

FAMILY & CONSUMER SCIENCES DEPARTMENT



The Family and Consumer Sciences Department strives to improve the lives of families, individuals and communities through advanced level learning opportunities for all students while fostering academic achievement, career exploration, creativity, and problem-solving skills.

SUGGESTED SEQUENCING FOR FAMILY & CONSUMER SCIENCES CAREER AREAS

Areas of Interest	Year-long Course	Semester Courses
Culinary	Exploring FACS 9 weeks	<ul style="list-style-type: none"> • Foundations of Cooking • Culinary 1 • Culinary 2* • Nutrition, Wellness and Cooking* • Chef and Restaurant • Baking and Pastry*
Interior Design	Exploring FACS 6 weeks	<ul style="list-style-type: none"> • Interior Design and Housing • Interior Design and Housing Honors
Fashion	Exploring FACS 9 weeks	<ul style="list-style-type: none"> • Fashion Merchandising & Design • Clothing Construction 1 • Clothing Construction 2 • Clothing Construction Independent Study*
Teaching	Exploring FACS 3 weeks	<ul style="list-style-type: none"> • Child Care and Development • Invitation to Teaching • Invitation to Teaching Honors • Foundations of Cooking Aide
Family Living		<ul style="list-style-type: none"> • Personal Relationships • Single Survival
Consumer Economics	Exploring FACS 9 weeks	<i>Meets ISBE state graduation requirement for Consumer Economics</i>
<p>*Indicates course requires a prerequisite Refer to the Program of Studies for complete course descriptions and enrollment criteria</p>		

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COURSE TITLE	Course #	Prerequisite	Credit	Grade Offered
Exploring Family & Consumer Sciences*	6400	No*	1.0	9-12
CULINARY *See Allergen Statement on Website				
Foundations of Cooking +	1976A/1976B	Yes	0.5	9-12
Culinary 1	6411/6413	No	0.5	9-12
Culinary 2	6412/6414	Yes	0.5	9-12
Baking & Pastry	6415/6417	Yes	0.5	10-12
Chef & Restaurant	6421/6422	Recommended	0.5	11-12
FAMILY LIVING				
Single Survival	6441/6442	No	0.5	11-12
Personal Relationships	6591/6592	No	0.5	11-12
FASHION				
Clothing Construction 1	6551/6552	No	0.5	9-12
Clothing Construction 2	6561/6562	Yes	0.5	9-12
Clothing Construction Independent Study+	6410A/6410B	Yes	0.5	10-12
Fashion Merchandising & Design	6571/6572	No	0.5	10-12
INTERIOR DESIGN				
Interior Design & Housing	6451/6452	No	0.5	10-12
Interior Design & Housing Honors	6453/6454	No***	0.5	10-12
TEACHING				
Child Care & Development	6582	No	0.5	10-12
Invitation to Teaching **+	6481/6482	No***	1.0	12
Invitation to Teaching Honors **+	6483/6484	No***	1.0	12
Foundations of Cooking Aide	2002A/2002B	Yes	0.5	10-12
*	Meets Consumer Education graduation requirement (0.5 consumer education, 0.5 elective arts)			
**	General credit only-not elective arts; Child Care & Development suggested as a prerequisite			
***	Department Approval			
+	Course may be repeated			
++	Course offered in alternating years see department description			

