

Advanced Foods
Chefs 1, 2
Child Development
Family Health Issues
Family Relationships
Fashion and Interior Design
Foods and Nutrition
International Foods
Life Studies
Teaching Internship Elementary 1, 2, Pre-School

Family & Consumer Sciences

Mr. Robert Fritch, Division Chair
 TEL: SC (708) 579-7439, NC (708) 579-6381
 FAX: (708) 579-6726
 EMAIL: bfritch@lths.net

Applied Arts Division Philosophy

The Applied Arts Division's mission is to develop students that are life-long learners through their engagement in the integration and application of multiple curricular areas. The Division offers diverse learning opportunities for all students and prepares students through its 3 departments to make life decisions in education, career, family, leisure, and life skills.

Family and Consumer Sciences Department Philosophy

The Family and Consumer Sciences Department empowers individuals and families across their life spans to manage the challenges of living and working in a diverse, global society. The department's unique focus is on the family, work, and their interrelationships. The goal of Family and Consumer Sciences is to prepare students to become life-long learners. Family and Consumer Sciences has developed curricula that provide opportunities to assist students in making life decisions, and developing career, post-secondary, family, leisure, and life skills, such as

- strengthening the well-being of individuals and families;
- becoming responsible citizens and leaders in diverse settings;
- promoting optimal nutrition and wellness;
- managing resources;
- balancing personal, home, family, and work lives;
- functioning as providers and consumers of goods and services;
- appreciating human worth and accepting responsibility for one's actions (individually or collaboratively); and
- finding success in both family and work.

Programs

**Child Development
Family Relations**



South Campus 9-10

Child Development

North Campus 11-12

Child Development
Teaching Internship Preschool
Teaching Internship Elementary 1, 2
Family Relationships
Family Health Issues

**Culinary Arts
Nutrition**



Foods and Nutrition
Advanced Foods

Foods and Nutrition
Advanced Foods
International Foods
Chefs 1, 2
Food Science

Design



Fashion and Interior Design

**Life & Career
Development**



Life Studies

Career & Community Partnerships I, II

Suggested Course/Career Sequencing (please read descriptions for content and prerequisites)

Child Development/Family - Life Studies - Child Development - Family Relationships - Family Health Issues - Teaching Internship Preschool - Teaching Internship Elementary 1 & 2

Culinary Arts/Nutrition - Life Studies - Foods & Nutrition - Advanced Foods - International Foods - Food Science - Chefs 1 & 2

Design - Life Studies - Fashion & Interior Design

Life & Career Development - Life Studies - Career & Community Partnerships I & II

TCD Connections - Culinary, Pastry Arts & Hotel Management - Early Childhood Education & Care - Certified Nurses Assistant - Medical & Health Care Careers

Family and Consumer Sciences Department Standards

The Family and Consumer Sciences Department has established standards based on information from national and state professional organizations in the fields of sociology, family practices, foods and nutrition, consumerism, fashion and design, science, mathematics, and technology. Nine general standards were established as a result of the review of literature. Each general standard is supported by specific student learning standards, which are available upon request. Additionally, specific course standards have been developed that support the general standards, and these are distributed to students at the beginning of each semester or annual course.

Students within Family and Consumer Sciences will be able to....

1. Develop skills and strategies to explore career paths in family and consumer sciences.
2. Select and use appropriate technological instruments and formulas to solve problems, interpret results, and communicate findings.
3. Recognize and demonstrate effective verbal and non-verbal communication skills.
4. Develop and apply strategies to manage conflict and stress in individual and team situations.
5. Analyze the internal and external factors that influence individual and family wellness throughout their life spans.
6. Encourage opportunities to develop expertise, experience and emotional intelligence for transferable employability skills in relation to individual, family, career, and community roles and responsibilities.
7. Promote optimal growth and development of self, family members, and others throughout their life spans.
8. Evaluate decisions in relation to available resources and options.
9. Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.

- One asterisk (*) indicates Dual Credit with the College of DuPage.
- Two asterisks (**) indicates Articulated Credit with the College of DuPage.
- All courses listed under Family and Consumer Sciences apply toward the Practical Arts graduation requirement except Consumer Education and Family Health Issues.
- **Independent Study** Under specific conditions as outlined on p. 25 of the **Guide**, students may make application for Independent Study. In all cases, students must secure parent, teacher, counselor, divisional, and building administration approval. Independent Study may not be taken as an 8th semester/annual course.

