

FAMILY & CONSUMER SCIENCES

FOODS AND NUTRITION I

- * Safety & Sanitation
- * Nutrition
- * Measurements & Kitchen Math
- * Following recipes
- * Cooking Terms & Utensils/ Knife Skills
- * Grains/Breads
- * Fruits
- * Vegetables
- * Dairy
- * Eggs
- * Cookies

FOODS AND NUTRITION II

- * Safety and sanitation
- * Meat & Poultry
- * Cakes
- * Pies
- * US & Canada
- * Latin & Caribbean
- * Western & Northern Europe
- * Southern Europe
- * Eastern Europe & Russia
- * Southwest Asia & Africa
- * Foods South & East Asia
- * Australia & Oceania New Zealand, Tahiti

FOODS AND NUTRITION III

- * Introduction to the foodservice
- * Safety and sanitation
- * Kitchen Equipment
- * Knife skills
- * Menu Planning
- * Cooking Principles
- * Seasoning and Flavoring
- * Stocks, Sauces, and soups
- * Sandwiches and Hors d'oeuvres
- * Desserts
- * Candies
- * Breads- Pastas
- * Food Presentation/Garnishes

PARENTING

- * Why study parenting
- * Problem Solving & Decision Making
- * Developing parenting skills
- * Approaches to parenting
- * Parenting in the family
- * Teens and Parenting
- * Planning a family
- * Pregnancy
- * Prenatal Care
- * Preparing for Birth
- * The Birth Process
- * Adjusting to parenthood
- * Understanding and Parenting Infants
- * Health and Safety

FAMILY LIVING

- * Communication Skills
- * Coping with Challenges
- * Decision Making/Problem Solving
- * Family Strength
- * Handling Responsibility
- * Health and Wellness
- * Management Skills
- * Relationship Skills
- * Sources of Help
- * Values and Goals
- * Basic Life Skills

CHILD DEVELOPMENT CLASS

- * Growing with children
- * Effective parenting
- * Physical development during the 1st year
- * Emotional & social development during the 1st year
- * Intellectual development during the 1st year
- * Physical development from 1-3
- * Emotional and social development from 1-3
- * Intellectual development from 1-3
- * Physical development from 4-6
- * Emotional and social development from 4-6
- * Intellectual development from 4-6
- * Health and Safety
- * Special challenges for children
- * Caring for children
- * Careers relating to children

CLOTHING I, II, III

- * Style
- * Patterns
- * Measurements
- * Sewing Machine parts and uses
- * Types of stitches
- * Construction markings
- * Sewing tools
- * Pressing/ironing
- * Understanding color, line and design
- * Safety
- * Clothing construction
- * Fashion History
- * Clothing maintenance
- * Career exploration
- * Work Habits
- * Trends