

# Family and Consumer Science

## Health I

The mission of health education is to motivate young people to maintain and improve their health, prevent disease, and avoid or reduce health-related risk behaviors. It is the role of the health educator to provide young people with the knowledge and skills they need to be healthy for a lifetime and to utilize these health enhancing skills as a means for achieving life's goals. Students will learn about choices that influence their health and wellness, nutrition and food choices, fitness and personal health, along with their mental and emotional health. Students will also learn how to maximize their wellbeing in all aspects of their health (physical, emotional, mental, and social health).

## Clothing Construction

Clothing and construction teaches the foundation of sewing. Students will learn about various types of fabric and textiles, learn how to measure one's body measurement, learn the basics of hand sewing, identify and utilize the various parts of a sewing machine, understand how to read a pattern, and to finally condense what was learned to complete various sewing projects that will incorporate different skills. Some projects include: pillow, pillow case, masks, handbags, etc. (projects are subject to change).

## Lifespan Development

This course explores the physical, emotional, social, and intellectual development of individuals across the lifespan. External impacts on development including family structure and practices, social and technological forces, and

resources available to individuals and their outcomes will be explored. The units students will learn are: foundations of human development, pregnancy and birth, stages of growth and development, and careers in the field.

## Interpersonal Relationships

The course includes the study of interpersonal relationships and the effect of these relationships on the well-being of individuals, families, work and society. The course includes concepts such as effective communication, establishing and maintaining relationships, diverse family systems, characteristics of personal development and the impact of relationships on personal and career success.

## 8th Grade FCS

This is a nine week introductory course that focuses on college and career readiness, basic hand sewing techniques and interior design. Students in this course will carry out the knowledge of different types of careers, post-secondary education options, filling out a job application, and basic job interviewing skills within the college and career readiness unit. Within the hand sewing unit, students will learn the skills to repair clothing and hand stitch simple sewing projects. Throughout the Interior Design unit students will learn the basics of interior design, the color theory and will create a 3D room that incorporates the elements of design

## 7th Grade FCS

This is a nine week introductory course where students will take three weeks

to learn about making healthy decisions. Within this three week time period, students will learn how to maximize their optimal wellbeing in all areas of their health, alcohol and drug prevention, and violence/injury prevention. Another three weeks will be used to teach students the basics of child development and care. Within this unit, students will learn about developmental milestones, responsibilities of taking care of children, basic babysitting skills, and demonstrating their skills with a Real Care infant. The last three weeks will be used to teach students the basics of food and nutrition. Students will learn about essential nutrients, My Plate, as well as learning the basics of cooking.

## **Fashion Design**

Students will take their knowledge of clothing and textiles to learn about the history of trends and types of clothing, elements and principles of design, and styles of clothing for various body types. Students will examine and select textiles for their quality and appropriateness for use, design different fashion trends, and use skills to upcycle clothing.

## **Fundamentals of Baking and Cooking**

Students will learn the basic skills and knowledge for kitchen utensils, sanitation and safety, and functions of basic ingredients. Students will also carry out the knowledge for reading a recipe, knife skills, basics of baking and cooking while demonstrating all skills within various cooking and foods labs. Through this experience, students will learn about preparing nutritional foods and shopping on a budget. This experience will allow the students to plan and implement meal and menu planning within a group. Food preparation includes breakfasts, snacks,

quick breads, one dish meals and simple entrees. Career paths will also be explored.

## **Parenting and Family**

This course is designed to understand the responsibilities and roles of a parent, exploring various parenting styles, learning developmental milestones, teaching and caring for children, comparing and contrasting parenting throughout a child's life, and will finally discover various aspects of a family. Students will take the knowledge they learn in each unit and demonstrate their skills by taking care of a Real Care infant. Students will have the opportunity to take a Real Care infant home to represent a real life situation outside of the classroom.

## **Health II**

This course is a continuation and reemphasis of healthy lifestyle choices with a focus on maintaining healthy body systems. From here, students will learn about drug and alcohol prevention. Within this chapter, students will learn about the physical, emotional, and social negative influences drugs and alcohol have on the body. Students will also hear from guest speakers within and around the community (police officers, recovering addicts, drug and alcohol counselors, Etc.). The next unit Students will learn is sex education. A consent form will be sent home and students will learn about the male and female reproductive system, contraceptives, STI's, consent, and the developing baby. The final unit will include first aid and injury prevention. Students will learn the basic first aid skills and will learn how to prevent injury.