
FAMILY AND CONSUMER SCIENCE

The mission of Family and Consumer Sciences Education is to prepare students for family life, work life, and careers in family and consumer sciences by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for;

- Strengthening the well-being of individuals and families.
- Becoming responsible citizens and leaders in family, community, and work settings.
- Promoting optimal nutrition and wellness.
- Managing resources to meet the material needs of individuals and families.
- Balancing personal, home, family, and work lives.
- Using critical and creative thinking skills to address problems in diverse family, community, and work environments.
- Managing employment and career development successfully.
- Functioning effectively as providers and consumers of goods and services.
- Appreciating human worth and accepting responsibility for one's actions and success in family and work life.



Courses are taught using a hands-on approach, enabling students to experience real life situations. Whether it be working with children or producing a product, family and consumer science courses will empower a student to meet the challenges they will encounter during their lives.

***** INTRO TO FASHION AND TEXTILES and INTRO TO HOUSING AND INTERIOR DESIGN courses fulfill a Fine Arts requirement for the Core 40 Academic Honors Diploma**

Health and Wellness Waiver – a student can take Family and Consumer Science courses to waive the Health & Wellness graduation requirement. To qualify for the Health and Wellness waiver, a student must take three of the following courses.

- **NUTRITION AND WELLNESS**
- **CHILD DEVELOPMENT**
- **INTERPERSONAL RELATIONSHIPS or ADULT ROLES AND RESPONSIBILITIES**

5342 *NUTRITION AND WELLNESS (9, 10, 11, 12) Nutrition and Wellness is a laboratory based course that enables students to realize the benefits of sound nutrition practices and apply them to their everyday lives. Selection and preparation of nutritious meals and snacks with a focus on the principles of food science are taught through a variety of laboratory experiences. Examination of the student's current eating habits in relation to the USDA Dietary Guidelines and the ChooseMyPlate.Gov is included. Food safety, storage, sanitation and career paths related to nutrition and wellness are also components of this course.

5340 *ADVANCED NUTRITION AND WELLNESS (9, 10, 11, 12) Exploration into regional and global aspects of nutrition and wellness issues is a large component of this course. Laboratory experiences are integral to a varied look at these issues and their relationship to wellness around the world. A food preservation unit extends the study of safety and storage and applies food science principles. Careers related to nutrition, wellness practices and food service are integrated into this course. **Requirement – Nutrition and Wellness**

5342 *NUTRITION AND WELLNESS (SENIOR FOODS) (12) A foods class specifically designed for students who are interested in learning basic food preparation/survival skills to use in the kitchen, while focusing on the most current studies and findings relating to nutrition and wellness. Students will learn about special diets, as well as the importance of a healthy body weight. Students will become familiar with related tools and equipment used in today's kitchen. Careers in the food industry are also explored. The knowledge acquired in the class will allow students to make sound nutritional food choices and then be able to quickly and easily shop for and prepare those foods. **A student who has previously taken Nutrition and Wellness is not eligible for this class.**

5330 *ADULT ROLES AND RESPONSIBILITIES (11, 12) If you are ready to take the next step into adulthood this is the class for you. The class will cover knowledge, skills, attitudes, and behaviors students will need to become a productive adult in today's ever changing society. Topics in the curriculum will include living independently, analyzing personal standards, needs, and goals. Discussions will also include community roles and responsibilities of families and individuals.

5380 **INTRO TO FASHION AND TEXTILES (9, 10, 11, 12) This course explores the components of the fashion industry, including the skills related to design and production. No prior sewing experience necessary. Basic construction skills will be taught utilizing a variety of wearable and non-wearable projects. The latest technologies in apparel construction are utilized to create a variety of textile products. Exploration of the skills needed to enter the textile and fashion industry is included. These include elements and principles of design in relation to apparel, the design process, and care and maintenance of textile products. A variety of projects are used to enhance the concepts. Students will be responsible for bringing in additional supplies and or materials during the course of the semester. **Students can take just the first semester of this course without the second semester.** In the second semester a more in-depth and individualized look at textiles and fashion includes examining current designers in today's market, fashion throughout the decades, and refinement of apparel construction skills. This course is completely project-based learning with an emphasis on developing individual skills. Careers in Fashion Marketing are addressed through the production of, "Royal Project Runway".

***** This course fulfills a Fine Arts requirement for the Core 40 Academic Honors Diploma**

5420 *FASHION AND TEXTILES CAREERS I (11, 12) This course prepares students for occupations and higher education programs of study related to the entire spectrum of careers in the fashion industry. Major topics include: review of the dimensions of clothing, investigation of design elements and principles, evaluating manufacturing process, reviewing the processes from fiber production to items of clothing being worn, overall review of the textile and apparel industry, investigation of fashion designers, customer relations and best practices, fashion merchandising, forecasting trends, impact of social media on the fashion industry, and career exploration and experience. A project based approach with commercial/industry applications is a key component of this course of study. Student experiences will include school-based and "on-the-job". **Requirement – Intro to Fashion and Textiles (full year)**

5362 *CHILD DEVELOPMENT (10, 11, 12) Child Development teaches about the child from conception through pre-school. The importance of planning and care of the unborn child is stressed as well as looking at the challenges of teen parents. Emphasis is on the physical, intellectual, emotional and social development of children. Parenting skills through the first year of a child's life are addressed, including the Baby Think it Over experience as an option in this course. Students gain practical experience through a field trip to observe and participate with children at a local early childhood program. This is an excellent choice for students considering Cadet Teaching or any career choice involving babies or youth.