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<p>EXPLORING FAMILY & CONSUMER SCIENCES Course #6400 Full year Credit: 1.0 <i>(0.5 Consumer Education, 0.5 Elective Arts)</i></p> <p>Supply fee \$15.00</p>	<p>This survey class introduces the student to all areas of Family & Consumer Sciences: consumer economics, culinary, sewing, design and human development. Projects and practical hands-on applications actively involve the students. This course will prepare students for future semester courses in Family & Consumer Sciences. Successful completion of this course fulfills the ISBE's Consumer Education requirement for graduation. Must complete the entire year to receive consumer education credit.</p> <p>Successful completion of this course fulfills the ISBE's Consumer Education requirement for graduation. Must complete the entire year to receive consumer education credit. Prerequisite: None. Open to grades 9, 10, 11, and 12.</p>
CULINARY	
<p>FOUNDATIONS OF COOKING Course #1976A, 1976B 1st or 2nd semester Credit: 0.5</p>	<p>This course explores foundational cooking skills and concepts that can be applied in daily life. An emphasis will be placed on safety, sanitation, reading a recipe, proper selection and use of culinary equipment, independent meal preparation and nutritionally sound food choices. Foundations of Cooking is designed to meet the needs of students with a variety of physical, cognitive, or social needs. Lab work will focus on organization and teamwork. In addition, the course offers a smaller class size to make appropriate individualized instruction.</p> <p>This course may be repeated as necessary. Prerequisite: Departmental Approval. Suggested follow-up courses when skills deemed appropriate: Exploring Family and Consumer Sciences and Culinary 1. Open to grades 9, 10, 11, and 12.</p>
<p>CULINARY COOKING 1 Course #6411, 6413 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$25.00</p>	<p>Culinary 1 is designed to teach basic food preparation skills utilizing various types of culinary equipment and a range of preparation and cooking techniques. The following areas of study are covered in this course: measuring, knife skills, cooking methods, nutrition and various culinary specific units. Lab periods provide practical experiences in time management, equipment use, food preparation skills and serving meals. While this course provides personal enrichment, it may also serve as a foundation for further training to culinary arts.</p> <p>Prerequisite: None. Suggested follow-up courses: Culinary 2, and/or Chef & Restaurant. Open to grades 9, 10, 11, and 12.</p>
<p>CULINARY 2 Course #6412, 6414 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$25.00</p>	<p>This course, a continuation of Culinary 1, provides training in advanced techniques of food preparation. Students prepare a variety of recipes, while enriching their personal culinary skills. Units of study includes pasta, pastries, sauces and main dishes. This course serves as a foundation for further training culinary arts.</p> <p>Prerequisite: Culinary 1. Suggested follow-up courses: Chef & Restaurant and/or Baking & Pastry. Open to grades 9, 10, 11, and 12.</p>
<p>BAKING & PASTRY Course #6415, 6417 1st or 2nd Semester Credit: 0.5</p> <p>Supply Fee \$25.00</p>	<p>This course provides focused training in the culinary field of European baking techniques. Focus will be on ingredients, preparation methods and finishing techniques. Units will include sanitation, metric measuring, breads, pastries and display techniques. This course is designed for personal skill development as well as a base for further culinary training.</p> <p>Prerequisite: Grade of C or better in Culinary 2. Suggested follow-up course: Chef & Restaurant. Open to grades 10, 11, and 12.</p>

