

# Family & Consumer Sciences Department

## **FAMILY & CONSUMER SCIENCES**

7	Foods 1	.5 unit
8	Foods 2	.5 unit
94	Foods 3	.5 unit
64	Foods 4	.5 unit
33	Single Survival	.5 unit
35	Child Development 1	.5 unit
143	Fashion: Marketing and Merchandising	.5 units
74	House & Home	.5 units
68/82	MOC	1 unit
	Principles of Baking	.5 units
	Child Development 2	.5 units

### COMPLETERS:

Students are encouraged to complete a strand, 3 units in the areas listed below. This will better prepare them to continue their education in a business major or to gain the skills needed for work.

**FAMILY & CONSUMER SCIENCE**7 – FOODS 1 (18 Weeks)

Credit:	.5 Units	Grade Placement:	9,10,11,12
Semesters:	1	Prerequisite:	None

8 – FOODS 2 (18 Weeks)

Credit:	.5 Units	Grade Placement:	9,10,11,12
Semesters:	1	Prerequisite:	Co-Ed Foods

94 – FOODS 3 (18 Weeks)

Credit:	.5 Units	Grade Placement:	10, 11, 12
Semesters:	1	Prerequisite:	Co-Ed Foods and Creative Cuisine

64 – FOODS 4 (18 Weeks)

Credit:	.5 Units	Grade Placement:	11, 12
Semesters:	1	Prerequisite:	Co-Ed Foods, Creative Cuisine & Incredible

143 – FASHION: MARKETING AND MERCHANDISING (18 Weeks)

Credit:	.5 units	Grade Placement:	10, 11, 12
Semesters:	1	Prerequisite:	None

74 – HOUSE AND HOME (18 Weeks)

Credits:	.5 units	Grade Placement:	9, 10, 11, 12
Semesters:	1 semester	Prerequisite:	None

33 - SINGLE SURVIVAL (18 Weeks)

Credit:	.5 Units	Grade Placement:	10, 11, 12
Semesters:	1	Prerequisite:	None

35 - CHILD DEVELOPMENT 1 (18 Weeks)

Credit:	.5 Units	Grade Placement:	10, 11, 12
Semesters:	1	Prerequisite:	None

35 - CHILD DEVELOPMENT 2 (18 Weeks)

Credit:	.5 Units	Grade Placement:	10, 11, 12
Semesters:	1	Prerequisite:	Child Development 1

35 – PRINCIPLES OF BAKING (18 Weeks)

Credit:	.5 Units	Grade Placement:	10, 11, 12
Semesters:	1	Prerequisite:	Co-ed Foods and Creative Cuisine Grade C or Above

## FAMILY AND CONSUMER SCIENCES

The philosophy of the Family & Consumer Sciences Department reflects the goals of general education in the Camanche Community School System. The Family & Consumer Sciences Curriculum plays a special role in the development of life skills. Students of all levels and abilities have the opportunity to learn by studying, creating, performing, and expressing themselves through the various areas encompassed in Family and Consumer Sciences programs.

Each course provides opportunities for self-direction, communication, and critical thinking. This curriculum is designed to equip individuals with specific knowledge, skills and aptitudes useful in preparing for gainful employment, and living as a responsible, self-confident member of our changing global society.

### FAMILY AND CONSUMER SCIENCES AREA GOALS

1. To develop problem solving and decision making skills involving the home and the workplace (HOTS)
2. To develop communication skills, as well as the motivation to play an active role in society (Communication)
3. To explore current issues of vital importance as they impact on the student's everyday life (Learning)
4. To explore a broad range of lifestyles and career roles in Family & Consumer Sciences related fields (Career)
5. To develop an awareness of the diverse roles of males and females in many cultural settings (MCNS)
6. To develop positive and realistic self-concepts regardless of race, sex, cultural background or disability
7. To become knowledgeable about current trends in Family & Consumer Sciences and an awareness to constantly update information (Technology)

### VOCATIONAL PROGRAM FAMILY & CONSUMER SCIENCES - STRAND FOOD SERVICE

The Food Service Career Strand is a five course program designed to prepare students for employment in the hospitality and food service industry. With this training and experience, graduates may enter food service employment or may pursue further education at an area community college or university.

