



Family and Consumer Science (FACS) Courses

The Family and Consumer Science Department offers courses that enable students to build, maintain and strengthen interpersonal relationships, apply logical thinking skills in making living decisions, and develop effective life management skills. Department course offerings include:

CHILD DEVELOPMENT

Child Development 9-12
Parenting 10-12
Intro to Teacher Education 11-12

INTERIOR DESIGN

Interior Design 9-12
Advanced Interior Design 11-12

FOODS

Let's Eat!: Introduction to Culinary Arts 9-12
Favorite Foods: Exploring Culinary Arts 10-12
Gourmet Cooking: Advanced Culinary Arts 11-12


FAMILY LIFE/INDEPENDENT LIVING

Exploring Relationships 10-12
Independent Living: LIFE 101 10-12

 **NOTE: Successful completion of the course Interior Design, satisfies the 1 credit "Arts" requirement.**

THE SCHOOL BOARD STRONGLY RECOMMENDS ENROLLING IN A MINIMUM OF ONE FAMILY LIFE CLASS PRIOR TO GRADUATION. FACS classes which fulfill this recommendation are Parenting and LIFE: Relationships.

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


 **0402 Let's Eat!: Introduction to Culinary Arts** Grades 9, 10, 11, 12
Prerequisite: None

Pizza, pasta and more! Explore how food choices can contribute to one's well-being and peak physical performance. Laboratory experiences include: casseroles, pies, breakfast, baking, healthy snacks, cooking with cheese, homemade soups, salads, meat cookery and a grande finale buffet. **NOTE: A student donation of \$30 for laboratory supplies will be requested.**

 **0404 Child Development** Grades 9, 10, 11, 12
Prerequisite: None

See the world through the eyes of a child! Learn how children develop physically, emotionally, socially and intellectually, by assuming the role of teacher in conducting a six-week preschool experience for community preschoolers. Have fun and gain experience working with young children. **Students successfully completing this course may have the opportunity to earn Articulated College Credit from a post-secondary institution. Please contact the course instructor for more information regarding articulation agreements and participating colleges and universities.**

 **0406 Interior Design** Grades 9, 10, 11, 12
Prerequisite: None

 Interior Design will enable the student to create a home with warmth and individuality. Activities will focus on housing choices, floor plans, design principles and elements, furnishings and accessories. Students will design the interior of an apartment to complete the study. **NOTE: Successful completion of this course satisfies the 1 credit "Arts" requirement. Students successfully completing Interior Design. Students successfully completing this course may have the opportunity to earn Articulated College Credit from a post-secondary institution. Please contact the course instructor for more information regarding articulation agreements and participating colleges and universities.**

COURSES OFFERED TO STUDENTS IN GRADES 10, 11, 12

 **0427 Favorite Foods: Exploring Culinary Arts** Grades 10, 11, 12
Prerequisite: None

Beyond mac & cheese, experience the exciting world of food! Through creative food preparation activities, explore the relationship between food and health. Laboratory experiences include: regional specialties, creative sandwiches, cakes, vegetables, omelets, homemade cinnamon rolls and a taco dinner buffet. **NOTE: A student donation of \$30 for laboratory supplies will be requested.**

FAMILY AND CONSUMER SCIENCE: FACTS

0428 Parenting

Grades 10, 11, 12
Prerequisite: None

This course examines the roles and responsibilities of effective parenthood. Topics include the decision to parent, having a healthy baby, life with a newborn, and building positive parent-child relationships. An experience with a newborn baby simulator, "Real Care Baby" will be offered, but not required. **NOTE: Human Sexuality Curriculum and HIV/AIDS Curriculum are presented in this course.**

0452 Exploring Relationships

Grades 10, 11, 12
Prerequisite: None

A course for everyone! Prepare for successful life relationships in your personal life with friends and with work colleagues. Good communication skills are essential to your future. Being an excellent communicator can help you land your first job and ensure positive relationships. In this class topics include: interpersonal communication skills, negotiate effectively, family dynamics, dating, and love. The course will enable you to recognize and deal with the many challenging issues at work and home facing young adults today. This course is strongly recommended by the District 196 School Board and administration to be completed by every student prior to graduation. **NOTE: Human Sexuality Curriculum and HIV/AIDS Curriculum are presented in this course.**

0453 Independent Living: LIFE 101

Grades 10, 11, 12
Prerequisite: None

This fast-paced course explores the demanding life of the adult world and the realities of living on your own. Students will learn how to find an apartment and successfully share space with a roommate. Using their math skills, students will learn how to manage their personal finances including budgeting, banking, personal loans and the wise use of credit. A highlight of the class is a car buying project.

COURSES OFFERED TO STUDENTS IN GRADES 11 AND 12

0450 Introduction to Teacher Education

Grades 11, 12
Prerequisite: None

Thinking of a career in education, coaching, or working with children? This course is for students considering a career related to children. Acquire advanced knowledge of child development theory and increase your understanding of children's needs. Further develop your skills by observing and working with children in real life settings. Explore child related professions through research and an internship experience. Sites may include: kindergarten and elementary classrooms, Montessori schools, children's hospital, YMCA programs or day care centers. **Completed application and instructor approval is required for this class. Students will be required to provide transportation to the internship site. This is a two credit, two period class. Students successfully completing this course may have the opportunity to earn Articulated College Credit from a post-secondary institution. Please contact the course instructor for more information regarding articulation agreements and participating colleges and universities.**

0451 Gourmet Cooking: Advanced Culinary Arts

Grades 11, 12
Prerequisite: Let's Eat! OR Favorite Foods with a grade of "B" or above

For those who love to cook! Explore the challenging world of one of the nation's fastest growing career areas. This class explores gourmet cooking, food technology and career opportunities. Laboratory experiences include cooking with chocolate, meats, healthy cooking, garnishing, cake decorating, international cuisine and more! **NOTE: A student donation of \$30 for laboratory supplies will be requested.**

0454 Advanced Interior Design

Grades 11, 12
Prerequisite: Interior Design with a grade of "B" or above

Advanced Interior Design is designed for students who have a strong interest in interior design or careers related to housing. Topics of study include housing styles, floor plans, home construction and advanced decorating techniques. Students will participate in a field trip to a design studio and the International Market Square where top Minnesota interior designers work. **Students successfully completing this course may have the opportunity to earn Articulated College Credit from a post-secondary institution. Please contact the course instructor for more information regarding articulation agreements and participating colleges and universities.**