obtain in this class. As students learn the fundamentals of diet and exercise, it will empower them in their decision-making process. This course will give them the necessary tools that will guide them into and throughout adulthood in the battle against obesity and heart disease.

0706 • Interior Decorating Design 20 Weeks •.5 Credit • Grades 9-12

This course offers students the opportunity to learn about various housing needs, choices, styles and trends. Principles of design and historical influences, as well as housing management and career opportunities are explored. **NOT OFFERED IN 2021-2022**