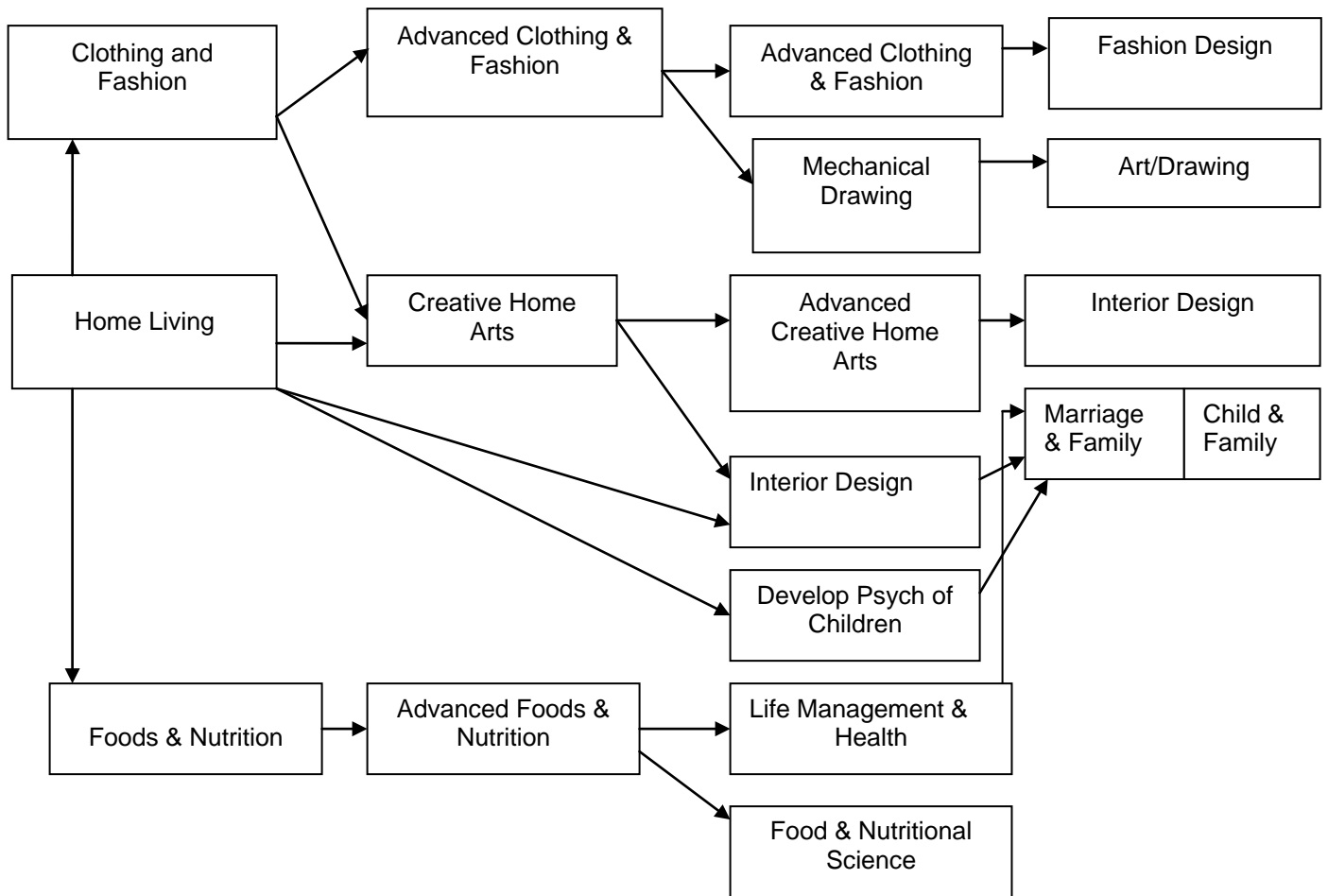


# FAMILY & CONSUMER SCIENCE

**Freshman    Sophomore    Junior    Senior**



**COURSE TITLE:      Foods and Nutrition**

<b>LENGTH:</b>	<b>Two Terms</b>
<b>GRADE LEVEL:</b>	<input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b>	<b>None</b>
<b>HOMEWORK:</b>	<b>As needed</b>
<b>LAB FEE:</b>	<b>Yes</b>
<b>REQUIREMENTS FULFILLED:</b>	<input checked="" type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

