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Parenting—This course is designed to help teens who are having babies while in high school. Students will learn how to become effective parents and self-sufficient adults. They will learn guidelines for physical care, health and safety of infants and young children as well as preparing for the arrival of a baby.

Foods & Nutrition I— reviews and expands on all the areas covered in the food section of eighth grade home economics. Students will learn about preparing nutritional foods and shopping on a budget. The students will get lab experience cooking in the kitchen at least 2 times a week. This experience will allow the students to plan and implement meal and menu planning with in a group. Food preparation includes breakfasts, snacks, quick breads, one dish meals and simple entrees. Career paths will be explored.

Life Skills—The students will learn how to cope at the workplace, at school, at home, and in their community. Emphasis is on stress reduction and suicide prevention



Family & Consumer Science

Family & Consumer Science

Health 8 concentrates on health, career, decision-making and consumer issues. A two-week child development unit includes abstinence education; infant & childcare and practical experience with the day care center and Baby Think It Over infant simulators. The two and a half week foods unit provides training in nutrition, meal preparation and teamwork involving students in a daily cooking experience. Clothing care and construction is a two-week unit that includes the use of the sewing and embroidery machines in making a simple accessory or article of the student's choice.

Health 7 is an introductory class on health and family issues for today's teens. A three-week foods unit includes daily snack and simple meal preparation as well as health and nutrition basics. The clothing unit is a two-week introduction to hand stitching as well as the sewing and embroidery machines. Students create and decorate a pillow, pillowcase, and or sling bag.

Health 1 is an introduction to health lifestyles and exercise. It includes a study of nutrition, drugs, and alcohol, stress management, sexual reproduction as well as STD's, first aid and CPR. Health career paths will be explored.

Health II is a continuation and reemphasis of healthy lifestyle choices with a focus on maintaining healthy body systems. Included in the course are muscular, respiratory, circulatory, reproductive, skeletal, and endocrine systems. Special emphasis is placed on sexual reproduction and STD's. Health career paths will be explored.

Clothing and Textiles—This course reviews wardrobe planning and repairs, personal color analysis, the parts of the sewing machine, and allows the students to gain a "hands on" experience while making, sewing, and creating various projects. The students will start by sewing a simple quilt pattern. Other projects include crocheting, knitting, and sewing a simple decorative article. Students will also learn machine embroidery and how to decorate garments and other articles sewn. Career paths will be explored.

Entrepreneurship—Students will learn the basic skills needed to succeed in the professional and business world. They will complete mini business projects as learning experiences.

Food and Nutrition II—This experience will allow a student a kitchen lab experience. Culinary arts will be explored as a career. Advanced techniques will be taught. Complete dinners, ethnic foods, candies, cake decorating, pies, cakes, and yeast breads will be emphasized. Classroom work will include nutrition and an introduction to the foods being prepared.

