

FAMILY AND CONSUMER SCIENCE COURSE SYLLABUS

PARENTHOOD - *Prerequisite: None .5 credit Semesters: 1*

Students enrolled in the Parenthood class acquire the knowledge and skills to make decisions and manage personal resources to meet and balance their future personal, financial, family, work and community responsibilities. The “Baby Think it Over” parenting simulation is used as the foundation for studying children and families. Students will apply concepts and knowledge to a “real-life” simulation project.

PERSONAL LIVING *Prerequisite: None .5 credit Semesters: 1*

This course is open to students wishing to learn more about life after high school. The semester blends consumer issues and human relationships. Consumer topics include rights and responsibilities, banking, credit, insurance, taxes, housing, nutrition, and clothing. Relationship topics include communication, family situations, single and married life, and conflict resolution. Guest speakers, current publications, group work, discussion and computer projects will be used to enhance learning.

FAMILY LIVING *Prerequisite: None .5 credit Semesters: 1*

This course is designed to instruct students to understand the nature and significance of the family unit. The focus of the course is upon the concepts, principles, values and responsibilities related to preparation for marriage, parenthood and family life.

HEALTH – *Prerequisite: None .5 credit Semesters: 1*

Students enrolled in this class will learn how to become and stay healthy. This class will help students who are not only reaching physical maturity, but also assuming responsibility for many behavior patterns that will affect their health throughout their lives. Students will focus on skills necessary to weigh options, to make responsible decisions, and to develop behaviors that promote healthy lifestyles.

NUTRITION AND FOODS I – *Prerequisite: None 1 credit Semesters: 2*

This course is designed to focus on making choices that promote wellness and good health; analyzing relationships between psychological and social needs and food choices; choosing foods that promote wellness; obtaining and storing food for self and family; preparing and serving nutritious meals and snacks; selecting and using equipment for food preparation; and identifying strategies to promote optimal nutrition and wellness of our society. The basic skills of math, science, and communications will be highlighted when appropriate in the content. Students participate in labs that focus on the food groups of the Food Pyramid. These labs cover quick breads, yeast bread, pasta, rice, fruits and vegetables, meat, poultry, eggs, dairy products and desserts. Kitchen safety, food safety and proper use of kitchen equipment are emphasized.

Note: Students will need to purchase an apron

NUTRITION AND FOODS II *Prerequisite: Foods I 1 credit Semesters: 2*

Nutrition and Foods II is a fast paced class where students will be actively involved with the production of food, including several quantity food production experiences. Course units include: safety & sanitation, breakfast foods, salads, sandwiches, snacks, and careers in food service. The learning experiences include: food lab work, guest speakers, reading, group discussion, restaurant simulation and field trips. **Note:** Students will need to purchase an apron

Attendance: Students enrolled in all of the Life Skills classes (Family and Consumer Science Classes) are expected to attend class daily and arrive on time.

Absences: Under the high school attendance policy in order for students to earn course credit and a passing grade, all absences are limited to **10 unexcused** per class, per semester. Upon receiving the **5th unexcused** absence, parents will be notified by mail/phone and or through home contact and the student will be placed on credit review.

Tardies: A student is considered tardy for class when he/she has not reported before the bell rings. A student who has not reported to class after the first **10 minutes**, is considered absent for that class only, and is subject to exclusion from any assignment given during that class period. A student who possesses a documented medical excuse for being tardy would be the only exception to the rule, in which case, the student will be given a pass and allowed to participate in class assignments.

Assignments: Students are responsible for completing and turning in all assignments on time. Assignments are expected to be wrinkle-free, crease free, and scribble free.

- All work must be written **neatly** using BLUE or BLACK ink, or a pencil.
- Assignments must have a **proper heading** which should include student's name, class name, hour and date (i.e. John Doe, Foods I, 5th hour, September 10, 2010). Headings should be placed in the upper right hand corner of the paper.
- All **make-up assignments** are to be completed outside of class unless otherwise instructed.
- **Late work** will be reduced by 10 percent per day for four days. For example, an assignment due Monday is worth 90% of full credit on Tuesday, 80% of full credit on Wednesday, 70% of full credit on Thursday, and 60% of full credit on Friday. After four days the homework can be turned in for evaluation, but will not be scored.

After School Assistance : If students need additional help beyond that given during the regular classroom hour, they will need to schedule an appointment to meet with the teacher after school hours. One day notice is need for availability. The instructor will be available at least twice per week and more often if necessary.

Student Preparation : Students are expected to report to class prepared every day. There will be no hall passes issued to the locker for assignments, pencils, textbooks, notebooks etc.

Student Behavior : Students are expected to respect the class, teacher and themselves. Therefore there will be no rude or disruptive behavior allowed in class. Students who break the rules will be reported to parents, discipline officer and or the principal.

Grading Scale : Life Skills classes are either one semester or 1 year classes. A one semester class is worth .05 percent and the one year class values at 1 percent. Grades are based on the following formula:

1st Quarter 40% of semester grade

2nd Quarter 40% of semester grade

Exam 20% of semester grade

100% total semester grade

The following rubric will be used for Parenthood, Family Living, and Personal Living classes:

Warm-up – 5 pts.

Class work – 20 pts.

Homework – 15 pts.

Quiz – 15 pts.

Projects – 20 pts.

Tests -25 pts.

The following rubric will be used for Nutrition and Foods I and Nutrition and Foods II classes:

Warm-up – 5 pts.

Class work – 10 pts.

Food Lab – 10 pts.

Homework – 15 pts.

Quiz – 15 pts.

Projects – 20 pts.

Tests -25 pts.

GRADING SCALE

A+ (97-100) = 4.0

A (93-96) = 4.0

A- (90-92) = 3.7

B+ (87-89) = 3.3

B (83-86) = 3.0

B- (80-82) = 2.7

C+ (77-79) = 2.3

C (73-76) = 2.0

C (70-72) = 1.7

D+ (67-69) = 1.3

D (60-66) = 1.0

Below 60% = F

Text book Responsibility: Textbooks are costly to the school's expense. Students are responsible for the upkeep and care of all textbooks assigned to them during the school year. The following cost will be charge to student who do not return their text:

Health Skills For Wellness – \$59.00

Families Today – \$45.00

Food For Today – \$59.00

Culinary Essentials - \$65.00

Creative Living – \$55.00

Parenting: Rewards and Responsibilities – \$63.75

Additional Supplies :

Binder -All students are responsible for purchasing a 1” -3 ring binder to hold all written assignments, quizzes, tests and handouts.

Aprons - A bib apron must be purchased for food lab. Students will be responsible for supplying their own apron.

iPod/MP3 Players

Students can listen to music from their catalogue or a compute through ear-buds when the teacher displays a green light. When there is a red light displayed, no music privileges are permitted.