

# Consumer and Family Studies Philosophical Assumptions

Consumer and Family Studies Education empowers students to manage the challenges of living and working in a diverse society. The focus is on family, career, community and their interrelationships. place.

*A quality comprehensive Consumer and Family Studies curriculum includes:*

- > Consumer and resource management
- > Culinary Arts and Nutrition
- > Housing and living environments
- > Individual, child and family development
- > Professional development

## **The Consumer and Family Studies curriculum will:**

- Encourage students to function as lifelong healthy individuals, strong family members and contributing members of the workforce and society.
- Consumer and family studies provides practical application experiences which require the student to integrate knowledge from other curriculum areas.
- Manage resources and provide skills to meet the ever changing needs of individuals and families to balance family, home, personal, and professional lives.
- Encourage students to become responsible citizens and leaders within family, career and community settings.

# Consumer and Family Studies

## Course Title: Independent Living

**Semester: 1,2**

**Grades:**

**11,12**

**Credits: 3 per semester**

**Fee: \$20**



### Course Description:

Is it time to get ready for college and living on your own? In this course you will create a career portfolio; learn about budgeting and investing; discover your rights as a consumer; and learn how to cook for one. Whether your future includes college and/or a job, you need to be prepared for the real world.

### Entry Level Skills, Knowledge and

#### Content:

- To be successful in this class, the student must be preparing to live independently in the near future (next two years).
- He/She must be able to work cooperatively in group situations.
- The student must be able to write legibly and to actively participate in class discussion.

### Class Expectations:

- Class policies must be followed.
- The student must complete assignments related to finances, job hunting and living skills, etc.
- The student must actively participate and cooperate in group work and food labs.
- With teacher assistance, the student will also be able to evaluate results by using higher level thinking skills such as analyzing and synthesizing.

## Course Title: Teen Choices

**Semester: 1**

**Grades: 9,10**

**Credits: 3 per semester**

### Course Description:

Now that you are in high school, get ready to learn the skills that will help you succeed. Stress management, wellness, personal power, destructive behavior and addiction, teen pregnancy, plus many other issues important to teens, will be emphasized. This class addresses the health and wellness of teens as individuals and family members.

### Entry Level Skills, Knowledge, and

#### Content:

- To be successful in this class, the student must be able to tolerate other students' values.
- The student must be willing to participate in group work and class discussion.
- The student must write legibly.

### Class Expectations:

- Class and policies must be followed.
- The student will actively participate in class discussion and small group work.
- The student, using proper grammar and spelling, will write essays on topics covered in class and on information learned from guest speakers.

## Course Title: Foods and

### Nutrition

**Semester: 1**

**Grades:**

**9,10,11,12**

**Credits: 5 per semester**

**Fee: \$25**



### Course Description:

Foods and Nutrition is a basic culinary course where you will learn how to prepare delicious foods while maintaining a healthy lifestyle. You will prepare foods from each section of the Food Pyramid; learn basic food prep.; apply sanitation and safety skills; and discover what nutrients are in each food. There is also a gingerbread house contest.

## **Entry Level Skills, Knowledge, and**

### **Content:**

- To be successful in this class, the student must be able to work cooperatively with other students while preparing food or completing food science experiments.
- The student must be able to write legibly and to actively participate in class discussion.

### **Class Expectations:**

- Class policies must be followed.
- The student must actively participate and cooperate in performing food and science labs.
- The student will also, with teacher assistance, be able to evaluate results by using higher level thinking skills such as analyzing and synthesizing.
- Outside of class, the student will practice skills learned in food labs by cooking at home and evaluating the results.

## **Course Title: Understanding**

### **Children/Parenting**

**Semester: 2**

**Credits: 3 per semester**

### **Course Description:**

Are you interested in a career that involves working with children? Or do you want to see what it takes to be a parent? This course will explore theories of human development, parenting styles and responsibilities, family planning, and related careers. Activities will include guest speakers, videos, reading and written work, discussion, and taking the Baby-Think-It-Over for one weekend.



## **Entry Level Skills, Knowledge, and**

### **Content:**

- To be successful in this class, the student must actively participate and cooperate in group work and class discussions.
- A show of respect for backgrounds and opinions of others is a must.
- The student must write legibly.

### **Class Expectations:**

- Class and policies of the class must be observed.
- The student will cooperate and actively participate with group members to accomplish a common goal.
- The student must complete assignments and must be willing to participate in discussions with other students and guests.

## **Course Title: Cultural Foods**

**Semester: 2**

**Grades: 9,10,11,12**

**Credits: 5 per semester**

**Fee: \$25**

### **Course Description:**

Cultural Foods is an advanced culinary course that will challenge your taste buds. You will prepare a variety of food from many countries, as well as learn about the history and culture of each country.

## **Entry Level Skills, Knowledge and**

### **Content:**

- A student must have basic knowledge and skills related to food preparation.
- To be successful in this class, the student must be willing to participate and cooperate in group work, labs and class discussion.
- A student must write legibly.

### **Class Expectations:**

- Classroom policies must be followed.
- The student must actively participate and cooperate in food preparation and group assignments.
- With teacher assistance, the student will be able to evaluate results by using higher level thinking skills such as analyzing or synthesizing.
- Outside of class the student will practice skills learned in food labs by cooking at home and evaluating the results. each day missed.

## **Course Title: Relationships**

**Semester: 1**

**Grades: 11,12**

**Credits: 3 per semester**



**Course Description:**

Communication is the most important key to success in all aspects of life. This class will teach you how to communicate better with co-workers, friends, family and significant others. Activities include videos, notes, games (Battle of the Sexes), guest speakers and projects.

**Entry Level Skills, Knowledge, and Content:**

- To be successful in this class, the student must be able to tolerate other people's values.
- He/She must be able to work cooperatively in group situations.
- The student must be able to write legible and to actively participate in class discussion.

**Class Expectations:**

- Class and school policies must be followed.
- The student must be able to work in group situations as well as independently.
- The student must complete assignments and be willing to participate in discussions with other students and guests