

Family & Consumer Science 2019-2020

Gourmet Basics

Students will explore basic cooking and baking skills, as well as the relationship between food preparation and nutrition. In the foods laboratory, students work in small groups to develop planning, preparing, and evaluation skills. Product packaging, labeling, and advertising, catering projects, and garnishing will also be included.

Prerequisite(s): None

Grade (s): 9, 10, 11, 12

Credit: 0.5

Meets: 5 periods weekly

International Foods

Students will learn about food and culture from around the world. Food, nutrition, culture and meal taking customs will be discussed. Students will work in the kitchen labs on a regular basis, preparing dishes and evaluating the outcome...by tasting the dishes! Students will research and present information about healthy eating and nutrition around the world.

Prerequisite: None

Grades: 9. 10. 11. 12

Credit: 0.5

Meets 5 periods weekly

College Bound

This course will help High School Seniors gain the skills to be successful while living independently at college. The class will cover topics regarding their personal finance as well as getting a part time job. Other skills will include cooking on a budget, comparison shopping, and eating out. Students will learn how to organize their dorm space, the task of doing laundry/ironing. Students will also learn simple sewing stitches. Lastly, we will also cover personal matters including the dangers of social media.

Prerequisite (s): None

Grade(s): 12

Credit: 0.5

Meets: 5 periods weekly