Foods and Nutrition is a two-term course designed to provide individuals with the competencies needed in the areas of food and nutrition. The skills, knowledge, and attitudes taught in this course will enable students to develop goals and practice decision-making skills relating to: basic concepts of nutrition, resource conservation, food preparation, food preservation, use of consumer resources and agencies, and the relationship of nutrition and physical fitness to good health. Students completing both terms, and earning a grade of "B" or better, will receive a Hancock College 2 + 2 Certificate.

### **Foods and Nutrition A/B (cont.)**

Changes in eating patterns, life-styles, and technological innovations complicate the ability of individuals and families to maintain and/or improve their nutritional status. A sound approach to meeting individual and family nutritional and health needs is to apply knowledge in the selection and preparation of foods and to achieve a balance between caloric intake and exercise.

The first term will focus on safety and sanitation in the kitchen, service and eating, food preparation terms, following recipes and the differences between, and advantages of, different cooking methods, analyzing diet in relation to proteins, carbohydrates and fats and the use of a microwave oven.

The second term will build knowledge, skills, and diet analysis from Foods and Nutrition A, and focus on diet revision and analysis in relation to fats, water, vitamins, minerals, and preparation of fruits, beverages, soups and regional foods.

#### **COURSE TITLE: Food and Nutritional Science**

<b>LENGTH:</b>	<b>Two Terms</b>
<b>GRADE LEVEL:</b>	<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b>	<b>Recommended Algebra 1, Biology</b>
<b>HOMEWORK:</b>	<b>As needed</b>
<b>LAB FEE:</b>	<b>Yes</b>
<b>REQUIREMENTS FULFILLED:</b>	<input checked="" type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

Food and Nutritional Science is designed to give students an understanding of food science and science of human nutrition to promote optimal health. This applied, laboratory-based course will emphasize the chemical, physical, and microbiological properties of food and the relationship to nutrition. It is designed to educate students about the functional components of foods, food preparation, food safety, nutrition, sensory evaluation, quality assurance, new product development, food chemistry, food processing and careers in the industry.

#### **COURSE TITLE: Advanced Foods and Nutrition**

<b>LENGTH:</b>	<b>Two Terms</b>
<b>GRADE LEVEL:</b>	<input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b>	<b>Foods A and B with a "C" grade or better or instructor's approval</b>
<b>HOMEWORK:</b>	<b>As needed</b>
<b>LAB FEE:</b>	<b>Yes</b>
<b>REQUIREMENTS FULFILLED:</b>	<input checked="" type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

This is a two-term course which provides a combination of subject matter and activities emphasizing advanced food preparation and meal management techniques, group organization, appreciation of regional United States foods and those from other countries, holiday and special occasion foods, cake decorating, various styles of food and table service, opportunities in the food industry, decision-making techniques to meet individual needs and preferences, and vegetarianism. This is an excellent preparation for an entry-level job in the food service industry. Students completing both terms, and earning a grade of "B" or better, will receive a Hancock College 2 + 2 Certificate.



**COURSE TITLE: Marriage and Family**  
*(This course fulfills the health requirement.)*

<b>LENGTH:</b>	<b>One Term</b>
<b>GRADE LEVEL:</b>	<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b>	<b>None</b>
<b>HOMEWORK:</b>	<b>As needed</b>
<b>LAB FEE:</b>	<b>Refer to page 7</b>
<b>REQUIREMENTS FULFILLED:</b>	<input checked="" type="checkbox"/> <b>AHC</b> <input type="checkbox"/> <b>A-G</b> <input type="checkbox"/> <b>AP</b>

This course is for 12th grade students interested in marriage and the family. The purpose of MARRIAGE AND FAMILY LIVING is to provide students with knowledge of preparation for marriage, family roles and responsibilities, and marriage adjustments while becoming skillful in making decisions related to family living as well as beginning family needs which include money management, being a wise consumer, and being able to promote and maintain individual and family health and safety. Taken in conjunction with Child and Family to fulfill health requirement.