#### Employability:

Post Secondary - baker's assistant, cook apprentice, catering assistant, butcher's helper, waiter/waitress

Prep for two-year program - baker, cook, meat cutter, catering manager, cafeteria manager, dietetic technician, dietary consultant, purchasing agent, food sales person, food service director, chef

Prep for four-year program - dietitian, extension specialist, Family & Consumer Sciences teacher, director of recipe development (industry), home economist

#### **7 - Co-Ed Foods (18 Weeks)**

Credit: .5 Units      Grade Placement: 9,10,11,12  
Semesters: 1      Prerequisite: None

Course Description: Co-ed Foods is an introductory course designed to emphasize the principles of nutrition, safety and sanitation. Students will develop skills in food preparation. You will encounter many new experiences when planning, preparing and serving a variety of foods.

#### AREAS OF STUDY:

1. Nutrition and Health
2. Back to Basics: equipment, safety, recipe
3. Quick & Yeast breads
4. Fruit
5. Eggs
6. Christmas meal

#### EXPECTATIONS FROM STUDENTS:

1. Regular attendance and participation in activities and labs
2. Exhibit consistent work habits and cooperative attitudes
3. Apply principles of sanitation and safety in food storage, preparation and service
4. Develop basic skills in food preparation
5. Complete homework assigned and passes unit tests
6. Taste and evaluate food products

**8 - Creative Cuisine (18 Weeks)**

Credit: .5 Units      Grade Placement: 9,10,11,12  
 Semesters: 1      Prerequisite: Co-ed Foods

**Course Description:** Creative Cuisine is a continuation of the introductory course. It is designed to give a more detailed study of nutrition, meal planning and advanced cooking techniques.

**AREAS OF STUDY:**

1. Soups and Sauces
2. Baking unit and pastry
3. Ground meat and chicken
4. Yeast breads
5. Salads
6. Milk and cheese
7. Outdoor cooking & meal planning

**EXPECTATIONS FROM STUDENTS:**

- 1-6 - Same as Co-ed Foods
7. Maintain a notebook for assignments and projects
8. Develop writing, time-management and organizational skills

**94 - Incredible Edibles (18 Weeks)**

Credit: .5 Units      Grade Placement: 10, 11, 12  
 Semesters: 1      Prerequisite: Co-ed Foods & Creative Cuisine (C or better)

**Course Description:** This course is for the student who wants to prepare incredible foods to eat. It allows the student to become a creative cook. Areas of study include food borne illnesses, specialty appliances, recipe alteration, ethnic foods, knife skills, and creative cooking techniques.

**AREAS OF STUDY:**

- |                               |                               |
|-------------------------------|-------------------------------|
| 1. Appliances & Demonstration | 5. Grains, Pasta, and Cereals |
| 2. Trends in Food & Nutrition | 6. Ethnic Foods               |
| 3. Consumer education         |                               |
| 4. Meal Management            |                               |

**EXPECTATIONS FROM STUDENTS:**

- 1-6 Same as Co-ed Foods
7. Prepare guest meals
8. Gain an appreciation of foreign foods and regional foods

**64 - Professional Foods (18 Weeks)**

Credit: .5 Units      Grade Placement: 11, 12  
 Semesters: 1      Prerequisite: Co-ed Foods, Creative Cuisine & Incredible Edibles (B or better) & Teacher Approval

**Course Description:** Professional Foods is an upper level foods course designed for the serious culinary student. **This course is designed for the student interested in pursuing a career in food service.** Areas of study include Serve Safe, careers in foods and nutrition, meat preparation, vegetarian lifestyle, soufflés and gourmet sandwiches, menu planning and restaurant design.

**Area of Study:**

1. Serve Safe
2. Careers in foods and nutrition
3. Appetizers
4. Meat selection and preparation
5. Vegetarian lifestyles
6. Gourmet sandwiches
7. Desserts
8. Menu planning and restaurant design

**Expectation of Students:**

1. Regular attendance is crucial in this class
2. Participation in activities and labs in a teamwork situation
3. Exhibit consistent work habits and cooperative attitudes
4. Apply principles of sanitation and safety in food storage, preparation, and service

5. Develop advanced skills in food preparation
6. Complete homework assigned and pass unit tests
7. Taste and evaluate food products

- **Principles of Baking** (18 Weeks)

Credit: .5 Units                      Grade Placement: 10, 11, 12  
 Semesters: 1                              Prerequisite: Co-ed Foods, Creative Cuisine, Incredible Edibles, and Principles of Baking Grade C or Above

**Course Description:** This course is designed to allow students to be proficient and creative bakers. They will take the fundamental baking skills learned in the 1<sup>st</sup> year foods courses and expand on those skills. Creativity will be emphasized.