5360 *ADVANCED CHILD DEVELOPMENT (PARENTING) (10, 11, 12) This course addresses the responsibilities and challenges of parenting through a variety of topics dealing with the physical, intellectual, and social/emotional development of children. Topics will include cultural differences in parenting styles, guiding children's behavior, fatherhood, teen parenting, school readiness, and caring for children with special needs. Issues related to children in a changing world such as children and technology, nutrition, exercise and obesity, prevention of child abuse and identification of resources available for families and children are integrated in to the class. Emphasis will be placed on positive parenting and communication as they influence the child from infancy through adolescence. A goal will be to provide an opportunity to work directly with children in our community to assess the impact of positive involvement. **Requirement – Child Development**

5412 EDUCATION AND EARLY CHILDHOOD I, II (11, 12) 2 CREDITS PER SEMESTER - This course is designed for students who wish to explore a career in early childhood education, own or operate a child care facility, teach elementary school, work with special needs children or be a parent. Students are in class for 2 hours a day, two days a week and at an early childhood facility 2 hours per day, three days a week. Applications and teacher recommendation are required. Requirement - Child Development, with a minimum of a "C" average recommended. Students must provide their own transportation to the childcare facility.

5364 *INTERPERSONAL RELATIONSHIPS (9, 10, 11, 12) This introductory course is especially relevant for students interested in careers that involve interacting with people. This course assists students in achieving positive and respectful relationships in families, school, community and the workplace. Conflict-resolution skills, problem solving through hands-on activities, decision-making, social skills for peer and family relationships are all components of this course as students explore the changes that take place as they enter adulthood.

5334 *CONSUMER ECONOMICS (11, 12) Consumer Economics is a course that teaches students economic principles, how to manage family and personal finances, and how to make well-informed purchasing decisions. Consumer Economics is designed to prepare students to manage their resources in order to develop a satisfying lifestyle. The course helps students to improve their financial skills by covering several key components: [Financial Responsibility & Decision Making](#), [Relating Income & Careers](#), [Planning & Money Management](#), [Managing Credit & Debit](#), [Risk Management & Insurance](#), and [Saving & Investing](#). *****These six financial skills are Indiana Academic Standards that fulfill the Financial Literacy Education students are required to complete by the end of 12th grade.**

5350 **INTRO TO HOUSING AND INTERIOR DESIGN (10, 11, 12) A two semester course recommended for any student who is interested in a career or profession related to the Interior Design, Architecture, and/or Construction Industry. **Students can take just the first semester of this course without the second semester.** Intro to Housing and Interior Design is a project-based course that addresses selecting and planning living environments to meet the need and wants of individuals and families throughout the Family Life Cycle. Topics to be studied first semester include: the concept of Universal Design, contemporary trends in housing, technology issues, creating functional, safe and aesthetic spaces/interiors, using the Elements and Principles of Design in the Housing Industry, house and furniture styles, environmental and energy issues, locations, zones, ownership options and space planning for homes. Both semesters will focus on drafting techniques, as well as, stressing direct applications of mathematic proficiencies used by Housing and Interior Design Professionals.

*****This course fulfills a Fine Arts requirement for the Core 40 Academic Honors Diploma**

5460 HOUSING AND INTERIOR DESIGN CAREERS I, II (11, 12) Housing and Interior Design Careers is a project-based course that prepares students for occupations and higher educational programs of study related to careers in the Interior Design, Architecture, Construction Industries and it relates to Commercial Design. Topics will include client-centered designs in the commercial environment using the Elements and Principles of Design as well as blue printing, space planning, rendering, drafting, and elevations. Other areas of study will include: technological, environmental, zoning, building codes, regulations and Universal Design and their impact on Commercial Properties. Extensive lab experience with CAD (computer-aided drafting) will be a required component of the course. **Requirement – Intro to Housing and Interior Design (full year)**

5408 EDUCATION PROFESSIONS I (CADET TEACHING) (11, 12) The objective of Cadet Teaching is to interest and encourage college-bound students to enter the teaching profession. This yearlong course offers six weeks of in-class preparation and the rest of the semester and second semester primarily of field experience. The course gives students information about a career in education as well as providing actual teaching experience in an elementary or intermediate school classroom. Students will be selected on the basis of an application and an interview. Students who have a desire to choose a career working with youth should apply. **This is a dual credit course through Butler University. Requirement - Completed application and interview. Recommended but not required: experience, 6th period study hall.**

