



Family and Consumer Sciences Courses

Linking Life and Leadership

Eastview offers a comprehensive curriculum that includes career exploration, STEM application, support for state and national standards, as well as preparing students for success in life beyond the classroom. Students will engage in coursework and activities which will prepare them to live and work in a global society.

COURSE TITLE	Grade
Everyday Cooking	9 - 12
Gourmet Cooking	9 - 12
International Cooking	9 - 12
FIT Cooking (Fitness & Individual Training)	9 - 12

No prerequisite required

CULINARY ARTS

This program prepares students for a variety of in-demand careers within the culinary and wellness industries. These applied approaches and hands-on opportunities enable students to explore the exciting field of food preparation and nutrition to prepare for a healthy future. Course content supports STEM initiatives and national & state standards.



- Food Scientist
- Dietician
- Sports Nutritionist
- Executive Chef
- Pastry Chef
- Health Inspector
- Hospitality Management
- Caterer
- Restaurateur
- Food Photographer
- Food Critic
- Wedding Cake Designer
- Event Planner
- Fitness Trainer

COURSE TITLE	Grade	Advanced Standing Credit *
Psychology of Parenting*	9 - 12	
Infant & Toddler Development*	9 - 12	
Child Psychology & Development A	9 - 12	✓
Child Psychology & Development B	9 - 12	✓
Child Psychology & Development C	10 - 12	✓
Introduction to Teacher Education*	10 - 12	
LIFE	11 - 12	
Senior Strategies	12	

Students successfully completing Child Psych A, B, C may be able to earn Advanced Standing Credit from a local post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating post-secondary institutions.

* These courses support the Child Development Career Cluster and Pathway

CHILD PSYCHOLOGY AND FAMILY STUDIES

This program prepares students for careers working with children, adults, parents, and families in a variety of human service and educational settings. Additionally, it provides skills and knowledge that enhance other career paths and lead to personal growth.



- Child Life Specialist
- School Psychologist
- Counselor
- Early Childhood Educator
- Special Education Teacher
- Social Worker
- Secondary Education Teacher
- Family/Marriage/Child Therapist
- Parent Educator
- Drug & Alcohol Therapist
- Pediatric Medicine
- Athletic Coach

COURSE TITLE	Grade	STEM
Interior Design A*	9 - 12	✓
Interior Design B	9 - 12	✓
Landscape Design	10 - 12	✓
Fashion Design	9 - 12	✓

MN GRAD STANDARD

* Successful completion of the course: Interior Design A satisfies the one credit "Arts" graduation requirement.

DESIGN

This program provides students the opportunity to explore and apply the elements & principles of design through individual and team based projects. Students will discover career opportunities related to the housing and design fields. Course content supports STEM initiatives and national & state standards.



- Fashion Designer
- Interior Designer
- Landscape Designer
- Architect
- Urban Planner
- Graphic Designer
- Environmental Design
- Master Gardener
- Furniture Designer
- Housing Specialist
- Design Consultant
- Visual Merchandiser
- Costume Designer
- Corporate Fashion Buyer
- Retail Management

COURSES OFFERED TO STUDENTS IN GRADES 9, 10, 11 AND 12

0401 Everyday Cooking

Grades 9, 10, 11, 12

Prerequisite: None

Do your culinary skills end with box macaroni and cheese, or popping a pop tart into the toaster? Learn to cook without a box. Much of the pleasure of eating comes from savoring the tastes and smells of well-flavored, thoughtfully prepared foods. You'll learn the essentials of food preparation skills through the use of kitchen utensils and equipment, measurements, abbreviations and recipe terms, as you prepare delicious foods including quick breads, calzones, smoothies, apple crisp, fruit pizza, stir fry, pasta, fajitas, and so much more! **Note: A contribution is requested to cover food supplies for each student.** Course content supports STEM initiatives and MCA math and science standards.

0403 Gourmet Cooking

Grades 9, 10, 11, 12

Prerequisite: None

Enjoy eating out and entertaining? Learn to prepare foods that bring people together! Become a culinary expert as you cook gourmet foods including fancy cookies, chocolate and candies, variety of appetizers, garnishing entrees, creative desserts, outdoor grilling, and Panini sandwiches guaranteed to make any party rock! Class will complete a field trip to a local culinary school/restaurant where you will experience and put into practice fine dining skills and take a look at the world of culinary and hospitality management. **Note: A contribution is requested to cover food supplies for each student.** Course content supports STEM initiatives and MCA math and science standards.