CHILD DEVELOPMENT & FAMILY RELATIONS

Family Relationships

Credit: 1/2 (cr/nc)	Level: III	
Grade Offered: 11, 12	Fall	65411
	Spring	65412

Prerequisite: None

This unique course blends together family relationships, effective communication skills, conflict resolution, goal setting, and decision-making skills. Topics covered include sibling rivalry, marriage, divorce, child abuse, human sexuality, date rape, sexual harassment, and death and dying.

Family Health Issues

Credit: 1/2	Level: III or IV	
Grade Offered: 11, 12	Fall	99051
	Spring	99052

Prerequisite: Health and Biology or Child Development

If you are interested in a career in medicine, nursing, psychiatry, counseling, or social work, this is the course for you! Students will learn about risk factors associated with many chronic conditions. They will research the risk factors, physical effects of the disease, and the emotional effects on family and society as they cope with chronic conditions. Armed with the knowledge of where to go physically, mentally, and psychologically to seek help and support for all involved, the student will be better equipped to help themselves and others in the management of chronic illnesses.

This course will be taught by a FCS teacher and a Health teacher. Students will receive general elective credit for the course.

Child Development

Credit: 1/2 (cr/nc)	Level: III	
Grade Offered: 9, 10	Fall	65656
	Spring	65657
11, 12	Fall	65651
	Spring	65652

Prerequisite: None

Is a career in education, obstetric or pediatric medicine, social work, or psychology appealing to you? If yes, this is the course for you. This course covers information from

conception to age five in the areas of physical, intellectual, social, and emotional development. Application of theory is practiced through a four-week preschool lab with 3-5 year old children. This course includes a parenting component designed to help students think through the responsibilities, satisfactions, and stresses of parenthood. **If the student intends to take Teaching Internship (Pre-school/Elementary), he/she must earn a grade of B or better in Child Development (cr/nc grade not accepted).**

Teaching Internship - Preschool **

Credit: 1/2 or 1	Level: IV	
Grade Offered: 11, 12	Fall	66551
	Spring	66552

Prerequisite: B or better in Child Development (cr/nc grade not accepted)

This class is for students truly interested in a career related to preschool teaching, child psychology, social work, and/or pediatric care. Working with preschool and kindergarten age students (non-paid) is the focus of this course which is offered the last period of the day. Students enrolled in this course are required to have a TB skin test at their cost prior to placement in the school/preschool center. This class is offered as an annual or semester course. Three hours of articulated credit may be available from College of DuPage for students receiving a grade of B or better.

Teaching Internship – Elementary 1

Credit: 1	Level: IV	
Grade Offered: 12	Fall	66531
	Spring	66532

Prerequisite: B or better in Child Development (cr/nc not accepted)

This course is for students interested in a career in teaching or a career related to teaching, child psychology, social work, or pediatric care. It provides an introduction to teaching as a profession as well as real life experience as a teacher aide in District 204's associate schools where students will be implementing methodology learned in the classroom. The course is block scheduled for 9th and 10th periods allowing students to intern at their assigned schools. The course also covers a variety of perspectives on current educational topics relevant to the teaching on current educational topics relevant to the teaching profession.

Teaching Internship – Elementary 2

Credit: 1 Level: IV
Grade Offered: 12 Spring 66562
Prerequisite: Teaching Internship Elementary 1

This course is a continuation of Teaching Internship 1. Successful completion of Teaching Internship I is required to enroll in Teaching Internship 2. Course Structure is a block schedule of 9th and 10th periods allowing for students to intern at District 204's associate schools. Students continue to work on honing their teaching skills, and lesson planning. The course also covers a variety of perspectives on current educational topics relevant to the teaching profession.

Students earn Dual Credit with College of DuPage upon successful completion of both Teaching Internship 1 and 2.

CULINARY ARTS & NUTRITION

Foods and Nutrition

Credit: 1/2 (cr/nc) Level: III
Grade Offered: 9, 10 Fall 65226
11, 12 Spring 65227
Fall 65221
Spring 65222

Prerequisite: None

The information in this beginning course is designed to become the basis upon which students build a lifetime of good nutrition and physical wellness. Students are given the tools necessary to plan and prepare food for a healthy life. They will work cooperatively in group lab experiences using principles of meal planning that emphasize good nutrition. Food preparation areas include fruits, vegetables, breads and cereals, dairy products, eggs, and dessert items. Also emphasized are consumerism, time management, and the role of exercise in wellness.

