

Family and Consumer Science

Course	Freshmen	Sophomores	Juniors	Seniors	Prerequisite
Foods and Nutrition 1 and 2 H301		X	X	X	
Advanced Foods / Food Service 1 and 2 H302			X	X	Foods and Nutrition 1 & 2 and dept. recommendation
Fashion Technology H404		X	X	X	
Human Development 1 and 2 H305		X	X	X	
Teaching Internship 1 & 2 and 3 & 4 H312			X	X	Human Development 1 & 2
Interior Design 1 and 2 H300		X	X	X	
Home Economics Coop. Educ. / HERO 1 and 2 H309			X	X	One semester of a FACS course, approval of coordinator
Home Economics Coop. Educ. / HERO 3 and 4 H298				X	HERO 1 and 2, approval of coordinator

Foods and Nutrition 1 and 2 H301

Grades 10-12

Year course – 1 credit

Prerequisite: None

The first semester of this course includes classroom and laboratory experience in analysis of nutrition, food preparation, care and safe use of equipment, sanitation, manners, table setting, and service as these concepts apply to the food service industry. Consumerism and mathematical and scientific concepts will be applied to the units. A food 1 is a prerequisite to Foods II. The second semester reviews the basic principles of food preparation and service, nutrition analysis, and care and safe use of equipment. Expanded techniques of food preparation and meal service will be taught. Careers in the hospitality industry will be explored.

Advanced Foods / Food Service 1 and 2 H302

Grades 11, 12

Year course – 1 credit

Prerequisite: Foods and Nutrition 1 & 2 and department recommendation

These courses help students during the first semester to develop skills in sanitation and safety in planning, preparing, and serving food through classroom and laboratory experiences. Emphasis will be placed on developing food preparation techniques and human relations and management skills. Students will become acquainted with career opportunities in food service and hospitality.

During the second semester, there is a review of safety and sanitation with an introduction of commercial techniques. Development of advanced skills in planning, preparation, and serving food will be emphasized. Quantity food cookery will be studied along with emphasis being placed on the creative presentation and servicing of food. Focus will be placed on food service management operations, future trends, human relation skills, and career development.

Fashion Technology H404

Grades 10-12

Year course – 1 credit

Prerequisite: None

Students will learn to use the current technology in the Fashion Industry. Included will be general clothing construction, use of home sewing machines, sergers, the computerized sewing machine, computerized embroidery application, and computer-aided design. Students will learn mass production skills, as well as flat pattern drafting, quilting, and alteration techniques. Emphasis will be on careers in this field. Elements and principles of design and fiber characteristics will be included.

Human Development 1 and 2 H305*Grades 10-12**Year course – 1 credit**Prerequisite: None*

Human Development 1 focuses on life prior to conception through the toddler years. This course includes the following topic areas: choosing parenthood or careers related to working with or for children; analyzing different family situations; acquiring parenting skills; investigating through the use of technology factors that affect conception, prenatal development, pregnancy and childbirth; and establishing developmentally appropriate care-giving practices for both infants and toddlers. Outside speakers, educationally appropriate field trips together with observations and the ability to work with young children will be made available to the student. Human Development 2 focuses on life from the adolescence years through the aged, including the stages of death and dying. This course includes the following areas of study: analyzing the self-concept with regards to one's beliefs and value systems; assessing skills for making healthy decisions about one's body image, sexuality, interpersonal relationships; and evaluating consequences of poor choices such as pregnancy, STI's, gang/cult affiliations, substance abuse, abusive relationships; running away, and suicide.. Steps in the formation of intimacy and generativist are promoted through discussions about dating, love, engagement, marriage and family life. In addition, students judge alternative adult lifestyles as well as select careers that insure sound financial securities. Family, money and stress management skills are taught. The aging process of the elderly is researched through opportunities to work one-on-one with senior citizens from the community. Outside speakers and meaningful field trips will be made available for students to participate in. along with, cooperative learning activities such as a mandatory community service project.

Teaching Internship 1 & 2 and 3 & 4 H312*Grades 11, 12**Year course – 1 credit**Prerequisite: Human Development 1 & 2*

Teaching Internship 1 & 2 and 3 & 4 are courses offered to students considering a career in the field of education. These courses meet two periods per day. For the first three weeks of each semester, students will incorporate critical thinking and problem solving skills while exploring issues related to educating today's youth. By providing high-level experiences in both age-appropriate curriculum development and teaching/learning theories and strategies, students will gain confidence in implementing effective guidance techniques while managing classroom behavior. After these weeks of orientation, each student will be placed in a local K-8 school. Every attempt will be made to place a student in a situation that reflects their interest and personal career goals. Internships will be completed Tuesday through Thursday, in which students will implement multi-media technology within planned lessons under the direct supervision and guidance of mentor teachers as well as expand their interpersonal communication skills with the communities' families. On Monday and Friday, students will return to their home school for further instruction on ethical and legal issues affecting education. The high school teacher will make regular visits to the schools to observe the student and meet with the cooperating teachers.

Interior Design 1 and 2 H300*Grades 10-12**Year course – 1 credit**Prerequisite: None*

These courses provide the student with an opportunity to identify his/her housing values, needs, and trends in evaluating and selecting housing options. Different housing styles and the drawing of floor plans will be studied by both field trip experiences as well as the use of the internet. Students will evaluate communities and analyze the options of renting apartments or buying homes. Students in second semester will explore and expand their knowledge by creating a trend-setting model of current interior styles of design: furnishings, bedding, bathroom ensembles, kitchen motif, wood workings, window treatments and carpeting.

Home Economics Coop. Educ. / HERO 1 and 2 H309*Grades 11, 12**Semester or Year course – 1 to 2 credits**Prerequisites: One semester of a FACS course, approval of coordinator*

The Home Economics Cooperative Education (HERO) program is a cooperative education class designed to enhance student's academic knowledge, expand their interest in a Family & Consumer Science related occupational area and career preparation through a combination of classroom theory, practical work experience and/or additional career orientation classes at Triton College. The students will learn valuable marketable skills while in school and are able to begin their career goals by earning college credits by attending classes at Triton College.

Home Economics Coop. Educ. / HERO 3 and 4 H298*Grade 12**Semester or Year course – 1 to 2 credits**Prerequisites: HERO 1 and 2, approval of coordinator*

The Home Economics Cooperative Education (HERO) 3 and 4 courses are capstone courses providing students opportunities to expand interests in Family and Consumer Sciences into the world of work. Students will gain on the job training in a Home Economics related occupation. Students will develop marketable skills from on-the-job experiences together with related classroom learning. A training plan based on a verified task list is developed identifying the training that is to be provided. The related class will further develop skills and attitudes. Membership in the national student youth organization, Family, Community and Careers leaders of America (FCCLA), is suggested. This organization encourages personal growth, leadership development, family and community involvement, and preparation for the multiple roles of wage earner, community leader and family member.