

# Family & Consumer Sciences

## FAMILY & CONSUMER SCIENCES SEMESTER I



### **Gourmet Foods:**

- Grades 9-12
- Fee Required
- This course focuses on consumer decisions, food sanitation, food safety, kitchen management, meal management, food preparation and related careers. Emphasis is placed on preparation and presentation of foods that meet individual and family nutritional needs. The basic skills of math, science, communications, and the arts will be highlighted when appropriate in the content.

### **Introduction to Interior and Fashion Design**

- Grades 9-12
- This course focuses on the principles of design, design types and vocabulary, color theory, psychological and physiological aspects of color, cultural impact on the environment, decision-making skills, and utilization of space and development of artistic skills. In the interior design component – environmental components, lighting, accessories, energy conservation, furnishings, and equipment selection are studied. In the fashion design component – all aspects of clothing, apparel and textiles are experienced through garment design and construction. Career development and careers related to design are explored. The basic skills of math, science, communications and the arts will be highlighted when appropriate in the content.

## SEMESTER II:

### **International Hospitality:**

- Grades 9-12
- Fee Required
- This course allows students to explore international and American regional cuisine and cultures through the planning, preparing and serving of meals. Specific foods, ingredients, and methods of preparation unique to a variety of cultures are studied. Cultural, political, economic, geographic, religious and nutritional issues related to international food choices are studied.

### **Fitness and Foods:**

- Grades 9-12
- Fee Required
- This course is designed to focus on making choices that promote wellness and good health; analyzing relationships between psychological and social needs and food choices; choosing foods that promote wellness; obtaining and storing food for self and family; preparing and serving nutritious meals and snacks; selecting and using equipment for food preparation; and identifying strategies to promote optimal nutrition and wellness of our society. The basic skills of math, science, and communications will be highlighted when appropriate in the content. Students completing Fitness and Food may articulate credit at Stratford College by successfully completing the Assessment by Local Examination (ABLE).



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## Relationships:

- Grades 9-12
- Fee Required
- Semester course
- This course is designed to focus on enhancing personal development of self and others throughout the life span; enhancing self-esteem of self and others; managing stressful situations; formulating a plan to achieve career goals; forming healthy, caring relationships with peers; managing conflict; evaluating the importance of responsible parenting for individuals, families and society; analyzing the significance of the family; nurturing human development in the family throughout the life span; analyzing factors that build and maintain healthy family relationships; developing communication patterns that enhance family relationships; dealing effectively with family stress, conflicts, and crises; managing work and families across the life span. The basic skills of mathematics, science, and communications will be highlighted when appropriate in the content.



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