

Family Consumer Science Course List

Introduction to Family & Consumer Sciences	Semester	½ Credit
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Course Fee: \$5

This course is an overview of the major areas of FCS. Students will cover nutrition, cooking methods, child development, family relationship concepts, family dynamics, financial literacy, consumer economic principles, and the concepts of design in textiles and interior design. Enrolled students will learn and develop life skills like communication, leadership, and career investigation. Fee is required upon enrollment due to completing the chapter of our course that lightly touches general cooking skills and ingredient selection to learn those proper skills.

Principles of Food	Semester	½ Credit
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Course Fee: \$25

Enrolled students will gain knowledge on food selection and preparation methods to promote a healthy living style through food. Students will learn the differences of eating habits, patterns, and problems. Students will learn and apply a variety of cooking methods, ingredient selections, and nutritional values in the meals they create. Throughout this course, basic food safety and sanitation techniques will be emphasized. Fee is required upon enrollment due to ingredients needed to learn, create, and prepare dishes.

Global Foods	Semester	½ Credit
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Course Fee: \$25

Students will learn meal preparation methods, compare, prepare, cooking styles, and desired ingredients in various cultures. Students will learn the influence of traditions, regional, and cultural perspectives and their impact on food. They will examine the issues and conditions that affect the availability and quality of food in the global market, and apply various cooking techniques using general and special cooking equipment for the preparation of dishes. Fee is required upon enrollment due to ingredients needed to learn, create, and prepare culturally diverse dishes.

Child Development	Semester	½ Credit
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Course Fee \$0.00

Students who enroll themselves in this course will study the principles of child growth, development, and behavior. Students will learn about a child's cognitive development, sensory, and motor skills. Additional topics will include childhood diseases, immunizations, theories of development, learning styles, child expenses, parenting styles, and evaluating child care services. Students will be required to care for a robotic baby for a weekend, provide proper care, and log the responsibilities they had during their weekend.

Personal Wellness**Semester****½ Credit**

Course Fee \$0.00

In this course, students will learn the difference between personal, physical, emotional, social, and intellectual growth to develop a healthy lifestyle. Students will learn about lifespan wellness by managing stress through relaxation, physical activity, mental health management, personal hygiene, and sleep. Additional topics covered in this class are identifying healthy eating patterns with proper nutrients, human growth development, and preparing for emergency medical situations.

Principles of Nutrition & Wellness**Semester****½ Credit**

Course Fee: \$15

Students enrolled in this course will use and apply principles of nutrition and food choices to ensure a healthy body throughout the lifecycle. Students will learn how to plan and prepare meals, understand the importance and benefits of nutrients, portion control, and dietary needs and differences. Students will learn in depth how to manage body weight with healthy eating patterns, physical activity, and ingredient identification. Fee is required upon enrollment due to the need of ingredients to provide hands-on insight to healthy lifestyle cooking to create a meal rich in vital nutrients.

Interior Design, Furnishings, and Management**Semester****½ Credit**

Course Fee \$8.00

Students will examine design principles used in residential and commercial interiors. An emphasis will be focused on incorporating color psychology, anthropometrics, ergonomics, and psychological responses. Students will learn how to properly select furnishings, floors, and wall coverings. Students will learn how to organize their space for functionality, ease of use, and universal design. Fee is required upon enrollment due to materials needed for students to design their own floor plan, room design sketch, and sample boards.

Textile Design, Construction, and Maintenance**Semester****½ Credit**

Course Fee \$8.00

Students will learn about pattern agreement, elements of design, as well as acceptable color schemes and fabrics for various uses. Students will study the visual appearance of fabric and fashion design. Students will identify, analyze, and apply production processes and techniques into textiles. Additional topics will include the maintenance and alterations of textile products including home interior, exterior, and garments.

Fee is required upon enrollment due to students needing materials to create and maintain their own textile project regarding proper design, construction, and maintenance.