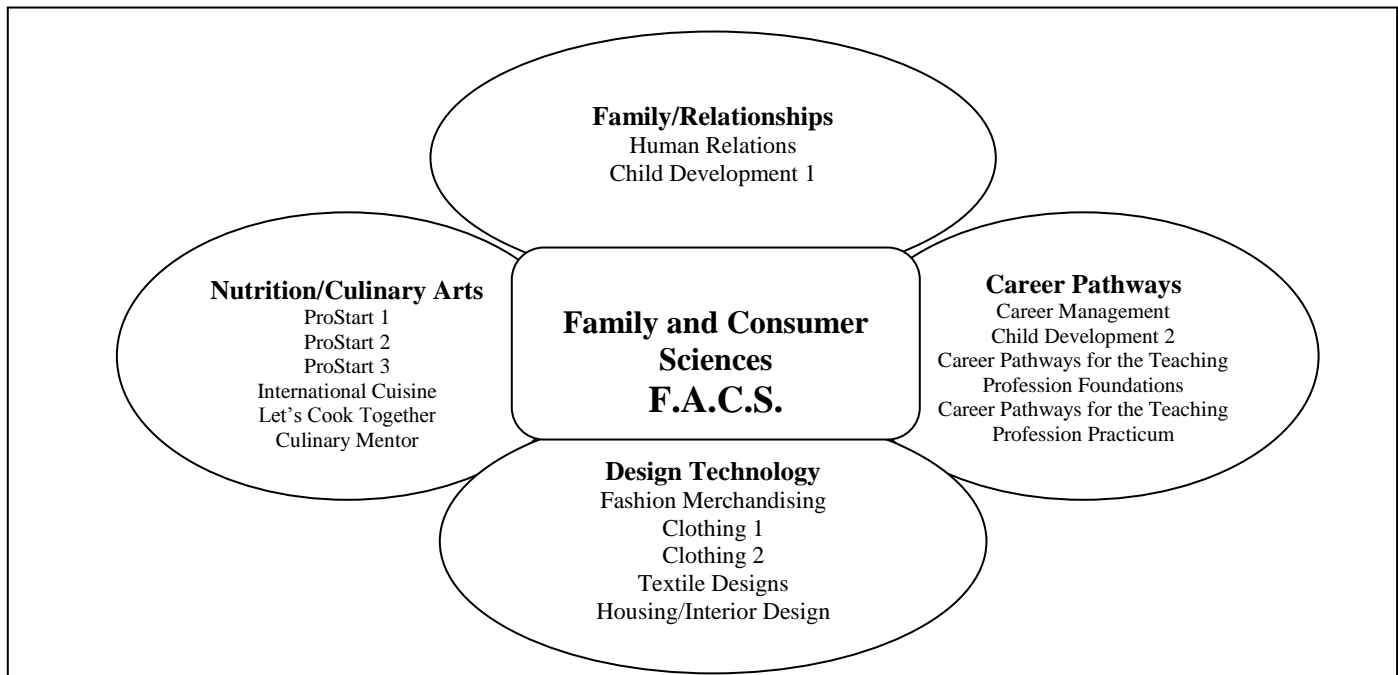


# FAMILY AND CONSUMER SCIENCES



## **PROSTART 1**

Grade: 9-12

PRO START 1

1/2 CTE Credit

Prerequisite: None

ProStart provides an opportunity for the students with little or no prior foods preparation experience, but with an interest in food, to learn about culinary skills. This basic course introduces students into the world of professional cooking. Training in safety and sanitation (ServeSafe), kitchen essentials including foodservice equipment and culinary techniques, the importance of communication, potatoes and grains are taught in this beginning course. Lab experiences will be provided throughout the semester in order to reinforce these skills. The ProStart® Program is a two-year industry-based program that prepares students for careers in the restaurant and foodservice industry.

## **CAREER MANAGEMENT**

Grades: 9-12

CAREER MGT

1/2 CTE Credit

Prerequisite: None

FOCUS ON YOUR FUTURE is the target of this course in career development. This course will give you opportunities to investigate careers and provide a knowledge base from which to make your important career and educational decisions. This class will include practical experiences such as self-discovery of interests, skills, and career pathways through aptitude tests, as well as how to professionally interview and communicate, create a resume and professional

**097010**

portfolio, complete job and college applications, and explore careers through job shadowing experiences.

## **CHILD DEVELOPMENT 1**

Grades: 9-12

CHILD DEV 1

1/2 CTE Credit

Prerequisite: None

This course prepares the student to work with children. The first units of study include examining families and parenting styles, prenatal development, labor, birth, and delivery. Students will also learn about a child's growth and development during the newborn, infancy, toddler and preschool stages. Students will be given the opportunity to observe and interact with preschoolers through limited laboratory experiences. The unit of prenatal development includes conception, abstinence and contraception. Careers in the child development field will be discussed throughout the semester. Three hours of dual college credit at Webster University (for juniors and seniors only) and/or 3 articulated college credits for any student through STLCC are available to Child Development 1 & 2 students who maintains an A or B average in both courses

**097420**

## **CHILD DEVELOPMENT 2**

Grades: 9-12

CHILD DEV 2

1/2 CTE Credit

Prerequisite: Child Development 1

This second level course provides appreciation of child development principles. Included in this course is the observation of children as well as their physical, mental,

**097430**

# FAMILY AND CONSUMER SCIENCES

emotional, and social growth and development of early childhood through adolescence. Students will be able to plan developmentally appropriate activities, observe, and interact with the early childhood learning environments. The many career opportunities related to children are also studied. Three hours of dual college credit at Webster University (for juniors and seniors only) and/or 3 articulated college credits for any student through STLCC are available to Child Development 1 & 2 students who maintains an A or B average in both courses.

