

FAMILY AND CONSUMER SCIENCE COURSES

Early Childhood Education 1, 2, 3, 4 (Q)

These courses are offered for one semester in a double period, earning one credit each. The courses must be taken in sequence and student must acquire teacher approval. Students will gain a working knowledge of children's physical, emotional, social, and intellectual growth by participating in the actual operation of a preschool center. Activities provide instruction in the use of manipulative equipment; language development; and creative art, music, science, dramatic play and outdoor play equipment.

Nutrition & Wellness (Foods 1)

(Length, Credit: Semester, ½)

What do shiny hair, a glowing complexion, high energy level and good grades have in common? They all require smart food choices. In this course you will learn how to make and prepare smart food choices. That's right! Take charge of your life – have the energy to get better grades, develop a diet that works, try out for the team, and make new friends. (Semester; ½ credit)

Principles of Food Preparation

(Foods 2) (Length, Credit: Semester, ½)

Are you tired of burnt cookies; dry, tough meat; and soggy veggies? The answers to these problems and many more may be found in this class that teaches you how to select, prepare, and store foods. Learn first-hand how to work with kitchen tools, equipment, and materials; with an emphasis on meal planning and preparation. Prerequisite is Nutrition and Wellness (Foods 1). (Semester, ½ credit)

Food Science Technology (Foods 3) – yearlong

(Length, Credit: Year, 1)

This course provides students with the opportunity to explore food and technology through a science based curriculum. Instruction and learning activities are conducted in a classroom lab setting. Relationships between diet and a healthy body are explored as well as related careers

