



# Say Yes to FCS!

## Family and Consumer Sciences



### Course Offerings at CHS

#### Early Childhood Education

Levels 1-4  
Grades 9-12  
Length: 1 year (1 credit)  
Prerequisite: Instructors approval

The CHS Little Cougar Preschool for 3-5 year old children gives an opportunity for high school students to experience working with “real children”. Knowledge can be adapted and applied to many different career goals that involve children. The advanced level classes offer the opportunity to obtain state and national certification to work in a

#### Fabric Construction

Grades 9-12  
Length: 1 semester (1/2 credit)

This course is designed to prepare students to identify the attributes of fibers, fabric, and textiles. Hands on projects will help students learn the basics of hand sewing and simple clothing repairs. Students will also have the opportunity to use sewing

#### Nutrition and Wellness

Grades 9-12  
Length: 1 semester (1/2 credit)

What do shiny hair, a glowing complexion, high energy level and good grades have in common? They all require smart foot choices. In this course, students will learn to plan and prepare nutritious food and learn to understand the principles of good nutrition. Demonstrations,

#### Principles of Food Prep

Grades 9-12  
Length: 1 semester (1/2 credit)  
Prerequisite: Nutrition and Wellness

Is entertaining your thing? Are you interested in international cooking, food from different areas of our country or cake decorating? Join us

#### Cooperative Family and Consumer Science Education- OJT

Grades 11-12  
Length: 1 year (1 credit)  
Prerequisite: ECE 3 or 4

Work Experience on the job training

#### Child Development

Grades 9-12  
Length: 1 semester (1/2 credit)

Caring for children takes more than love. It is also one of life’s greatest responsibilities. The course encompasses how life begins, prenatal care, principles of development, child abuse and neglect. Preparing for parenthood is this course’s concern. Real Care

#### Food Science

Grades 10-12  
Length: 1 year (1 credit)  
Prerequisite: Other food/nutrition courses as approved by teacher

This course is designed to stimulate the student interested in issues of nutrition and health, production and marketing of food and behavior of food substances. Students will use the scientific method to explore the makeup of food and the science of nutrition. Students will have the

