

**Family and Consumer Sciences &
Graduation, Reality, and Dual-Role Skills (GRADS)**

COURSES	SUBJECT CODE
Principles of Food	091205
Global Foods	091210
Food Sciences	091215
Culinary Fundamentals	091220
Principles of Nutrition and Wellness	091225
Introduction to Family and Consumer Sciences	091201
Personal Wellness and Development	093005
Personal Wellness	093010
Human Growth and Development	093015
Child Development	091025
Graduation, Reality and Dual-Role Skills (GRADS)	090191
Transitions and Careers	091410
Personal Finance Management	091052
Consumer Economics	091053
Career and College Readiness	091402
Leadership and Community Engagement	091403
Textile and Interior Design	091501
Interior Design, Furnishings and Management	091500
Textile Design, Construction and Maintenance	091505

Family and Consumer Sciences & Graduation, Reality, and Dual-Role Skills (GRADS)

Introduction to Family and Consumer Sciences

Subject Code: 091201

This first course, will provide students with an overview of the four major content areas of Family and Consumer Sciences. Students will be introduced to child development, family relationship concepts and how they relate to family dynamics. Additionally, students will identify financial literacy and consumer economic principles. Students will understand the concepts of design through textiles for personal and home use. Throughout the course, students will develop communication, leadership and career investigation skills.

Principles of Food

Subject Code: 091205

In this course, students will gain knowledge in food selection criteria and apply preparation methods to promote a healthy lifestyle. Students will apply cooking methods, ingredient selection and nutritional information in the context of selected food dishes. Throughout the course, basic food safety and sanitation techniques will be emphasized.

Global Foods

Subject Code: 091210

In this course, students will compare cuisines, ingredients and preferred cooking methods of various cultures. The influence of traditions and regional and cultural perspectives on food choices and culinary practices will be emphasized. Students will examine the issues and conditions that affect the availability and quality of food in the global market, and apply advanced cooking techniques, including the use of specialty and advanced equipment in the preparation of food dishes.

Food Science

Subject Code: 091215

In this course, students will apply basic culinary practices and understand how flavor, texture and appearance are affected during food preparation. Students will evaluate chemical reactions as they occur in cooking methods and assess how to control high-risk food safety situation. Food safety and sanitation techniques will align to industry-recognized certifications.

Culinary Fundamentals

Subject Code: 091220

In this course, students will apply fundamental culinary techniques, such as knife handling skills and the recognition, selection and proper use of tools and equipment. An emphasis will be placed on mise en place, the management of time, ingredients and equipment. Students will apply standard recipe conversions using proper scaling and measurement techniques

Principles of Nutrition and Wellness**Subject Code: 091225**

In this course, students will use principles of nutrition to ensure a healthy body throughout the lifecycle. An emphasis will be placed on planning and preparing meals with an understanding of nutrients and their benefits, portion control and dietary needs. Additional information will include steroid and supplemental use, body weight and management and the implementation of physical activity to maintain a healthy lifestyle.

Personal Wellness and Development**Subject Code: 093005**

In this course students will develop a personalized approach to healthy living. An emphasis will be placed on developing personal health for an adolescent that can be used as they transition through life. Additional topics will focus on problem-solving, work ethics, nutritional and food selections, family dynamics and personal health.

Personal Wellness**Subject Code: 093010**

In this course, students will analyze personal physical, emotional, social and intellectual growth for a healthy lifestyle. An emphasis will be placed on lifespan wellness by managing stress through relaxation, physical activity and sleep. Additional topics will include human growth development, mental health management, personal hygiene and preparing for emergency medical situations.

Human Growth and Development**Subject Code: 093015**

In this course, students will analyze human growth and development throughout the lifespan. An emphasis will be placed on physical, cognitive, social and emotional growth and development. Additional topics will include human characteristics and traits, genetic defects, parenting styles and responsibilities and cultural differences within a family unit and community.

Child Development**Subject Code: 091025**

In this course, students will study the principles of child growth, development and behavior. An emphasis will be placed on the cognitive development of a child and sensory and motor skills. Additional topics will include childhood diseases, immunizations, theories of development, learning styles and evaluating childcare services.