Advanced Foods

Credit: 1/2 (cr/nc) Level: IV
Grade Offered: 9, 10 Fall 65236
11, 12 Spring 65237
Fall 65231
Spring 65232

Prerequisite: Foods & Nutrition

Students will have the opportunity to further explore topics and refine skills from Foods & Nutrition. Students will prepare more complicated food products such as appetizers, main courses, souffles, pies and pastries, and will develop more advanced skills such as garnishing, candy making, and cake decorating. Meal preparation (including working with meats such as chicken, pork, beef, fish and seafood) gourmet foods, and entertainment techniques will also be the focus of this class.

International Foods

Credit: 1/2 (cr/nc) Level: IV
Grade Offered: 11, 12 Fall 65311
Spring 65312

Prerequisite: Foods and Nutrition

Students study foods and cultures from various regions of the United States and from different countries around the world. While studying cultural information about other countries, students practice food preparation techniques and proper sanitation procedures. Skills and abilities will be developed in the areas of personal food selections and preparation techniques. Homework and projects are part of this course.

Food Science

Credit: 1 Level: III or IV
Grade Offered: 11, 12 Annual 65170
Prerequisite: None

This course utilizes the scientific method of study to investigate the chemical components and physical properties of various foods and how food reacts when different preparation and cooking methods are used. Dietary concepts are studied with emphasis on how nutrition, wellness, and the body's utilization of food are related. Students will learn various ways food is preserved, processed, and prepared. Homework and projects are a part of this course. Since the course may be taught by both a FCS teacher and a science teacher, students may receive either Practical Arts or Science credit.

Chefs 1

Credit: 1/2 Level: IV
Grade Offered: 11, 12 Fall 65871
Spring 65902

Do you love cooking? This course will allow interested students to continue with an upper level foods class where quantity cooking is the emphasis. Students are required to plan menus and prepare meals for catered events before, during or after school. Food Service industry sanitation standards, restaurant and catering management and methods, and career opportunities in the food service industry will be investigated and utilized.

Chefs 2

Credit: 1 Level: IV
Grade Offered: 11, 12 Spring 65872
Prerequisite: Chefs 1

This is a continuation of Chefs 1. Key points of this course will be management, catering, and quantity food preparation. Students will develop skills needed to manage workers, time schedules, food costs, market orders, required to participate in catering events before, during or after school. This course will be a double class period.

DESIGN

Fashion and Interior Design

Credit: 1/2 (cr/nc)	Level: IV
Grade Offered: 11, 12	Fall 65281
	Spring 65282

Prerequisite: None

Are you interested in the areas of fashion and interior design? Students will learn how designers use the elements of design to create beauty, harmony and balance in fashion and interior design. It is a project-based course that will give students the opportunity to study the history of fashion, design original fashions, and produce scaled floor plans along with other basic skills needed for working in the field of design.

LIFE & CAREER DEVELOPMENT

Life Studies

Credit: 1/2 (cr/nc)	Level: III
Grade Offered: 9, 10	Fall 65356
	Spring 65357

Prerequisite: None

This survey class is a semester-long sampler platter exploring the various main courses available in the Family and Consumer Sciences Department. Communication, goal setting, decision-making, and interpersonal relationships are emphasized throughout the semester. You will learn about yourself, your family, child development, and parenting which could lead to taking Family Health Issues, Family Relationships, Child Development or Teaching Internship class. Also included in this sample platter are units of food preparation, meal management, and design which will make you hunger to learn more in the Foods sequence and Fashion and Interior Design. This highly recommended sampler will tempt any student to come back and order main courses from the Family and Consumer Sciences Department menu!

Career and Community Partnerships I

Credit: 2 (cr/nc classroom only)	Level: III
Grade Offered: 11, 12	Annual 65480
	Work Experience Annual 66610
(Students must enroll in both classroom and work experience.)	
Prerequisite:	16 years-old and approval of parents, counselor, and course coordinator

This Cooperative Career Education program is designed to allow the student to gain experience through a part-time paid job in an area such as food service, child care, clothing, hospitality, and/or health occupations. Upon successful completion, students receive two credits annually: one for the class, in which they learn about career choices and the world of work and one for their related work experience. Students are required to work approximately 15-20 hours per week in an approved job. Students and parents are also required to sign a "Student Agreement and Training Memorandum" in which the guidelines are reviewed. See p. 73 for guidelines.