**COURSE TITLE: Child and Family**  
*(This course fulfills the health requirement.)*

<b>LENGTH:</b>	<b>One Term</b>
<b>GRADE LEVEL:</b>	<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b>	<b>None</b>
<b>HOMEWORK:</b>	<b>As needed</b>
<b>LAB FEE:</b>	<b>N/A</b>
<b>REQUIREMENTS FULFILLED:</b>	<input checked="" type="checkbox"/> <b>AHC</b> <input type="checkbox"/> <b>A-G</b> <input type="checkbox"/> <b>AP</b>

The purpose of CHILD AND FAMILY is to provide students with a combination of subject matter and activities designed to develop abilities necessary for parenting, maintaining individual and family health and safety, the family as consumers, consumer buymanship, and child development/guidance. Students completing both terms, and earning a grade of "B" or better, will receive a Hancock College 2 + 2 Certificate. Taken in conjunction with Marriage and Family to fulfill health requirement.

**COURSE TITLE: Home Living**  
*(This course fulfills the health requirement.)*

<b>LENGTH:</b>	<b>Two Terms</b>
<b>GRADE LEVEL:</b>	<input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b>	<b>None</b>
<b>HOMEWORK:</b>	<b>As needed</b>
<b>LAB FEE:</b>	<b>Yes</b>
<b>REQUIREMENTS FULFILLED:</b>	<input type="checkbox"/> <b>AHC</b> <input type="checkbox"/> <b>A-G</b> <input type="checkbox"/> <b>AP</b>

This course helps develop a basic understanding of clothing and textiles, creative arts, safety and health (including HIV/AIDS), reproduction, family planning, child development, parenting, drug and substance abuse, personal health and appearance, foods and nutrition, personal and relationship development, life cycle/crisis, consumer planning, and career opportunities.

**COURSE TITLE: Home Economics Independent Study**

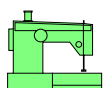
<b>LENGTH:</b> One or Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> This course is for students who have completed all courses offered by the department in the area they wish to study and who wish additional study in that area.
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> N/A
<b>REQUIREMENTS FULFILLED:</b> <input type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

The purpose of Home Economics, Independent Study is to provide for flexibility in the amount of learning experiences to be completed by the student. The course is designed for the student who has an interest in voluntarily participating in additional study or in developing a special activity in a particular area of Home Economics. Additionally, the opportunity to pursue individual interest in Home Economics is provided to the student.

**COURSE TITLE: Clothing and Fashion**

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> None
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> Student to supply materials as needed
<b>REQUIREMENTS FULFILLED:</b> <input type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

This course provides instruction in simple garment construction involving fundamental sewing principles and techniques. It supplies students with a knowledge of their garments, both handmade and purchased, and helps them select and make clothes that fit well, are needed, and express their personality types. The student will become acquainted with the use of a sewing machine, basic sewing equipment, and basic methods of clothing construction. During the second term, emphasis is placed on construction of a lined garment and other advanced techniques. The student will become more thoroughly acquainted with the sewing machine, common sewing equipment and the basic methods of clothing construction.

**COURSE TITLE: Advanced Clothing and Fashion**

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> Clothing and Fashion A and B with a "C" or better or approved by the instructor
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> Student to supply materials as needed
<b>REQUIREMENTS FULFILLED:</b> <input checked="" type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

This course allows the student to become acquainted with the techniques of clothing construction in several of the following categories explored in CLOTHING AND FASHION, ADVANCED: sportswear, tailoring, lingerie, evening wear, daytime wear, and clothes for special occasions. The student will complete samples of techniques and a variety of garments. It provides the student the opportunity to contract with the teacher for learning new and varied techniques in clothing construction. Students completing both terms, and earning a grade of "B" or better, will receive a Hancock College 2 + 2 Certificate.

