

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  
Career Internship Program

# ***Family & Consumer Sciences***



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## 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.*

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## **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 FC5411
	Spring FC5412
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 FC9051
	Spring FC9052
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 FC5656
	Spring FC5657
11, 12	Fall FC5651
	Spring FC5652
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 FC6551
	Spring FC6552

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 FC6531
	Spring FC6532

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 9<sup>th</sup> and 10<sup>th</sup> 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 FC6562  
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 9<sup>th</sup> and 10<sup>th</sup> 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 FC5226  
Spring FC5227  
11, 12 Fall FC5221  
Spring FC5222

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 FC5236  
Spring FC5237  
11, 12 Fall FC5231  
Spring FC5232

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. Students will participate in the preparation and serving of food at school functions. Students will study for their sanitation certificate as part of the class.

## International Foods

Credit: 1/2 (cr/nc) Level: IV  
Grade Offered: 11, 12 Fall FC5311  
Spring FC5312

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 Level III Annual FC5171  
FC5172  
Level IV Annual FC5271  
FC5272

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 FC5871  
Spring FC5902

Prerequisite: Foods and Nutrition

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. Students will study for their sanitation certificate as part of the class.

## Chefs 2

Credit: 1 Level: IV  
Grade Offered: 11, 12 Spring FC5872  
Prerequisite: Chefs 1

This is a continuation of Chefs 1. Key points of this course will be management, catering, and quantity food prepara-

tion. 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. Students will study for their sanitation certificate as part of the class.

## DESIGN

### Fashion and Interior Design

Credit: 1/2 (cr/nc)	Level: IV
Grade Offered: 11, 12	Fall FC5281
	Spring FC5282

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 FC5356
	Spring FC5357

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 FC5481
	FC5482
	Annual FC6611
	FC6612

Work Experience  
(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. 71 for guidelines.

### Career and Community Partnerships II

Credit: 2 (cr/nc classroom only)	Level: III
Grade Offered: 12	Annual FC5491
	FC5492
	Annual FC6621
	FC6622

Work Experience  
(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. 71 for guidelines.

### Career Internship Program

Credit: 1/2 (dc)	Level: IV
Grade Offered:	Fall FC5551
	Spring FC5552
	Summer FC5558, FC5559

This course is designed for the student who is seeking work experience in an area that wish to pursue as a career upon graduation or after attending college. The student will apply for the internship through the department that they wish to receive credit for the experience. The student will work a minimum of 90 hours during the semester for credit for the course. The student will have weekly contact with the supervising teacher, develop a culminating project based upon the experience, be evaluated by the supervising teacher and the employer for the final grade. The student is responsible for their own transportation to and from the work place. This course may be taken for dual credit. It is the sole discretion of each department team to recommend the student for a work internship, application does not guarantee admission.

## 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
<b>Apparel/Fashion Design</b>	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
<b>Interior/House Design</b>	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*
<b>Foods/Nutrition</b>	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)
<b>Child/Human Development</b>	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*
<b>Family Relations</b>	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
<b>Consumer Management</b>	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

*When choosing Annual Courses, you will need the first and second semester codes.*

## Freshman Courses

### Fall Only

FC5226	Foods and Nutrition
FC5236	Advanced Foods
FC5356	Life Studies
FC5656	Child Development

### Spring Only

FC5227	Foods and Nutrition
FC5237	Advanced Foods
FC5357	Life Studies
FC5657	Child Development

## Sophomore Courses

### Fall

FC5226	Foods and Nutrition
FC5236	Advanced Foods
FC5356	Life Studies
FC5656	Child Development

### Spring Only

FC5227	Foods and Nutrition
FC5237	Advanced Foods
FC5357	Life Studies
FC5657	Child Development

## Junior and Senior Courses

### Annual

FC5481/2	Career & Community Part. I
FC5491/2	Career & Community Part. II
FC5171/2	Food Science (Prep)
FC5271/2	Food Science (Accel)
FC6551/2	Teaching Internship - Preschool
FC6611/2	Work Exp Career/Comm Part I
FC6621/2	Work Exp Career/Comm Part II

### Fall Only

FC5231	Advanced Foods
FC5871	Chefs 1
FC9051	Family Health Issues
FC5411	Family Relationships
FC5281	Fashion and Interior Design
FC5221	Foods and Nutrition
FC5311	International Foods
FC6531	Teaching Internship 1 Elementary
FC6551	Teaching Internship Preschool
FC5651	Child Development

### Spring Only

FC5232	Advanced Foods
FC5902	Chefs 1
FC5872	Chefs 2
FC9052	Family Health Issues
FC5412	Family Relationships
FC5282	Fashion and Interior Design
FC5222	Foods and Nutrition
FC5312	International Foods
FC6532	Teaching Internship 1 Elementary
FC6562	Teaching Internship 2 Elementary
FC6552	Teaching Internship Preschool
FC5652	Child Development

### Fall or Spring

FC5551/2	Career Internship
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