**Areas of Study:**

1. Bakeshop Ingredients
2. Quick Breads
3. Yeast Breads
4. Cakes/Cookies
5. Pastry
6. Candy

**Expectations from Students:**

- 1-6. Same as Co-Ed Foods
7. Following recipes and expanding on them to individualize to your own tastes.
8. Gain an appreciation of foreign foods and customs
9. Gain proficiency in the use and care of small kitchen electronics

**35 - CHILD DEVELOPMENT 1** (18 Weeks)

Credit: .5 Units                      Grade Placement: 10, 11, 12  
 Semesters: 1                              Prerequisite: None

**Course Description:** Students will learn about the child from conception to 3 years old. Students will learn about potential diseases that can be inherited. Family and parenting styles will be taught. Students will explore the physical, social, emotional and mental development of a child from birth to three years old. This course is designed for any student interested in the development of children, caring for children, teaching children or having children of their own in the future.

**Area of Study:**

1. Children and Parenting
2. Pregnancy and Childbirth
3. The Baby's First Year
4. The Child from One to Three

**Expectation from Students:**

1. Expect to be graded on class discussion, attendance, tests and quizzes, projects and daily assignments.
2. Students will be doing many projects including creating games and puzzles for young children.

- **CHILD DEVELOPMENT 2** (18 Weeks)

Credit: .5 Units                      Grade Placement: 10, 11, 12  
 Semesters: 1                              Prerequisite: None

**Course Description:** Students will explore the physical, social, emotional and mental development of a child age four through adolescence. A majority of the time will be spent planning and teaching preschool age children. Students will become 'teacher' for the day teaching preschooler's at Kid's First Academy. Students will learn about various careers working with children. This course is designed for any student interested in the development of children, caring for children, teaching children or having children of their own in the future.

**Area of Study:**

1. The Child from Four to Six
2. Preschool Prep
3. The Child Seven to Twelve
3. Careers: Working with Children

**Expectation from Students:**

1. Expect to be graded on class discussion, attendance, quizzes and tests, projects and daily assignments

2. Students will be doing many projects pertaining to the preschool age child, including creating a story book for a child aged four to six.
3. Students will be expected to be the 'teacher' for one day at Kid's First Academy.
4. Students will participate in observations of preschool age children.

#### 143 – FASHION: MARKETING AND MERCHANDISING (18 weeks)

Credit:	.5 units	Grade Placement:	10,11,12
Semester:	1	Prerequisite:	None

**Course Description:** Fashion: Marketing and Merchandising is a course for any students interested in buying, selling or merchandising clothing. The class is designed to introduce students to fashion marketing and merchandising concepts. Students will also learn general business principles as well as small consumer knowledge. Students will be required to do several power point presentations throughout the semester.

#### Areas of Study:

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1. The Meaning of Clothing & Fashion | 6. Textiles                         |
| 2. The Fashion Movement              | 7. Retail & Merchandising Buying    |
| 3. Basic Economic Concepts           | 8. Promoting Fashion                |
| 4. The Fashion Industry              | 9. Fashion Trends                   |
| 5. The Fashion Market                | 10. Careers in the Fashion Industry |

#### Expectations from Students:

1. Regular attendance and participation in activities and projects
2. Exhibit consistent work habits and cooperative attitudes
3. Expect to be graded on class discussion, attendance, performance on tests, projects, and daily assignments.

#### 74 – HOUSE AND HOME (18 weeks)

Credit: .5 Units	Grade Placement: 9,10,11,12
Semesters: 1	Prerequisite: none

**Course Description:** House and Home is for any students interested in pursuing a career in Interior Design or Architecture. Students will learn about the need for housing and different styles of homes. Students will spend much of the semester learning about design and how to develop a good design plan.

#### Areas of Study:

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. The Universal Need for Housing | 6. The Role of Color in Design        |
| 2. Housing and Society            | 7. The Principles of Design           |
| 3. Early Home Styles              | 8. Developing a Design Plan           |
| 4. Homes Styles since 1700        | 9. Completing and Presenting a Design |
| 5. The Elements of Design         | 10. Careers in Housing and Interiors  |

#### Expectations from Students:

1. Regular attendance and participation in activities and projects
2. Exhibit consistent work habits and cooperative attitudes
3. Expect to be graded on class discussion, attendance, performance on tests, projects, and daily assignments.