

## FAMILY AND CONSUMER SCIENCE DEPARTMENT

<b>PHILOSOPHY OF THE DEPARTMENT</b>
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The Family and Consumer Science program in the Utica Community Schools recognizes the importance of promoting the growth of the total individual: physically, intellectually, emotionally, and socially.

It provides instruction that will enable students to improve the quality and stability of their lives in an ever-changing society. We will assist each individual in attaining his/her full potential in recognizing and coping with the changes that affect life through the following behavioral objectives:

1. Develop an understanding and appreciation of human relations within the life cycle.
2. Develop consumer skills stressing intelligent decision-making techniques in regard to obtaining, evaluating, allocating, and conserving resources.
3. Develop managerial, manipulative, social, and creative abilities to meet the changing roles of family members.
4. Explore career opportunities and develop job-training skills relating to the various aspects of life skills.

### (ALL COURSES ARE CO-EDUCATIONAL)

V285

#### LIFE SKILLS 9

2 semesters

1 credit

9

The Life Skills department recognizes the importance of promoting the growth of the total individual: physical, intellectual, emotional, and social. It provides instruction that will enable students to improve the quality and stability of their lives in an ever-changing society. Life Skills, a career and technical education course, explores a variety of areas such as nutrition and foods, parenting and child development.

V240

#### CONSUMER EDUCATION

1 semester

1/2 credit

10-12

C.I.P 19.0000.04

PREREQUISITE: None

Consumer Education students learn how to buy a car, maintain a checking account, prepare a budget, shop for insurance, understand tax forms, use credit wisely, work toward financial goals, select housing, analyze legal documents, and make wise buying decisions.

V290

**\*\*\*CONTEMPORARY LIVING**

1 semester

1/2 credit

11-12

C.I.P. 19.0000.07

PREREQUISITE: Personal Living recommended but not required

Contemporary Living provides students with skills to help them understand and improve family and peer relationships. Course units include: improving interpersonal skills, dating and love relationships, marriage preparation, coordinating career employment with family life, household finance, family life cycles, goal planning and evaluation.

Students experience the "Life in the Real World" simulation project. Students learn skills needed to cope with life situations such as preparing for college life, renting an apartment, and time management skills.

Credit is granted in either Life Skills or Social Studies.

V300

**\*\*\*PERSONAL LIVING**

1 semester

1/2 credit

9-12

C.I.P. 19.0000.03

PREREQUISITE: None

Personal Living focuses on improving one's self-concept, communication skills, decision making, conflict resolution, working as a team member, managing stress, planning personal goals, career exploration, resume' writing, and employability skills that lead to job success.

It is highly recommended that this course be taken before Contemporary Living.

V310

**FOOD AND NUTRITION**

1 semester

1/2 credit

9-12

C.I.P. 19.0000.08

PREREQUISITE: None

This course provides students with an understanding of safety and sanitation, basic cooking techniques, food presentation, meal-time etiquette, and the exploration of food related careers. Through demonstration, lab experience, taste testing and evaluation, students will become familiar with healthy food choices, principles of nutrition, and weight control techniques.

It is highly recommended that this course be taken before Culinary Arts.

V320

**CULINARY ARTS**

C.I.P. 12.9999.01

2 semesters 2 credits

10-12

(Shared-time block course)

Shared Time: May require travel to another building

**PREREQUISITE:** CTE teacher/Culinary Arts teacher recommendation and signature required.  
Foods/Nutrition is highly recommended

Culinary Arts is an introduction to the food service/hospitality industry. This program is designed for students interested in pursuing a career in culinary arts. Students will learn about post-secondary culinary arts education/career opportunities and technical and managerial skills necessary for various careers in the food/hospitality industry. This year long class will focus on food pattern flow (HACCP System), sanitation/safety, customer relations, National Restaurant Association (NRA) standards, restaurant and menu design, culinary arts terminology, equipment, cost control, nutrition, food presentation, baking, and hot/cold food preparation. Students will learn about quantity food preparation, selection, storage and the merchandising of food products. Students who have completed this course or are currently enrolled are eligible for cooperative education or apprenticeship placement in the food industry.

Students will be required to participate in evening events during the year.

V330

**\*\*\*PARENTING**

C.I.P. 19.0000.02

1 semester 1/2 credit

10-12

**PREREQUISITE:** None

In this co-educational course, students will become familiar with the social, physical and intellectual stages of child development. Through interaction with preschoolers, students will learn the importance of play, nutritional needs of children, and positive discipline techniques. Topics will include: prenatal development, care and nurturing of children, evaluating substitute child care, developmental toys and books, and child related careers.

V340

**C.O.N.T.A.C.T.S.** (Child Care Services) 2 semesters 2 credits 10-12  
C.I.P. 19.0700.01 (Shared-time block class)

Shared Time: May require travel to another building

PREREQUISITE: Teacher recommendation

C.O.N.T.A.C.T.S. is a co-educational course which gives the high school student actual experiences in planning, teaching, supervising, observing, and evaluating activities in early childhood or elementary education. Each student must be willing to search for new activities and enthusiastically teach daily lesson plans. The learning experience includes teaching young children in local preschools, elementary classrooms, and day care centers. Child care regulations are taught. Job opportunities in related fields such as aides in elementary schools, elementary teaching, instructor aides in nursery schools or day care centers, and child psychology are explored. Occupational information and effective parenting skills are included. Child Care Co-op is available to students who have successfully completed this class.

(C.O.N.T.A.C.T.S. is an abbreviation for Children's Opportunities with New Techniques and Activities Coming to School.)

V390

**\*\*\*HEALTH AND LIVING SKILLS**

C.I.P. 19.0000.03 1 semester 1/2 credit 9-12

PREREQUISITE: None

A close evaluation of health habits as they relate to individual lifestyles, gives each student the basic knowledge to make personal choices to improve his/her daily health. Topics studied include: exercise programs, eating habits and basic nutrition, stress prevention techniques, weight management, preventive health care, AIDS education, substance use and abuse, and family health history related to individual students.

V661 - V673

**FOOD SERVICE CO-OP**

2 semesters 1 credit 11-12

V561-V573

**C.O.N.T.A.C.T.S. CO-OP**

2 semesters 1 credit 11-12

PREREQUISITE: Teacher-Coordinator recommendation and enrollment or completion of the Parenting course and C.O.N.T.A.C.T.S. program.

Food Service and C.O.N.T.A.C.T.S. Co-op provide an opportunity for students to work in a related field of educational training. This employment experience is related to the career goals of students and is supervised by the school-to-work coordinator and the student's employer. This course is designed to introduce students to the world of work and develop skills in their areas of specialty. This program adheres to all federal and state labor laws.