

FAMILY AND CONSUMER SCIENCES

◆ **Course offerings not having sufficient enrollment after registration will be discontinued for the 2017-2018 school year.**

Independent Living – Human Development: One Semester - 1/2 Credit
Adolescence through Adulthood (9-10-11-12)

► ***Approved Career and Technical Education Course (19056)***

This course is designed so that students will gain an understanding of the developmental stages from adolescence through late adulthood. Students will develop and practice skills necessary for living independently. By doing this, students will be more prepared to manage their money, wardrobe, housing, transportation, relationships, and wellness. Career and/or College readiness is also emphasized and explored.

Child Development 1 - Human Development: One Semester - 1/2 Credit
Prenatal to Toddlers (9-10-11-12)

► ***Approved Career and Technical Education Course (19052)***

In order for those who care for infants and toddlers to make informed decisions, it is helpful to understand the human development theories that deal with child growth and development. This course will cover the developmental areas and stages of a child through age 3. Other topics will include: prenatal development, pregnancy and child birth. Students will be given the opportunity to take home an infant simulator for a weekend to experience caring for a baby.

Child Development 2 – Human Development: One Semester - 1/2 Credit
Preschool to School-age (9-10-11-12)

► ***Approved Career and Technical Education Course (19051)***

► ***Central High School students will have the opportunity to participate in an internship at a local Head Start classroom through a partnership with Rural America Initiatives and Youth & Family Services.***

This course is an introduction to the work of caring for and educating young children. Students will be able to create developmentally appropriate activities through their increased understanding of the areas in which children grow. Child development knowledge is essential for individuals seeking a career in education, health, medical, or human service professions.

Fashion Design (9-10-11-12) (Central only) One Semester - 1/2 Credit

► ***Approved Career and Technical Education Course (22214)***

People are drawn to the fashion industry because of a love of style, design, and glamour. This course allows students to examine the concept of choosing clothing for a purpose and presenting the best possible appearance. Color schemes, design principles as well as consumer skills in purchasing fashion and clothing will be explored. Hands-on sewing techniques will be completed on an individual basis according to student ability and interest. Careers related to the textiles and fashion merchandising industries will also be discussed.

Nutrition and Wellness (9-10-11-12)**One Semester - 1/2 Credit**

▶ *Approved Career and Technical Education Course (22202)*

▶ *All students enrolled in this class qualify to test for the ServSafe Food Handler Certification.*

This course provides students the opportunity to become familiar with the kitchen environment and acquire skills for preparing, purchasing, and consuming foods for a healthy lifestyle. Specific topics will include; safety and sanitation, basic food preparation, and components of nutrition. Hands-on food labs reinforce concepts through practice. This course is designed to help students develop eating behaviors that will have a positive effect on their current and future lifestyles.

Culinary Arts (10-11-12)**One Semester - 1/2 Credit**

▶ *Approved Career and Technical Education Course (16058)*

▶ *It is recommended that the student take Nutrition and Wellness prior to taking this course.*

The food service industry generates more than \$665 billion in sales each year and provides jobs/careers for one in ten United States workers. In this course you will advance your knowledge of food preparation and presentation. Food safety, food handling skills, teamwork, and hospitality will be emphasized as you learn to prepare a wide variety of foods. This course will enhance skills used in the food service industry.