

# FAMILY AND CONSUMER SCIENCE

## FAMILY AND CONSUMER SCIENCE COURSES CAN BE USED AS ELECTIVE CREDITS

**CONTENT MISSION STATEMENT:** Students will demonstrate abilities that reflect a working knowledge of the concepts associated with family and consumer science as they relate to being informed consumers, communicating effectively with others, making responsible decisions, being a contributing family member, and establishing career choices. Financial literacy will be addressed along with development of employability skills

COURSE TITLES	CREDIT	GRADE LEVEL				PREREQUISITE
		9	10	11	12	
<b><u>Culinary Arts</u></b>						
Food and Nutrition	.5			x	x	None
Advanced Foods	.5			x	x	Food and Nutrition
Culinary Principles*	.5			x	x	Food and Nutrition, Advanced Foods
Sanitation and Safety*	.5			x	x	Food and Nutrition
Chef Youth Apprenticeship*	1			x	x	Food and Nutrition, Sanitation and Safety
Hospitality Academy*	1				x	Letter of Application
<b><u>Growth &amp; Development</u></b>						
Child Health, Safety, & Nutrition*	.5			x	x	Child Development
Early Childhood Guidance*	.5			x	x	Child Health, Safety, & Nutrition
Early Childhood Education	1			x	x	Child Development
<b><u>Clothing &amp; Design</u></b>						
Fashion Design	.5	x	x	x	x	None
Interior Design	.5		x	x	x	None

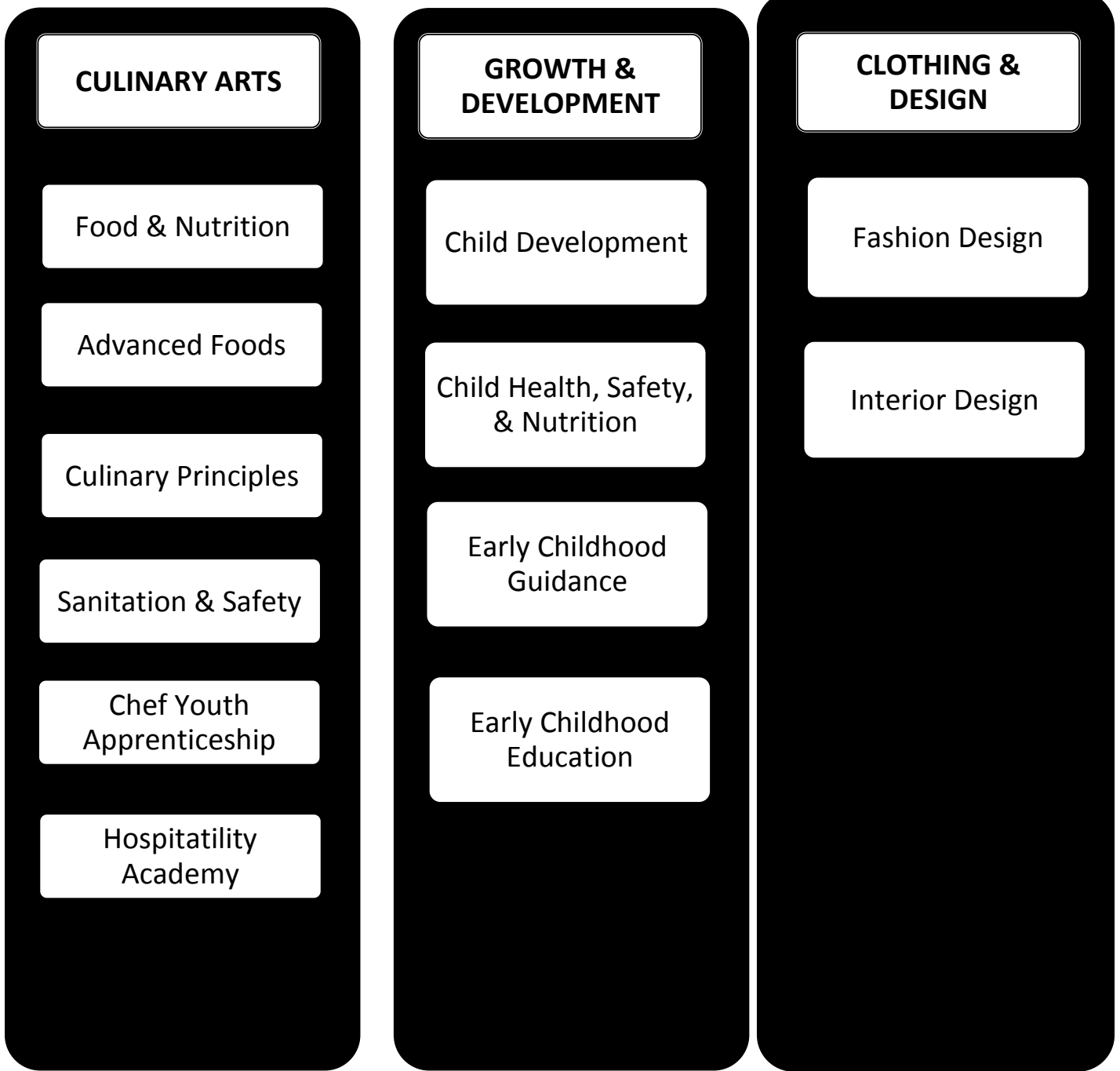
\* Dual Credit - Students enrolling in these courses must have an ACT or Compass score on file in the Guidance Office. See your counselor.