Career and Community Partnerships II

Credit: 2 (cr/nc classroom only)	Level: III
Grade Offered: 12	Annual 65490
	Work Experience Annual 66620
(Students must enroll in both classroom and work experience.)	
Prerequisite:	Career & Community Partnerships I

This Cooperative Career Education program is designed as a continuation of Career and Community Partnerships I. Upon successful completion, students receive two credits annually: one for the class, in which they learn about career choices and the world of work; and one for their related work experience. Students are required to work approximately 15-20 hours per week in an approved job. Students and parents are also required to sign a "Student Agreement and Training Memorandum" in which the guidelines are reviewed. See p. 73 for guidelines.

FAMILY AND CONSUMER SCIENCES CAREERS

- No asterisk - entry level position; high school graduation usually required
- *Some post high school education usually required
- **College degree usually required

Career Areas	Courses	Careers	Careers
Apparel/Fashion Design	Life Studies Fashion & Interior Design Career & Community Partnerships	Tailor Buyer** Company representative** Drapery maker Dressmaker* Fabric designer* Fashion designer** Fashion illustrator* Seamstress	Textiles technician* Color manager/colorist Facilities renovation Purchasing agent Visual merchandiser Educational marketing Store planner Trend director Assistant in production development
Interior/House Design	Fashion & Interior Design Career & Community Partnerships	Building and remodeling consultant* Buyer Equipment designer* Equipment salesperson* Furniture designer** Interior designer** Interior decorator** Print manager and Computer Aided Design operator	Contract/commercial design Residential design** Space planner* Kitchen and bath designer* Restaurant designer* Design in environments for special populations** Remodeling Historic preservation Realtor*
Foods/Nutrition	Life Studies Foods & Nutrition International Foods Chefs 1 & 2 Food Science Career & Community Partnerships	Pastry chef* Cook* Dietician* Food inspector** Food broker* Food technician* Food scientist** Military Nutrition Educator** Restaurant management	Menu planning Nutrition and health writing* Hospitality* Sports nutrition** Recipe development** Private practice Food promotion Wellness centers Government agencies (USDA, WIC, EFNEP)
Child/Human Development	Life Studies Child Development Teaching Internship Preschool Teaching Internship Elementary Family Health Issues Career & Community Partnerships	Day Care center director** Day Care center worker* Extension specialist Child life/hospitalized child care provider Residential youth care provider Early childhood education**	Elementary education** Secondary education** Child care service and referral provider Crisis nursery** At-risk youth programming*
Family Relations	Life Studies Family Relationships Family Health Issues	Case worker** Family counselor** Social worker** Counselor Psychologist Career coach	Family life educator** Marriage enrichment Volunteer coordinator Support group coordinator Publish health/public aid Crisis hotline programs
Consumer Management	Career & Community Partnerships	Consultant** Companies Consumer Banker Marketing Specialist** Advisor** Consumer communication/media specialist	Product information specialist Consumer educator Consumer advocate Consumer complaint investigator/mediator Consumer relations specialist Lobbyist

Family & Consumer Science Classes

Freshman Courses

Fall Only

65226 Foods and Nutrition
65236 Advanced Foods
65356 Life Studies
65656 Child Development

Spring Only

65227 Foods and Nutrition
65237 Advanced Foods
65357 Life Studies
65657 Child Development

Sophomore Courses

Fall

65226 Foods and Nutrition
65236 Advanced Foods
65356 Life Studies
65656 Child Development

Spring Only

65227 Foods and Nutrition
65237 Advanced Foods
65357 Life Studies
65657 Child Development

Junior and Senior Courses

Annual

65480 Career & Community Part. I
65490 Career & Community Part. II
65170 Food Science
66550 Teaching Internship - Preschool
66610 Work Exp Career/Comm Part I
66620 Work Exp Career/Comm Part II

Fall Only

65231 Advanced Foods
65871 Chefs 1
99051 Family Health Issues
65411 Family Relationships
65281 Fashion and Interior Design
65221 Foods and Nutrition
65311 International Foods
66531 Teaching Internship 1 Elementary
66551 Teaching Internship Preschool
65651 Child Development

Spring Only

65232 Advanced Foods
65902 Chefs 1
65872 Chefs 2
99052 Family Health Issues
65412 Family Relationships
65282 Fashion and Interior Design
65222 Foods and Nutrition
65312 International Foods
66532 Teaching Internship 1 Elementary
66562 Teaching Internship 2 Elementary
66552 Teaching Internship Preschool
65652 Child Development