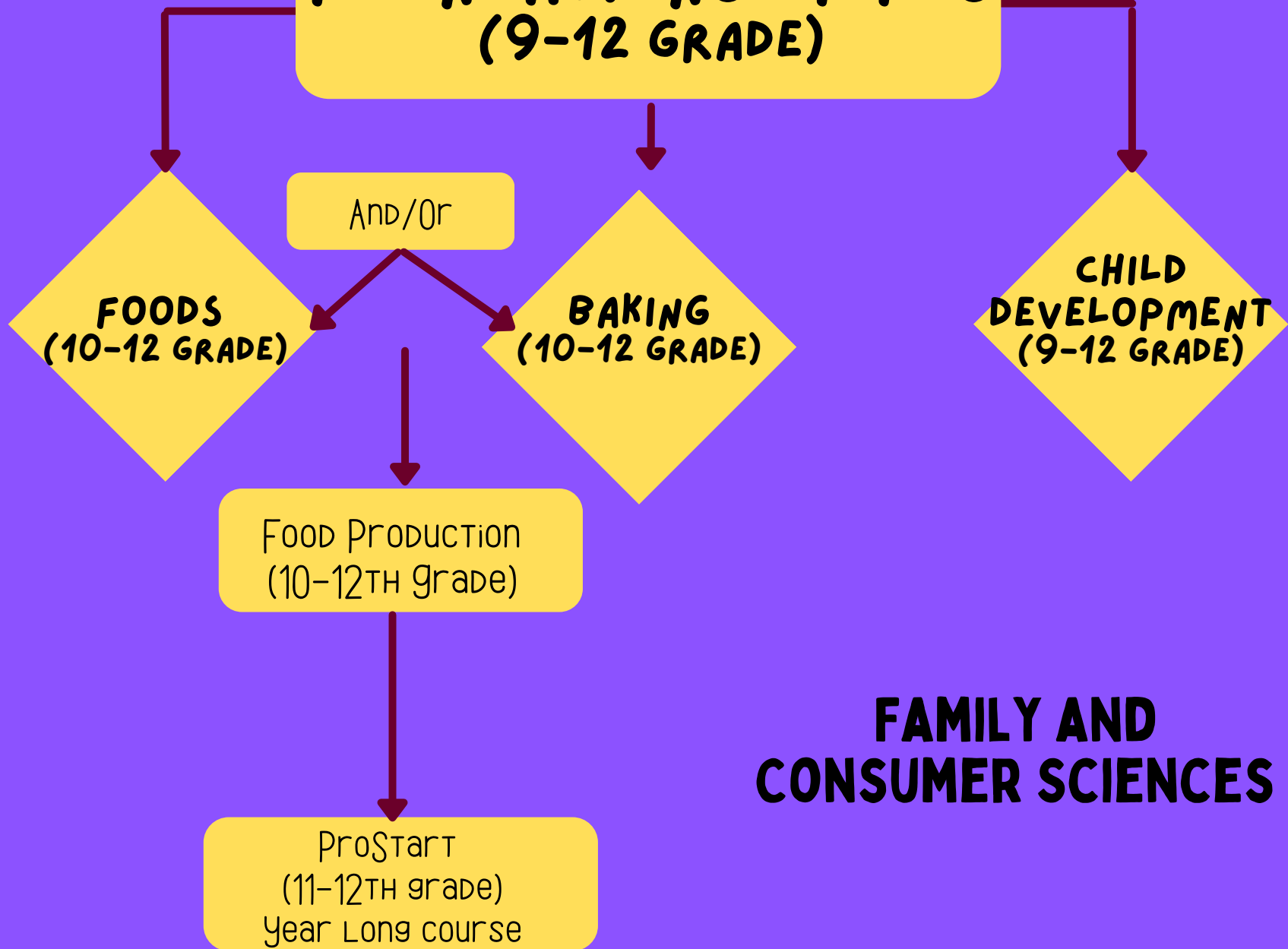


FOUNDATIONS OF FCS (9-12 GRADE)



**FAMILY AND
CONSUMER SCIENCES**

Foundations of FCS — Grade Level 9th,10th,11th,12th —Prerequisite — NA — Semester

Students will have the opportunity to explore the different facets of Family and Consumer Science courses that are offered. Units will consist of sewing basics, fabric arts, health and wellness, child development, nutrition, and basic food preparation.

Foods — Grade Level 10th,11th,12th —Prerequisite — NA — 1st Semester

This course is a study of nutrition, food & kitchen safety, kitchen principles, basic cooking methods, and food preparation. It is designed to offer a wide variety of food-related experiences for students. It will integrate knowledge, skills, and practices required in food production and services or for your own home.