### Content Standards:

The students will:

1. Demonstrate financial responsibility and planning skills to achieve financial goals for a life time of financial health.
2. Demonstrate functional health literacy skills to obtain, interpret, understand, and use basic health concepts to enhance personal, family, and community health.
3. Demonstrate creative thinking, construct knowledge, and develop innovative product and processes using technology.
4. Communicate and work productively with others, incorporating different perspectives and cross cultural understanding, to increase innovation and the quality of work

## FAMILY AND CONSUMER SCIENCE SEQUENCE



### FOOD AND NUTRITION

\*PREREQUISITE: NONE

050311

GRADES: 11-12

.5 CREDIT/1 TERM

Students will be provided with basic skills in planning, preparing, serving, and storing food. Recipe cost/conversion of foods prepared during class time encourages effective consumer decisions. Food safety and storage, nutrition, and visual appeal is emphasized during food preparation. Evaluation of kitchen equipment for efficient food production is done through use. The logical sequence for students in this course would be Food and Nutrition, Introduction to Baking followed with Food Production.

Benchmarks

The students will:

- function efficiently in the kitchen and participate as a team player in a laboratory setting.
- use basic cooking techniques practicing proper safety, sanitation, and storage rules.
- identify groups in the Food Guide Pyramid and the nutrients provided by each group.
- evaluate his/her own diet and fitness level with a written personal wellness plan.
- make appropriate choices when selecting foods for preparation.
- identify and demonstrate principles in preparing foods from various food groups.
- identify and explore the career opportunities in the food service industry.
- prepare a recipe outside the classroom for family evaluation; reporting the project with creative technologies.

**ADVANCED FOODS**

**050321**

**GRADES: 11-12**

**\*PREREQUISITE: FOOD AND NUTRITION**

**.5 CREDIT/1 TERM**

This class goes beyond beginning Foods and Nutrition. It involves food preparation techniques representative of the many cultures found in our own country as well as other cultures around the world. Emphasis is placed on advanced food preparation techniques. Students study current safety and sanitation procedures and need to pass the proficiencies. This is a level 2 class in the Culinary Art & Hospitality Management Pathway.

**Benchmarks**

The students will:

- demonstrate professional skills in safe handling of knives, tools, and equipment.
- compare and contrast measuring techniques for various ingredients.
- demonstrate proper techniques for preparing a variety of American regional cuisines.
- explore and practice food preparation techniques typical of various world cultures.
- investigate careers in the food service industry.
- assess course based articles and write summaries

**CULINARY PRINCIPLES**

**2912313**

**GRADES: 11-12**

**\*PREREQUISITE: FOOD AND NUTRITION & ADVANCED FOODS**

**.5 CREDIT/1 TERM**

**DUAL CREDIT - HCN-116 (3 College Credits)**

This course is an overview of foodservice and culinary arts. Students will look at industry structure, developing trends and influences of management. Students will begin their awareness of food products and the world of food. Students in this course may earn two hours of college credit from Scott Community College.