Graduation Reality and Dual-Role Skills (GRADS)**Subject Code: 090191**

This course will allow pregnant and parenting students to remain in school while developing parenting skills. Topics will include career readiness, financial management, relationship techniques, human growth and development and parenting styles and responsibilities. This is a dropout prevention program.

Transitions and Careers**Subject Code: 091410**

In this course, students will analyze interests, aptitudes and skills to prepare for careers and transition through life. An emphasis will be placed on work ethics, team building, communication and leadership skills. Additional topics will include technology etiquette and career planning.

Leadership and Community Engagement**Subject Code: 091403**

In this course, students will learn how to become an active community member and citizen. An emphasis will be placed on in-service learning, leadership training and teambuilding opportunities. Additional topics will include public policy issues, community and global engagement.

Consumer Economics**Subject Code: 091053**

In this course, students will study public policy and consumer behavior related to consumer economics. Throughout the course, students will examine laws and regulations that affect the consumer. Additional topics will include consumer expenditures, consumer fraud, global economy, large purchases, and contracts.

Personal Financial Management**Subject Code: 091052**

In this course, students will develop personal financial plans for individual personal well-being. Throughout the course, students will develop financial literacy skills to provide a basis for responsible citizenship and career success. Additional topics will include analyzing services from financial institutions, consumer protection, investing and risk management.

Career and College Readiness**Subject Code: 091402**

In this course, students will develop effective learning strategies and skills to provide a strong foundation for successful lifelong learning. Throughout the course, students will research careers and occupations, review postsecondary admissions qualifications, develop interviewing skills and participate in internships. Additional topics will include principles and techniques of professionalism, networking, conflict-resolution, negotiation, leadership and entrepreneurship.

Textiles and Interior Design**Subject Code: 091501**

In this course students will explore a broad range of topics relating to the various aspects and career opportunities available in the field of textiles and design. The emphasis will be given to textiles project development and developing strategies to maintain the home. Additional topics will include project collaboration, design techniques and environmental sustainability.

Interior Design, Furnishings and Management**Subject Code: 091500**

In this Family and Consumer Sciences career field course, students will examine design principles used in residential interiors. An emphasis will be placed on incorporating anthropometrics, ergonomics and

psychological responses. Additional topics will include the selection and organization of furnishings, floors and wall coverings in living spaces, kitchens and baths.

Textile Design, Construction and Maintenance

Subject Code: 091505

In this course, students will study the visual appearance of fabric and fashion design. Students will identify, analyze and apply production processes and techniques to textiles. Additional topics will include the maintenance and alterations of textiles products, including home interior accessories and garments.

Family and Consumer Sciences Pathway and Courses

The Family and Consumer Sciences curriculum is structured in to one pathway. The pathway has been divided in to clusters of courses based on their subject content and standards. Courses listed below have been identified as the recommended FCS program of study, that was developed from industry validated skills from initial employment of the continuation of education.

Courses in Food and Nutrition

PATHWAY COURSES	SUBJECT CODE
Principles of Food	091205
Global Foods	091210
Food Sciences	091215
Culinary Fundamentals	091220
Principles of Nutrition and Wellness	091225
Introduction to Family and Consumer Sciences Education	091201

Courses in Human Services

PATHWAY COURSES	SUBJECT CODE
Personal Wellness and Development	093005
Personal Wellness	093010
Human Growth and Development	093015
Child Development	091025
Graduation, Reality and Dual-Role Skills (GRADS)	090191
Introduction to Family and Consumer Sciences Education	091201

Courses in Career and Individual Development

PATHWAY COURSES	SUBJECT CODE
Transitions and Careers	091410
Personal Finance Management	091052
Consumer Economics	091053
Career and College Readiness	091402
Leadership and Community Engagement	091403
Introduction to Family and Consumer Sciences Education	091201

Courses in Environmental Design

PATHWAY COURSES	SUBJECT CODE
Textile and Interior Design	091500
Interior Design, Furnishings and Management	091501
Textile Design, Construction and Maintenance	091505
Introduction to Family and Consumer Sciences Education	091201