**COURSE TITLE: Fashion Design***(This course fulfills the 4th year of English graduation requirement for seniors.)*

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> Clothing & Fashion
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> None
<b>REQUIREMENTS FULFILLED:</b> <input checked="" type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

**Fashion Design A/B** focuses on all aspects of the fashion industry. The curriculum will include historical, economic and cultural influences on the fashion industry, principles and elements of design, fashion merchandising and terminology, the study of prominent designers, fashion trends/predictions, and careers in the fashion industry. Projects will include a portfolio of fashion sketches and figure drawing, creating fabric designs and clothing construction techniques.

**COURSE TITLE: Life Management and Health***(This course fulfills the health requirement.)*

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> None
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> Yes
<b>REQUIREMENTS FULFILLED:</b> <input type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

This course is designed to help develop the necessary skills to prepare students for life on their own. The curriculum will include career search and assessment, workplace skill development, managing resources, food and nutrition, mental, physical and social health, reproductive health, consumer education, community involvement, housing selection and care, interior design techniques, clothing selection and care, leisure time activities and environmental concerns.

**COURSE TITLE: Creative Home Arts***(This course fulfills 10 units of the Fine Arts graduation requirement.)*

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> None
<b>HOMEWORK:</b> None – however, some items from home may be required for class in order to apply the artwork taught in class, such as a T-shirt or a sweatshirt to paint on or to apply fabric to.
<b>LAB FEE:</b> Yes
<b>REQUIREMENTS FULFILLED:</b> <input type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

Creative Home Arts is designed for students who have an interest in creating artistically designed projects suitable for personal use and/or home decoration. This course is designed to develop student's use of leisure time in a manner that is creative and self-fulfilling. This course will integrate academic knowledge, skills, and attitudes with application opportunities and career-vocational preparation. Students will be better prepared for continued success in their schooling and in their transition to their chosen careers.

**COURSE TITLE: Interior Design A/B**

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> None
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> None
<b>REQUIREMENTS FULFILLED:</b> <input checked="" type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

This course is for students interested in interior design and housing. The purpose of Interior Design A is to provide the students with information concerning consumerism and the basic fundamentals in interior design, furniture, colors, the history of housing, interior design, etc. The purpose of Interior Design B is to provide students with a combination of subject matter and activities designed to develop abilities necessary for integrating design principles with today's living spaces and activities; conservation of energy and resources; further career opportunities; consumer buymanship related to housing and home furnishings; awareness of the special needs of some family members; and home management. This course will develop skills suitable for entry level jobs in the field of interior design and the housing industry. Students earning a "B" or better will receive a Hancock Articulation Certificate (2+2).

**COURSE TITLE: Developmental Psychology of Children A/B (P)**

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> Junior or senior standing
<b>HOMEWORK:</b> As needed
<b>LAB FEE:</b> None
<b>REQUIREMENTS FULFILLED:</b> <input checked="" type="checkbox"/> AHC <input checked="" type="checkbox"/> A-G <input type="checkbox"/> AP

This college prep elective course is designed to be a comprehensive study of developmental stages of children from conception through early adolescence. The areas of emphasis will include the major theories of development, prenatal development, the influence of genetics and the environment on human growth and development, and the five major stages of child development. Students who are interested in a career field related to children (teaching, child psychology, day care, etc.) are encouraged to enroll in this course. Students completing both terms, and earning a grade of "B" or better, will receive a Hancock College 2 + 2 Certificate.

**COURSE TITLE: Lab Technician/Home Economics**

<b>LENGTH:</b> Two Terms
<b>GRADE LEVEL:</b> <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12
<b>PREREQUISITE:</b> Teacher recommendation
<b>HOMEWORK:</b> None
<b>LAB FEE:</b> None
<b>REQUIREMENTS FULFILLED:</b> <input type="checkbox"/> AHC <input type="checkbox"/> A-G <input type="checkbox"/> AP

Lab Technician/Home Economics is for the advanced lab student. Students will be involved in preparing lab materials in advance for the teacher, as well as assisting the teacher and students during labs. This includes but is not limited to gathering materials, preparing solutions, inventory, knowledge of technology (i.e. appliances, computers...), assisting the teacher during labs and demonstrations, and reading lab procedures.