0404 International Cooking

Grades 9, 10, 11, 12

Prerequisite: None

Take a culinary world tour to experience the flavor of countries around the world. We will begin by preparing gourmet pizzas that are anything but ordinary. We will then travel the globe to explore and prepare a variety of ethnic foods including Asian, Italian, Mexican, French, German, and Scandinavian foods. Guest chefs will open your eyes to a wide variety of food preparation techniques and tastes. A field trip to the Festival of Nations may be taken to enhance your International Cooking palate and open your eyes and taste buds to a whole new world. **Bon Appetite! Let's Eat! Guten Appetit! Vær så god! ¡Buen provecho!** **Note: A contribution is requested to cover food supplies for each student.** Course content supports STEM initiatives and MCA math and science standards.

0411 FIT Cooking (Fitness & Individual Training)

Grades 9, 10, 11, 12

Prerequisite: None

Cook and eat to compete by supporting your **Fitness and Individual Training** plan. In this class you will be preparing foods that will help you refuel and recover post-work out, cook meals that will promote muscle development and select snacks that will keep your energy level steady before and after working out. **FIT Cooking** is designed to help you improve your health and athletic performance through proper nutritional intake while learning to prepare the foods which support your personal and team training goals. Energy shakes, whole-grain warm up foods, pasta and proteins, heart healthy grains and energy rich food are among the units of study and cooking. Eat to be **FIT!** This course is recommended for students who are recreational and team athletes. **Note: A contribution is requested to cover food supplies for each student.** Course content supports STEM initiatives and MCA math and science standards.

Note: Students are encouraged to register for Child Psychology A and B as a semester sequence of courses.

0405 Child Psychology and Development A Grades 9, 10, 11, 12
Prerequisite: None

Children are fun and learning about their development and personalities is just as fun! Learn how the environment shapes the social, cognitive, and physical growth of preschool children (ages 3-5). This course is an excellent introduction to careers in the field of child psychology and development, education and medical fields as well as the opportunity to prepare for a variety of future life experiences. A global perspective is applied as you learn how to use observation, guidance, and decision making skills to make effective choices that can positively impact the life of a child. A field trip to the Children's Museum will be planned. **Students successfully completing Child Psychology and Development A, B and C may be able to earn Advanced Standing Credit from a local post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating post-secondary institutions. This course supports the Child Development Career Pathway.**

0406 Child Psychology and Development B Grades 9, 10, 11, 12
Prerequisite: Child Psychology and Development A

The children are here! If you enjoy working with children, this course is for you. You will have opportunities to have fun and experience the unique relationship of working with three, four and five-year-old children in an actual playschool setting. You are the teacher! You will use the skills and knowledge gained in Child Psychology and Development A to plan, develop, and implement lesson plans for preschool children, for a total of 18 playschool sessions. This course is designed to give you real experience in teaching and creating a child centered environment for your playschool students. **Students successfully completing Child Psychology and Development A, B and C may be able to earn Advanced Standing Credit from a local post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating post-secondary institutions. This course supports the Child Development Career Pathway.**

Note: Students are encouraged to enroll in Interior A and B as a semester sequences of courses.

0407 Interior Design A Grades 9, 10, 11, 12
Prerequisite: None

Discover your style. Explore your creative side while you develop an understanding of and implement the Elements and Principles of Design into fun projects like "Your Dream Bedroom" project and exploring color in depth including creating an edible color wheel to name just a few. You will transform living environments into functional and pleasing surroundings. Students in Interior Design will apply new information to hands-on projects so be ready to participate as an independent designer and be a member of a design team. **This course meets the "Minnesota Arts Standard" requirements.**

0408 Interior Design B

Grades 9, 10, 11, 12

Prerequisite: Interior Design A

Create amazing projects! Whether being part of an interior design team or working independently, students will gain knowledge of the variety of careers offered in design related fields, principles of landscape design and outdoor landscapes/hardscapes, kitchen design, and history of furniture. This course is designed for students who are interested in the fields of architecture, landscape design, interior design, construction and residential and commercial housing related careers. A field trip to a local college offering an Interior Design program and kitchen design studio will be planned as well as many guest speakers sharing their knowledge directly from the field and workplace. Class will be structured in a studio-lab format.

0409 Fashion Design Trends

Grades 9, 10, 11, 12

Prerequisite: None

If you are a fan of Project Runway, Pinterest, HGTV or the DIY Network, check this class out! Design it. Knit it. Sew it. Learn and develop skills in the area of creative arts and design as well as study top fashion designers from the past and present. Students will design and produce personal projects throughout the quarter. The development of personal and home design related skills and the impact they currently have on teens will be the focus. These skills will allow the participants to learn, practice, and perhaps teach others creative arts and design. Create fleece mittens and other projects of your choice! End the quarter by wowing your friends with an original design created by you!