## **CLOTHING 1** **097210**

Grades: 9-12  
CLOTHING 1  
1/2 CTE Credit  
Prerequisite: None

Be one-of-a-kind and express your creativity by utilizing skills learned in clothing construction. With little or no sewing experience required, students will construct three projects. Students will learn the use and care of sewing equipment, pattern and fabric selection and construction techniques necessary for project completion. Classes will use sergers and computerized sewing machines. Students may need to purchase supplies for this course based on project selection.

## **CLOTHING 2** **097220**

Grades: 9-12  
CLOTHING 2  
1/2 CTE Credit  
Prerequisite: Clothing 1

This class allows students to further develop their creativity and sewing skills learned in Clothing 1. Students will work with more difficult fabrics and complete advanced construction techniques. The student will be required to complete three projects. Additional supplies may need to be purchased for this course.

## **FASHION MERCHANDISING** **097250**

Grades: 9-12  
FASHION MERC  
1/2 CTE Credit  
Prerequisite: None

Fashion Merchandising provides an opportunity for the student interested in the field of fashion and merchandising. The student will investigate fashion careers, history of fashion, current trends and promotion. Individual student designs will be sketched. There will be no clothing construction in this course.

## **HOUSING AND INTERIOR DESIGN** **097550**

Grades: 9-12  
HS INT DSGN  
1/2 CTE Credit  
Prerequisite: None

This course will prepare students with the knowledge and skills to make decisions that will help them create a desirable living environment to meet individual and family needs. Human and environmental factors will be used as students gain knowledge of housing styles, costs, design and architecture. Through a variety of activities and projects, students will create floor plans and decorate rooms. This course is essential for personal use or career exploration.

## **HUMAN RELATIONS** **097400**

Grades: 9-12  
HUM RELTNS 1  
1/2 CTE Credit  
Prerequisite: None

Human Relations will equip students to be confident and self-directed by developing an understanding of the person they are and the person they may become. Throughout this course, students will work through the decision and problem solving process in a variety of topics that will affect them personally and professionally. Students will singularly and collaboratively investigate their personal, social and civic values in order to set measurable goals. While working and living in a diverse community, students will learn to communicate clearly, effectively and with reason to represent their thoughts ideas and actions. Students will gain knowledge in making healthy sexual decisions that will affect them in all aspects of their lives. Delicate subjects such as love and dating, gender roles, abstinence, contraception, teen pregnancy/prevention; STDs, and sex in the media will be addressed. Students will gain the skills and knowledge to incorporate healthy coping mechanisms for stress/crisis situations that are inevitable in one's life.

## **TEXTILE DESIGNS** **097260**

Grades: 9-12  
TEXTILE DESN  
1/2 CTE Credit  
Prerequisite: None

Experience the satisfaction of creating unique and useful items to wear or display in the home. This course provides the opportunity for students to learn many sewing related skills not taught in other sewing classes. Some sewing skill is helpful, but not necessary for success. Three projects will be completed. Projects may include knitting, crocheting, quilting, counted cross-stitch and appliqué. Students may need to purchase supplies for this course.

# FAMILY AND CONSUMER SCIENCES

## **LET'S COOK TOGETHER**

**095950**

Grade: 9-12

Let's Cook Together

1/2 CTE Credit

Prerequisite: Counselor Approval

This course provides modified instruction for students with unique abilities in the area of culinary arts. Students will develop personal and social responsibility, as well as knowledge and skills in the areas of nutrition, wellness, food safety, dining etiquette and culinary basics. Each student will be working together with general education mentors in grades 10-12, to increase competency and enjoyment in cooking and nutrition.

## **PROSTART 2**

**097020**

Grades: 10-12

PRO START 2

1/2 CTE Credit

Prerequisite: ProStart 1

ProStart 2 is a course that will broaden or expand students' knowledge and skills acquired in ProStart 1. Topics include serving guest, stocks, sauces, soups, fruits, vegetables, management essentials and building a successful career.

The ProStart® Program is a two-year industry based program that prepares students for careers in the restaurant and foodservice industry.

## **PROSTART 3**

**097051/097052**

Grades: 10-12

PRO START 3

1 CTE Credit

Prerequisite: ProStart 2

ProStart 3 is the final course of this three-course program. In this year-long course, students will learn additional skills in the preparation of breakfast, salads, sandwiches, desserts, and baked goods. Students will also explore the following foodservice concepts; sustainability, culinary nutrition, and the art of garnishing. In this phase, students will also learn food preparation in meats, poultry, seafood and venture into the world of global cuisines. For the serious culinary student interested in a career in the restaurant industry, controlling cost, marketing and menu creation practices will be introduced. Students who pass the National Restaurant Solutions' Year 1 and 2 exams, and complete 400 hours of mentored work experience can earn the ProStart National Certificate of Achievement. Many college, university, foodservice and hospitality programs offer benefits to ProStart graduates.

## **CULINARY MENTOR**

**097950**

Grade: 10-12

Culinary Mentor

1/2 Electives Credit

Prerequisite: ProStart 1 or International Cuisine

Culinary Mentor will give students the opportunity to improve their skills in mentoring others as they serve as assistants for students with physical and developmental disabilities who are enrolled in Culinary Arts. Students will take on the role of buddies to provide leadership in a variety of culinary based activities and lab setting.