**Benchmarks**

The students will:

Knowledge based

- 1) Show proficiency in dry, moist, and combination heat cooking methods.
- 2) Implement professional standards in food preparation.
- 3) General (Basic) culinary product knowledge

Skill based

- 1) Demonstrate skill in knife, tool and equipment handling.
- 2) Operate equipment safely and correctly
- 3) Apply principles of food handling and preparation

**NOT OFFERED 2018-2019**

**SANITATION & SAFETY**

**291211**

**GRADES: 11-12**

**\*PREREQUISITE: FOOD AND NUTRITION**

**1 CREDIT/2 TERMS**

**DUAL CREDIT - HCM-100 (2 College Credits)**

**Family & Consumer Science**

**Location: Scott Community College and students need to provide their own transportation.**

This course provides a solid foundation in food service sanitation and safety. Upon completion of this course, the student will be provided the opportunity to take the National Restaurant Association exam for certification. After completion of this course, the student will be able to: gain an understanding of the health and safety issues related to the industry, meet the state standards for sanitation and safety in the food service industry and

increase his/her employability in the food service industry. This course is the introductory course in the Chefs Apprenticeship Program. It will be an 18 week course meeting every other day during the fall semester. On the off days of class, the student will be assigned to a study hall. Students enrolled in this course will receive articulated credit and practical experience in American Culinary Federation approved work processes.

#### Benchmarks

The students will:

- gain an understanding of the health and safety issues related to the food service industry.
- meet the state standards for sanitation and safety in the food service industry.
- increase their employability in the food service industry.

#### **NOT OFFERED 2018-2019**

#### **CHEF YOUTH APPRENTICESHIP**

**299811**

**GRADES: 11-12**

**1 CREDIT/2 TERMS**

**\*PREREQUISITE: FOOD AND NUTRITION,  
SANITATION & SAFETY**

**DUAL CREDIT - HCM-501 (2 College Credits)**

**Family & Consumer Science**

**Location: Scott Community College and students need to provide their own transportation**

Students will receive information and competencies in applicable food service fields, be involved in job placement, and learn American Culinary Federation apprentice work processes. This will be an 18 week course offered during the spring semester. Class will be held each Monday with students expected to be on their job site Tuesday through Friday. Employment is mandatory at an approved culinary arts site. Verification of a minimum of 16 hours each week is required to receive full credit for this course. Students enrolled in this course will receive articulated credit and practical experience in American Culinary Federation approved work processes.

#### Benchmarks

The students will:

- gain knowledge of regulations, skills, and standards required in the food service industry.
- acquire a solid work-based foundation in culinary arts.
- gain an understanding of the production issues related to the food service industry.
- increase their employability in the food service, hospitality, and travel industries.

#### **HOSPITALITY ACADEMY**

**294211**

**GRADE: 12**

**1 CREDIT/2 TERMS**

**\*PREREQUISITE: LETTER OF APPLICATION**

**DUAL CREDIT - HCM-319/HCM957/BUS908 (6 College Credits)**

**General elective**

**Class is taught off site and students need to provide their own transportation.**

This course is a beginning level course to the Hospitality Management Program at Scott Community College. Students who have taken the Safety and Sanitation Course are eligible to apply for acceptance into this academy. The academy will allow students to experience many aspects of the hospitality field in an effort to explore this as a future career option. Students will be given an introductory look at the hospitality field, will be provided hands-on activities in a laboratory setting and will be placed in a business setting one day per week. The class will be held at Scott Community College in the new, state-of-the-art Culinary Arts and Hospitality Management Center.

#### Benchmarks

The students will:

- analyze operational problems and establish procedures
- assign duties to other employees
- collaborate on menu planning/serving arrangements
- perform serving duties
- manage finances
- control inventories, develop budgets, policies and procedures
- purchase supplies and equipment
- record production and operational data
- carry out customer service
- train workers in food preparation, sanitation, and safety

**CHILD DEVELOPMENT**  
**\*PREREQUISITE: NONE**

**050511**

**GRADES: 10-12**  
**.5 CREDIT/1 TERM**

The exploration of parenting, financial realities of child-rearing and developmental stages of children birth to five is highlighted in this course. Physical, intellectual, and social-emotional development of the young child is observed and analyzed. Developmental theorists and their impact on child development is discussed and connected within course projects. Career Paths in early childhood education and human services are explored. There may be limited opportunities to interact with visiting pre-school children and their parents.

**Benchmarks**

The students will:

- discuss health concerns and needs of children.
- evaluate career paths in early childhood, education and services.
- use communication skills and strategies that contribute to positive relationships with children.
- create a safe and healthy learning environment for children ages birth to five.
- connect principles of development and basic theories of human growth and development ages birth to five, to early childhood issues.
- identify parenting practices that maximize human growth and development from birth to five.