Note: Supplies and a basic sewing/tool kit will be required

0410 Infant and Toddler Development

Grades 9, 10, 11, 12

Prerequisite: None

Oh, baby! If you are interested or puzzled by babies and toddlers, or want to work with them as a future career, then this is the class for you. Have fun listening and interacting with parents of newborns, infants and toddlers and learning about topics geared towards these ages. Get up close and personal information on the physical, cognitive, emotional and social developmental needs of newborns, infants and toddlers. Guest speakers, panel discussions and group and individual projects will contribute to these topics plus parenting simulations through the Real Care Parenting program! **Note: Students successfully completing Child Psychology and Development A, B and C and other supporting classes may be able to earn Advanced Standing Credit from a local post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating post-secondary institutions. This course supports the Child Development Career Pathway.**

0446 Psychology of Parenting

Grades 9, 10, 11, 12

Prerequisite: None

Be prepared for the most important job... parenthood. This class is designed to offer you parenting skills and a background in child psychology. This course will connect you to information regarding the healthy growth and development from the decisions of why people choose parenthood, knowledge of prenatal development and through birth will be discussed. Topics will include the teen parenthood, adoption options, decision to parent and the responsibilities, guiding children's behavior and healthy development, child and family related society issues and building positive parent-child relationships. Guest speakers, panel discussions and group and individual projects will contribute to these topics plus parenting simulations through the Real Care Parenting program! **NOTE: Human sexuality curriculum and HIV/AIDS curriculum are presented in this course. Refer to page iv of this guide. This course supports the Child Development Career Pathway.**

COURSES OFFERED TO STUDENTS IN GRADES 10, 11 AND 12

0426 Child Psychology and Development C

Grades 10, 11, 12

Prerequisite: Child Psychology and Development
A and B

This course is designed as a continuation of the playschool teaching experience. Acquire advanced knowledge of child development theory, increase effectiveness in meeting children's education needs, investigate and explore careers in education and child related areas, and develop analyzing skills for life in the 21st century. You will provide leadership for teaching teams during the three-day per week playschool program. This advanced level course is especially beneficial for students considering a profession related to working with children while still developing leadership skills applicable to all areas of interest and talent. **Students successfully completing Child Psychology and Development A, B and C may be able to earn Advanced Standing Credit from a local post-secondary institution. Students should contact the course instructor for more information regarding articulation agreements and participating post-secondary institutions. This course supports the Child Development Career Pathway.**

0451 Introduction to Teacher Education

Grades 10, 11, 12

Prerequisite: Instructor recommendation

Thinking of a career in education, coaching, or working with children? Check it out in Intro to Teacher Education! Travel to an elementary or middle school daily to work with students and an experienced teacher. Gain interactive classroom experience tutoring children, creating lesson plans, and assisting classroom teachers. This program is for highly responsible and independent learners. Final acceptance into the program based on interview and department recommendation. Students must provide their own transportation to the elementary site. **Note: This course supports the Child Development Career Pathway.**

0452 Life Relationships

Grades 10, 11, 12

Prerequisite: None

Explore the psychology of dating, love, and interpersonal relationships. Participate in learning discussions that uncover the characteristics of successful relationships, in all areas of life. Develop skills in active listening, conflict resolution, and decision making that will benefit you in every aspect of life. This interactive course allows you the opportunity to explore the various aspects of interpersonal relationships and family from a teen's point of view as well as careers related to marriage and family. NOTE: Human sexuality curriculum is presented in this-course. Refer to page iii of this guide.

0466 Landscape Design

Grades 10, 11, 12

Prerequisite: None

"Going Green" Imagine a class where students investigate, create, problem solve and implement their own landscape creations. Discover tips from master gardeners, landscape architects, and our own staff members. A unique program in our district, this landscaping class crosses many disciplines including design, plant sciences, and communications. This course highlights a basic design process approach for developing a residential landscape. Development of a basic design focusing on residential areas including placement of plant material, decks, patios, water features, and other landscape elements will be demonstrated. Students may take this course explore career opportunities related to landscape/hardscapes and housing/design related fields.

0476 Senior Strategies

Grade 12

Prerequisite: None

This "senior only" course will provide students with the life skills needed for post-secondary success and life beyond. *"Most people don't plan to fail. They fail to plan"* (John Beckley). Are you prepared to live independently after graduation? This quarter course is a must have for 12th grade students to prepare for life after high school. Topics to be covered include: planning for college or work, dealing with roommates, managing personal finances, cooking and healthy eating, evaluating insurance, car ownership, avoiding credit problems and scams, social media and consumer safety. Be prepared to make great life choices from the very beginning! It is exciting to plan for next year; do it together in this "senior only" class! **Note: A small contribution is requested to cover food supplies for each student.**