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<p>CHEF & RESTAURANT Course #6421, 6422 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$25.00</p>	<p>This course is designed for students curious about hospitality related careers and/or careers in the culinary industry. Students will operate culinary businesses through various aspects of food service including front of the house and back of the house job tasks. They will apply culinary knowledge such as knife skills, cooking methods, and baking and pastry skills as they prepare, plate and serve gourmet meals in this fast paced, real world work environment. Activities include menu selection, recipe testing, cost analysis, table settings, meal preparation, meal service and commercial safety and sanitation techniques.</p> <p>Due to classroom space limitations, students who have previously completed Culinary 1 or Exploring FACS will be given preference. Suggested follow-up course: Baking and Pastry. Open to grades 11 and 12.</p>
FAMILY LIVING	
<p>SINGLE SURVIVAL Course #6441, 6442 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$5.00</p>	<p>Will you need to know how to find an apartment, evaluate job offers, balance a budget, and provide for your own needs to be successful after you graduate? Whether you are heading away to college or into the workforce today's young adults need these skills more than ever! Brush up on your career development, money management, personal safety and security, nutrition, home improvement skills and more! Each unit covered addresses the needs of young adults to research and evaluate the choices they will be making beginning in the next year as they leave high school.</p> <p>Prerequisite: None. Open to grades 11 and 12. Suggested follow-up course: Personal Relationships.</p>
<p>PERSONAL RELATIONSHIPS Course #6591, 6592 1st or 2nd semester Credit: 0.5</p>	<p>This course is designed to help the student understand the challenges of our society, develop the students' ability to cope with problems and make mature decisions. The course focuses on the application of sociology and psychology concepts to the students' personal life. Areas of study include: theories of personality development, family relationships, crisis in the family, communication skills, dating, marriage and parenting.</p> <p>Prerequisite: None. Open to grades 11 and 12. Suggested follow-up course: Single Survival.</p>
FASHION	
<p>CLOTHING CONSTRUCTION 1 Course #6551, 6552 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$10.00</p>	<p>This course is for students interested in sewing for practical purposes, personal enjoyment and/or to develop skills to be used in careers related to clothing construction, fashion merchandising, design and retail. Students will complete individual projects. Garment construction projects will increase in difficulty as students attain skills through the use of various technologies. Sequencing of the course includes basic sewing machine techniques, fabric and pattern selection, interpreting pattern instructions, construction techniques (darts, zippers, hems, buttons, applying interfacing, etc.).</p> <p>Prerequisite: None. Suggested follow-up courses: Clothing Construction 2 or Fashion Merchandising & Design. Open to grades 9, 10, 11, and 12</p>

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<p>CLOTHING CONSTRUCTION <i>Course #6561, 6562</i> 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$10.00</p>	<p>This course focuses on advanced sewing techniques with various projects chosen by the student and approved by the instructor. Areas of study may include textile arts, tailoring, formalwear, serging techniques and fashion design. Each project incorporates new clothing construction skills based on student preferences and abilities.</p> <p>Prerequisite: Clothing Construction 1. Suggested follow-up courses: Fashion Merchandising & Design or Clothing Construction Independent Study. Open to grades 9, 10, 11, and 12.</p>
<p>CLOTHING CONSTRUCTION INDEPENDENT STUDY <i>Course #6410A, 6410B</i> 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$10.00</p>	<p>This course is a continuation of Clothing Construction 2 and focuses on advanced construction techniques through individually selected projects approved by the instructor. Students will be guided through various areas of study that may include repurposing a ready-to-wear garment, formal wear, original embroidery design, fully lined jacket or coat, and fashion design through draping on a dress form. Seniors who enroll in this course may choose to create a senior quilt for one of their projects. While this course provides personal enrichment, it may also serve as a foundation for further training in a fashion related field. This course may be repeated with subsequent projects that continually incorporate new design techniques and sewing construction skills.</p> <p>Course may be repeated up to three times. Prerequisite: Clothing Construction 2. Suggested follow-up courses: Fashion Merchandising & Design or second enrollment in Clothing Construction Independent Study. Open to grades 10, 11, and 12.</p>
<p>FASHION MERCHANDISING & DESIGN <i>Course #6571, 6572</i> 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$20.00</p>	<p>This course is designed to allow students to explore and understand the various aspects of the fashion industry. Areas of study include the evolution of fashion, fashion trends and design, advertising, merchandising, and retail functions. Creative projects involving fashion design/sketching, and visual displays. This course serves as a foundation for further training in fashion related occupations, as well as provides opportunities for personal enrichment.</p> <p>Prerequisite: None. Suggested follow-up course: Clothing Construction. Open to grades 10, 11, and 12.</p>
INTERIOR DESIGN	
<p>INTERIOR DESIGN & HOUSING <i>Course #6451, 6452</i> 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$20.00</p>	<p>This course is meant to introduce students to the area of residential designs, space planning and home decor. Students will learn how to identify housing styles and their details throughout American history. A hands on creative approach will take place when the course content focuses on the elements and principles of design, allowing students to showcase their artistic and original decorative ideas on visual design boards. Students will spend a large portion of the class utilizing technology in the interior design fields by using computer aided drafting for projects and a cumulative student designed and decorated home. It is recommended that students have strong computer technology skills when enrolling in this course.</p> <p>Prerequisite: None. Open to grades 10, 11, and 12.</p>
<p>INTERIOR DESIGN & HOUSING HONORS <i>Course #6453, 6454</i> 1st or 2nd semester Credit: 0.5</p> <p>Supply fee \$20.00</p>	<p>The core material for this course is similar to Interior Design and Housing #6451/#6452; however, projects and assessments will involve more depth, complexity, and rigor. Expectations for this course are college level and will require additional reading and research outside of class. This course is recommended for highly motivated students interested in interior design or related fields.</p> <p>Prerequisite: Department Approval. Open to grades 10, 11, and 12.</p>