Sample schedule for students interested in pursuing a career in Fashion

Freshman Year

ENGLISH	WORLD LANG
MATH	PE / HEALTH
SCIENCE	INTERPERSONAL RELATIONSHIPS / INTRO TO FASHION AND TEXTILES
SOCIAL STUDIES	

Sophomore Year

ENGLISH	WORLD LANG
MATH	ELECTIVE
SCIENCE	ADVANCED FASHION AND TEXTILES / ELECTIVE
ELECTIVE	

Junior Year

ENGLISH	ELECTIVE
MATH	WORLD LANG
US HISTORY	FASHION CAREERS / MARKETING I
SCIENCE	

Senior Year

ENGLISH	ELECTIVE
GOVERNMENT / ECONOMICS	ELECTIVE
MATH	FASHION INTERNSHIP
SCIENCE	

*IPR, INTRO TO FASHION, ADVANCED FASHION AND FASHION CAREERS ARE ALL ONE SEMESTER CLASSES

**FASHION CLASS FULFILLS THE REQUIREMENT FOR FINE ARTS FOR THE ACADEMIC HONORS DIPLOMA

****REPLACE YOUR HEALTH CREDIT BY TAKING IPR, CHILD DEVELOPMENT AND NUTRITION AND WELLNESS.

**Sample schedule for students interested in pursuing a career in Interior Design –
Architecture, Construction, Graphic Design**

Freshman Year

ENGLISH	WORLD LANG
MATH	PE/HEALTH
SCIENCE	INTRO / ADV FASHION & TEXTILES
WORLD CREDIT	

Sophomore Year

ENGLISH	WORLD LANG
MATH	ELECTIVE
SCIENCE	ELECTIVE
ELECTIVE	

Junior Year

ENGLISH	WORLD LANG
MATH	ELECTIVE
US HISTORY	HOUSING FOUNDATIONS
SCIENCE	

Senior Year

ENGLISH	ELECTIVE
GOVERNMENT/ECON	ELECTIVE
MATH	HOUSING CAREERS
SCIENCE	

*IF COMPLETE A FULL YEAR OF HOUSING FOUNDATIONS IT FULFILLS THE FINE ARTS CREDIT

*PREREQUISITE FOR HOUSING CAREERS IS A FULL YEAR OF HOUSING FOUNDATIONS

Sample schedule for students interested in pursuing a career in CULINARY & HOSPITALITY

Freshman Year

ENGLISH	WORLD LANG
MATH	PHYSICAL EDUCATION
SCIENCE	*NUTRITION & WELLNESS / *INTERPERSONAL RELATIONSHIPS
SOCIAL STUDIES	

Sophomore Year

ENGLISH	HEALTH / FINE ART
MATH	ELECTIVE
SCIENCE	*ADV NUTRITION & WELLNESS / ENTREPRENEURSHIP
WORLD LANG	

Junior Year

ENGLISH	JEL CULINARY ARTS
MATH	
US HISTORY	
WORLD LANG	

Senior Year

ENGLISH	JEL CULINARY ARTS
GOVERNMENT / ECONOMICS	
MATH	
SCIENCE	

*Nutrition & Wellness, Advanced Nutrition & Wellness and Interpersonal Relationships are semester courses that can be taken as electives at any time throughout high school schedule.

*****REPLACE HEALTH credit with Health and Wellness Waiver** – a student can take Family and Consumer Science courses to waive the Health & Wellness graduation requirement. To qualify for the Health and Wellness waiver, a student must take **three** of the following courses.

- NUTRITION AND WELLNESS
- CHILD DEVELOPMENT
- INTERPERSONAL RELATIONSHIPS
- ADULT ROLES AND RESPONSIBILITIES

Sample schedule for students interested in pursuing a career with children and/or education

Freshman Year

ENGLISH	WORLD LANG
MATH	ELECTIVE
SCIENCE	INTERPERSONAL RELATIONSHIPS / PE
SOCIAL STUDIES	

Sophomore Year

ENGLISH	WORLD LANG
MATH	ELECTIVE
SCIENCE	CHILD DEVELOPMENT / ADVANCED CHILD DEV.
ELECTIVE	

Junior Year

ENGLISH	WORLD LANG
MATH	ELECTIVE
US HISTORY	NUTRTION AND WELLNESS / INTRO TO FASHION AND TEXTILES
PHYSICS	

Senior Year

ENGLISH	ELECTIVE
GOVERNMENT / ECONOMICS	ELECTIVE
MATH	CADET TEACHING
SCIENCE	

*CADET TEACHING REQUIRES APPLICATION, RECOMMENDATIONS AND AN INTERVIEW—2 PERIODS ARE RECOMMENDED EACH SEMESTER

**CADET TEACHING IS A DUAL CREDIT COURSE WITH BUTLER UNIVERSITY AND THEREFORE IS A WEIGHTED CLASS

***REPLACE YOUR HEALTH CREDIT BY TAKING IPR, CHILD DEVELOPMENT, AND NUTRITION AND WELLNESS.

****INTRO TO FASION AND TEXTILES COUNTS FOR FINE ART CREDIT