

Family and Consumer Science*

COURSE DESCRIPTION: The high school Family and Consumer Science course focuses on the development of skills and knowledge that will help teenagers transition into the adult roles within the family. Students engage in activities to develop their abilities to make wise consumer choices, to prepare nutritious meals, to contribute effectively as part of a team, to manage a household budget, and to balance roles of work and family. Students gain an appreciation for the responsibilities of family members throughout the life-span and how they as individuals contribute to the well-being of not only their family but also their larger community..

COURSE OBJECTIVES:

- Explore issues and challenges facing families both as a social unit and as members of the community.
- Evaluate the contributions adults make to family life and analyze the effects on individuals and the community.
- Examine the role of the individual in the family and how that role changes over time.

PREREQUISITES: None

COURSE LENGTH: One Semester

REQUIRED TEXT: No required text for this course.

MATERIALS LIST: No required materials for this course

COURSE OUTLINE:

Unit I: Money and You

- Section A – Supporting Yourself and Your Family
- Section B – Managing Your Money
- Section C – Establishing a Home
- Section D – A Responsible Consumer

Unit II: A Balanced Family and Work Life

- Section A – Teamwork and Leadership
- Section B – Putting Plans into Action
- Section C – Family Matters
- Section D – A Home for Life

Unit III: Living a Healthy Life

- Section A – The Science of Food
- Section B – Food for Health
- Section C – Healthy Eating
- Section D – Healthy Cooking

Unit IV: Raising Children

- Section A – Developmental Stages
- Section B – A Healthy Environment
- Section C – Nurturing Children

Unit V: Supporting the Community

- Section A – Conserving Resources
- Section B – Assisting the Family

Semester Exam