Baking — Grade Level 10th,11th,12th —Prerequisite — NA — 2nd Semester

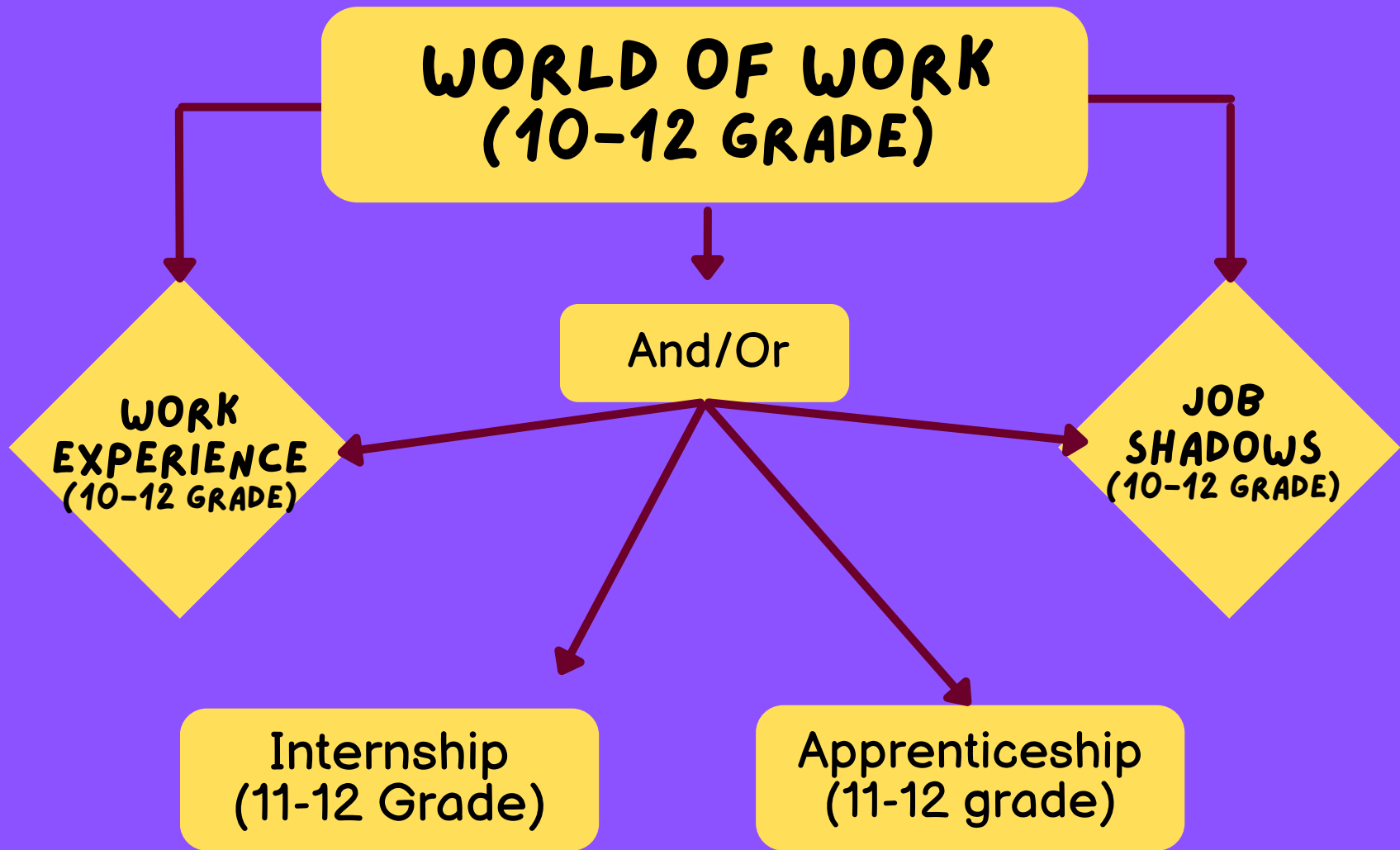
Baking prepares students by building a foundation of principles and skills, and then using specific applications and recipes. Students will be able to prepare a wide array of baked goods, pastries, and confections. Students will explore special dietary baking, recipe planning and preparation, altering & preparing recipes to address other allergies/dietary restrictions.

Food Production — Grade Level 10th,11th,12th —Prerequisite — Foods and/or Baking — 2nd Semester

Food Production will give students experience in quantitative cooking and business operations through their employment in a take and bake business. As an employee of the course, students will have the opportunity to experience a job in the food service industry. Students will learn the concept of setting up the business, designing a menu, preparing the food, and delivering to the customers.

Pro Start — Grade Level 11th,12th —Prerequisite — Foods, Baking — Year Long

This course provides the student with a practical view of the culinary workplace and gives you the knowledge and skills needed to become a culinary professional. Throughout the semester we will explore the dining experience, safety and sanitation, the use of equipment, knives and smallwares used in the professional kitchen, culinary nutrition principles, standardized recipes and cooking techniques used in quantity food preparation from seasonings and flavorings to baking and pastry.



****Job shadows, internships, and apprenticeships are done through Workplace Learning connections**

GETTING READY FOR THE WORKFORCE

World of Work – Grade Level 9th,10th,11th,12th –Prerequisite – NA – 1st Semester

The course begins with a series of lessons that link students to career opportunities that purposefully explore and define the strengths of their personalities, interests, intelligence, learning styles, and values. Students will learn and practice essential workforce skills including how to write resumes, cover letters, and how to plan for a job interview. Students will be required to do a job shadow in this course.

Work Experience – Grade Level 9th,10th,11th,12th –Prerequisite – NA – 1st and/or 2nd Semester

Work Experience is the second phase of World of Work. It is an independent learning program designed to provide students with the opportunity to practice appropriate work skills and attitudes while performing tasks at various job sites. Emphasis is on further developing positive work habits for occupational success and community job placement. Students will be required to work 120 hours in the workforce. These hours cannot be completed with a family business.

If interested in a job shadow, internship, or apprenticeship please see Mrs. Tull