

## **FAMILY AND CONSUMER SCIENCE** (formerly Work and Family Studies)

All students can benefit from Family and Consumer Science courses. The classes are designed to meet the needs of all different types of learners. Students will learn skills for managing individual and family needs, problem solving, setting goals, and being a leader. Students will experience a variety of teaching techniques: labs, small group activities, presentations, hands- on projects, classroom discussions, field trips, and community involvement. Students are required to complete a final semester culminating course project and a group community service project. Through integrated classroom learning activities, students will be given the opportunity to participate in Family, Career, and Community Leaders of America (FCCLA), a youth leadership organization.

## **LIFE LESSONS**

### **Life and Relationships with Cooking for Healthy Living**

No prerequisite

1 credit

2 semesters (full year)

Want control of your life? Are you nervous about beginning high school? Nine weeks of this semester class will help you manage the transitions from middle to high school while the other nine weeks will allow you to prepare foods to help you look and feel your best. Students will learn how to create, plan, and shop for healthy foods in a safe kitchen environment. A variety of activities will be utilized in class to help you budget your money and time, create successful relationships, and develop independent living skills. Students will gain knowledge and practices that promote individual, academic, and career success!

Topics/Activities will include:

- \*Preparing, planning and purchasing nutritious foods using safe handling practices
- \* Fifteen food labs
- \*Creating a healthy lifestyle plan
- \*Utilizing time management tips
- \*Developing stress management, conflict resolution, and positive communication skills
- \*Practice decision making and goal setting skills
- \*Learn how to be a green consumer
- \*Manage a budget and a checkbook
- \*Plan a community service project that is a partnership with elementary classrooms (Big Buddy Program) FCCLA project
- \*Plan and serve a meal for your family

**Fees for Family and Consumer Science Classes will be collected by the teacher.**