



FAMILY & CONSUMER SCIENCES



Possible sequences for Family and Consumer Sciences

Grade 9

Grade 10

Grades 11-12

Fashion and Design

Fashion Construction 1
Fashion Construction 2

Fashion Construction 1
Fashion Construction 2

Merchandising of Fashion
Housing and Interior Design

Foods

Culinary Skills 1
Culinary Skills 2

Culinary Skills 1
Culinary Skills 2

Culinary Skills 1
Culinary Skills 2
Culinary Skills 3
Culinary Skills For Seniors

Human Development

Parenting
Child Development

Parenting
Child Development

Parenting
Child Development
Early Childhood Education
Introduction to Education

FASHION AND DESIGN



FASHION CONSTRUCTION 1

Grades 9-10

1 semester

Prerequisite: None

This course is designed to introduce students to the basic techniques and skills necessary in clothing construction. Students will learn proper usage of a sewing machine and will construct projects of their choice that include basic techniques. Students will learn through this course how to upcycle as well. This course will introduce students to possible career choices in the fashion industry.

FASHION CONSTRUCTION 2

Grades 9-10

1 semester

Prerequisite: Fashion Construction 1

Basic techniques learned in Fashion Construction 1 will be utilized to construct projects of their choice. The students will learn new techniques as well and work with the embroidery machines. Students will further explore careers and expand their knowledge of various opportunities and career paths in the fashion industry.

MERCHANDISING OF FASHION

Grades 11-12

1 semester

Prerequisite: None

The Merchandising of Fashion course will focus on the factors influencing fashion and the fashion industry and current career options. It will investigate the economic, sociological, and psychological, factors of fashion as well as the causes of change in fashion. The student will study the elements and principles of design, fibers, and textiles. Merchandising and retailing trends and concepts will be discussed. Each student will create a marketable customer product.

HOUSING AND INTERIOR DESIGN

Grades 11-12

1 semester

Prerequisite: None

This course will introduce students to the basics of home design. Topics include budgeting and sustainability, selection and care of furnishings. Design trends and personal tastes are explored. Careers related to housing and design will be studied. Physical layout of various rooms, symbols, dimension, and floor plans are analyzed. Interior design concepts such as color, texture, balance, proportion, and rhythm will be studied. Students will sketch their ideas into floor plans using the fundamentals of design.

FOODS

CULINARY SKILLS 1

Grade 9-12

1 semester

Prerequisite: None

The purpose of Culinary Skills 1 is to learn foundational cooking skills appropriate for independent living. Students will demonstrate teamwork while preparing meals in a lab setting. The emphasis will be on individual skill development. Team lab experiences will include the use of appliances, techniques and equipment. Units of study will include basic culinary skills, fruits and vegetables, convenience foods, methods of cooking, and poultry. Throughout the course, each unit will emphasize safety and sanitation, proper use of tools and supplies, organizational skills, and problem-solving.

CULINARY SKILLS 2

Grades 9-12

1 semester

Prerequisite: Culinary Skills 1

Culinary Skills 2 develops consumer food preparation skills and applications of food technology. Cooperative groups plan higher level lab experiences, prepare individual products and meals and evaluate their work. Food safety and sanitation is incorporated in all aspects of labs. Emphasis is placed on reading and analyzing recipes, math skills (measuring, recipe conversion, calculations in label reading), organizational skills, teamwork and production. Students prepare a variety of products and demonstrate skills in cooking with dairy foods, eggs, the science of yeast and baking products, in addition vegetarian options, stir-fries and casseroles.

CULINARY SKILLS 3

Grades 11-12

1 semester

Prerequisite: Culinary Skills 1 & Culinary Skills 2

Culinary Skills 3 is an advanced food preparation class that builds on skills acquired in Culinary Skills 1 and 2. Students plan, cost compare and evaluate total meals from regions of the United States and International cuisine. Special attention is placed on quantity food preparation, food presentation, appetizers and creativity in food production. Students will work in lab groups with emphasis on organizational skills, problem-solving, and team work. Students will have the opportunity to run a restaurant or take a field trip. The mass production aspect of this course is intended to enhance catering skills, and further develop culinary knowledge.

CULINARY SKILLS FOR SENIORS

Grades 12

1 semester

Prerequisite: None. Suggested follow-up courses: Culinary Skills 2 or 3. Concurrent enrollment in multiple Culinary Skills classes is not recommended.

This hybrid Culinary Skills class is designed specifically for seniors who would like to learn important skills for life after graduation. This laboratory course explores food, nutrition and preparation techniques that will develop successful independent living skills. The use of one to one technology is integrated throughout the course. Culinary Skills for High School Seniors is essential for anyone who wants to create healthy alternatives to eating fast food and desires a well-balanced basic course in food preparation, meal planning, budgeting and nutrition.

HUMAN DEVELOPMENT



CHILD DEVELOPMENT

Grades 9-12

1 semester

Prerequisite: None

This course is designed for the student interested in understanding the growth and development of children. The emphasis is on learning the developmental patterns of children ages 2 to 12 and the effect of the environment on the child's growth and learning. Units of study include mental, social, emotional and physical development of children; family stresses and children; safety and health; and caring for children in a learning environment. Students create and analyze lesson plans, write children's books, prepare nutritious snacks for children, and practice working with children. Upon completion and passing of Child Development and Early Child Care Course a credential in Early Child Care by the State of Illinois is given to those that apply.

EARLY CHILDHOOD EDUCATION

Grades 11-12

1 semester

Prerequisite: Child Development, attendance record

This course allows highly motivated students to experience education as a possible career. The course includes the practical experience of preparing and teaching preschool-aged children in a laboratory preschool. Students enrolled in the course will prepare lessons two days of the week and teach children three days of the week. Students will prepare lessons for large and small motor skills, music, language, and science and math skills in a developmentally appropriate curriculum. Students may enroll in the course for a second time as an "advanced" student who will then teach additional lessons and use Illinois Early Learning Standards as part of their experience. Upon completion and passing of Child Development and Early Child Care Course a credential in Early Child Care by the State of Illinois is given to those that apply.

INTRODUCTION TO EDUCATION (DUAL CREDIT)

Grades 11-12

1 semester

Prerequisite: None

This course provides a teaching internship, enabling students to work under the supervision of certified preschool, elementary, middle school, or Lake Park High School staff. Once placed, the students will spend four days each week at their assigned schools to assist, observe and teach children. Teaching responsibilities include journaling, observing, creating a visual display, and creating and teaching lessons. Weekly seminars focus as an introduction to teaching as a profession in the American education system. Students who complete this course will also have the option to receive dual credit from the College of DuPage in the equivalent course: Education Teacher Preparation 1100.

PARENTING

Grades 9-12

1 semester

Prerequisite: None

In the Parenting course, students will learn about roles and responsibilities of parenthood while learning about positive parenting skills and the impact on strengthening the well-being of individuals and families. Students will develop skills for making decisions and thinking critically which can be applied to all areas of their lives. Emphasis is placed on the skills needed to care for children, nurture and guide children, the roles of families and parenting, character development, perennial problems with teenage parenthood, health and safety issues, the decision to parent and evaluate careers in child-related fields.