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TEACHING	
<p>CHILD CARE & DEVELOPMENT <i>Course #6582</i> 2nd semester only Credit: 0.5</p>	<p>This course is designed for students who enjoy working with, or plan to work with, children. Areas of study include family planning, pregnancy and childbirth, child development from newborn through early childhood, and preparing learning activities for our preschool practicum. Students will teach and observe children in our Preschool Lab as an integral part of the program. This course helps prepare students for careers in child-related fields, including teaching.</p> <p>Prerequisite: None. Suggested follow-up course: Invitation to Teaching. Suggested first part of teaching sequence to be taken Sophomore or Junior year. Open to grades 10, 11, and 12.</p>
<p>INVITATION TO TEACHING <i>Course #6481, 6482</i> 1st or 2nd semester Credit 1.0 (one semester -two class periods)</p> <p>Supply fee \$10.00</p>	<p>This course offers a teaching internship, enabling students to work under the supervision of certified preschool, elementary and middle school staff. Once placed, the students will spend four days each week at their assigned schools to assist, observe and teach young children. Teaching responsibilities include journaling, observing, creating a visual display, creating and teaching lessons, and shadowing a teacher for a day. Classroom study is focused on related issues in education including meeting the needs of a diverse student population and classroom management technology within the classroom and current topics in education. Highly recommended for anyone pursuing a career working with children in any capacity.</p> <p>Acceptance into the program is based on application, staff feedback, academic standing, attendance and demonstration of character. Students who have previously completed Child Care & Development will be given preference. Application may be picked up in the Counseling Office in January. Course may be repeated both semesters. Suggested Prerequisite: Child Care & Development. Open to grade 12 only.</p>
<p>INVITATION TO TEACHING HONORS <i>Course #6483, 6484</i> 1st or 2nd semester Credit 1.0 (one semester- two class periods)</p> <p>Supply fee \$10.00</p>	<p>The core curriculum for this course are similar to Invitation to Teach Course 6481/6482; however, projects and assessments will involve more depth, complexity, and rigor. Expectations for this course are college level and will require additional time outside of class. This course is recommended for highly motivated students interested in education or related fields.</p> <p>Acceptance into the program is based on application, staff feedback, academic standing, attendance and demonstration of character. Students who have previously completed Child Care & Development will be given preference. Application may be picked up in the Counseling Office prior to registration. Course may be repeated both semesters.</p>
<p>FOUNDATIONS OF COOKING AIDE <i>Course #2002A/2002B</i> 1st or 2nd Semester Credit 0.5</p>	<p>The Foundations Cooking Aide position is offered to sophomores, juniors, and seniors who are interested in working with students with a variety of physical, cognitive, and social needs. As an aide the students serve as role models in social norms and appropriate lab behavior.</p> <p>Acceptance into the program is based on application, academic standing, attendance and demonstration of character. Application may be picked up in the Family and Consumer Sciences Office in January. Prerequisite: Exploring Family & Consumer Sciences or Culinary 1, application, and department chair approval. Priority will be given to those students interested in a career in education.</p>