**CHILD HEALTH, SAFETY & NUTRITION**  
**\*PREREQUISITE: CHILD DEVELOPMENT**  
**DUAL CREDIT - ECE-133 (3 College Credits)**

**050521**

**GRADES: 11-12**  
**.5 CREDIT/1 TERM**

This course offers a basic understanding of the current concepts in the fields of health, safety and nutrition for young children. These fields and their interrelationships are applied to optimize the physical and cognitive development of the young child.

**Benchmarks**

The student will:

- Demonstrate the skills necessary to the establishment and maintenance of a quality child care program that address health, safety and nutritional conditions.
- promote preventive health care, prevent and treat injuries, and understand and promote the benefits of a well-nourished child.
- apply and interrelate the principles of health, safety and nutrition in early childhood.

**EARLY CHILDHOOD GUIDANCE**  
**\*PREREQUISITE: CHILD DEVELOPMENT**  
**DUAL CREDIT - ECE-243 (3 College Credits)**

**050531**

**GRADES: 11-12**  
**.5 CREDIT/1 TERM**

Effective methods used to guide children's behavior in individual and group situations are the emphasis of this course. Positive aspects of discipline and development of self-control in children are stressed.

**Benchmarks**

The student will:

- demonstrate effective child guidance communication.
- demonstrate how to strengthen existing behavior.
- demonstrate how to develop and maintain new behavior.
- utilize effective guidance techniques when eliminating inappropriate behavior.
- utilize skills necessary to modify emotional behavior.
- plan, implement, and evaluate a behavioral management project.
- identify and be able to proceed with the process of mandatory reporting of child abuse and neglect.
- compile, analyze, and evaluate data related to child development issues.
- demonstrate flexibility, positive teamwork, and leadership skills within the classroom
- apply consistent ethical and social behavior and demonstrate self-direction and initiative
- demonstrate written and oral presentation skills Identify career paths within the area of child development.
- use digital tools in the creation of projects.

**EARLY CHILDHOOD EDUCATION****050541****GRADES: 11-12****\*PREREQUISITE: Child Development****.5 CREDIT/1 TERM****Dual Credit – ECE-103 (3 College Credits)**

This is a course in the path of achieving the Child Development Associate (CDA) Certificate at EICC, Eastern Iowa Community Colleges. Upon successful completion of this course the student should be able to:

- Identify the founders and their roles in the field of early childhood education
- Correlate the history of early childhood education with current trends and best practices
- Explain the different types of early childhood programs and their philosophies
- Describe the role of the early childhood professional

**FASHION DESIGN****293211****GRADES: 9-12****\*PREREQUISITE: NONE****.5 CREDIT/1 TERM****FEES: STUDENTS ARE RESPONSIBLE****FOR PURCHASING FABRIC, NOTIONS, AND PATTERN**

Students will explore the basic principles of fashion design. Fabric and clothing care, basic sewing skills, and the investigation of the history of fashion trends will also be covered. This course offers the student career exploration and basic preparation for further studies in fashion design. Students will be using a design program application (available on Ipad) to sketch and produce customized fashions based on fashion theory, design elements and design principles.

**Benchmarks**

The students will:

- evaluate careers within the textile and apparel design, manufacturing, and merchandising industry.
- evaluate fiber and textile materials.
- demonstrate apparel and textile design skills.
- evaluate the components of fashion terms styles and color in the apparel merchandising.
- demonstrate employability skills.

**INTERIOR DESIGN****052311****GRADES: 10-12****\*PREREQUISITE: NONE****.5 CREDIT/1 TERM**

Interior Design will include housing issues, interior design principles, and home furnishings. Hands-on projects will be integrated throughout this course as the students study design fundamentals, furniture styles, space planning, and careers in the interior design/housing field. This course will prepare students with the skills necessary to create artistic home interiors and enhances design awareness. The computer program, Chief Architect, is a (CAD) computer aided drawing program that is used daily to acquaint students with the technology used in the design field.

**Benchmarks**

The students will:

- demonstrate the use of principles and elements of design ideas through visual presentation.
- evaluate client's needs, goals, and resources in creating design plans for housing, interiors, and furnishings.
- apply design knowledge, skills, processes and theories, and oral, written and visual presentation skills to communicate design ideas.
- analyze influences on architectural and furniture design and development.
- evaluate housing decisions in relation to available resources and options.
- demonstrate computer-aided drafting design, blueprint reading, and space planning