



# MVTHS--CTE DEPARTMENT



## *Family & Consumer Sciences Course Descriptions for 2012 – 2013*

### **Foods and Nutrition I**

**FA100A 755**

2/13/2012

Course ID: 16054A001

This course includes classroom and laboratory experiences needed to develop a knowledge and understanding of culinary principles and nutrition for people of all ages. Course content encompasses: food service and preparation management using the decision-making process; meeting basic needs by applying nutrition concepts; meeting health, safety, and sanitation requirements; maximizing resources when planning/preparing/preserving/serving food; applying hospitality skills; analyzing nutritional needs in relation to change; and careers in nutrition and culinary arts, including entrepreneurship investigation.

Length of course: 1 Semester  
Credits per semester .5  
Grade level: 9, 10 (Juniors and seniors will be allowed in the course only if enrollment numbers make this possible. (Juniors will have priority.)  
Prerequisite: None

### **Foods and Nutrition II**

**FA102B 756**

Course ID: 16054A002

Provides principles of application into the hospitality industry, including nutrition, culinary, and entrepreneurial opportunities. Course content includes the following: selection, purchase, preparation, and conservation of food, dietary needs and trends, regional & international cuisine, safety and sanitation, and careers in food service industries. All of these concepts can be interpreted through laboratory experiences.

Length of course: 1 Semester  
Credits per semester .5  
Grade level: 10 (Juniors and seniors will be allowed in the course only if enrollment numbers make this possible. (Juniors will have priority.)  
Prerequisite: Food and Nutrition I

### **Child Growth and Development**

**FA110 760**

Course ID: 19052A001

Child Growth and Development addresses the knowledge, skills, attitudes, and behaviors associated with supporting and promoting optimal growth and development of infants and children. The focus is on research-based nurturing and parenting practices and skills, including brain development research, that support positive development of children. Students will explore opportunities in human services and education-related careers and develop a career portfolio.

Length of course: 1 Semester  
Credits per semester .5  
Grade level: 9, 10 (Juniors and seniors will be allowed in the course only if enrollment numbers make this possible. (Juniors will have priority.)  
Prerequisite: None

### **Care and Learning Services Occupations**

**FA200A/B 780**

Child, Day Care and Educational Services Occupations I

Course ID: 19054A001

This course provides students with information and practical experiences needed for the development of competencies related to child/adult care, day care, and other education services occupations. Laboratory experiences, either in a school-based or worksite learning facility, are included throughout the class. Students meet standards in developing programs and assisting with children's and/or adult's activities. Classroom study includes the philosophy and management of care centers and the state and local regulations governing care-giving operations. The learning experiences will involve working with children /adults simulating those found in business and industry, as well as preparation for developing and facilitating these activities.

Length of course: 2 Semesters  
Credits per semester .5  
Grade level: 11, 12 (Sophomores will be allowed in the course only if enrollment numbers make this possible.)  
Prerequisite: None

## Culinary Arts I

FA300A/B 770 AVC

Course ID: 16052A001

This course provides terminology, culinary math, and practical experiences needed for the development of culinary competencies and workplace skills. Safety and sanitation instruction and classroom application will prepare students for an industry recognized sanitation exam. Classroom experiences will develop skills to work in the front of the house, back of the house, and work stations. Additional content may include: event planning, customer service and relations, food service styles, baking and pastry arts, hors d'oeuvres, and breakfast cookery. Students will be provided opportunity training experiences on commercial equipment. The course provides students with the necessary information and experience to prepare them for the Department of Public Health sanitation examination. Student will be introduced and encouraged to participate in FCCLA leadership Activities.

Length of course:	2 Semesters
Credits per semester	1
Grade level:	11, 12
Prerequisite:	Foods and Nutrition I
Dual Credit:	Rend Lake College: CULA 1205—Food Sanitation (1 credit hour)—Junior/Senior only
Dual Credit:	Rend Lake College: CULA 1207—Culinary Math (1 credit hour)—Junior/Senior only

## Culinary Arts II

FA310A/B 796 AVC

Course ID: 16055A001

Culinary Arts II places special emphasis for students to develop operational management skills -including design and organization of food service systems in a variety of settings, human relations, and personnel training and supervision. Additional topics include: food cost accounting; taking inventory; advertising; monitoring consumer and industry trends; and individualized mastery of culinary techniques. Training experiences involve equipment and facilities simulating those found in business and industry. Student will be introduced and encouraged to participate in FCCLA leadership Activities.

Length of course:	2 Semesters
Credits per semester	1
Grade level:	12
Prerequisite:	Culinary Arts I

## Resource Management

(Satisfies Consumer Education Requirement)

FA320 766

Course ID: 22210A001

This course focuses on the identification and management of personal and family resources to meet the needs, values, and wants of individuals and families throughout the life cycle. The course utilizes a variety of project -based experiences and service learning opportunities to gain knowledge and expertise in understanding and applying management skills, with consideration to diverse social, economic, technological, environmental, and cultural characteristics of individuals and families . Topics include: consumer rights and responsibilities in the marketplace; financial responsibility and decision making; planning and money management; credit and debt; risk management and insurance; saving and investment; homeownership; state and federal taxes; electronic banking; and current issues in the economy.

Length of course:	1 Semester
Credits per semester	.5
Grade level:	11, 12
Prerequisite:	None

## Parenting

FA330 767

Course ID: 22204A001

This course helps students understand the responsibilities, satisfactions and stresses of parenthood. Course content includes the following: managing and organizing parenting by applying decision -making and goal-setting skills; applying the basic principles of the parenting process; practicing health and safety standards as related to parenting; providing experiences which encourage parents and children to maximize resources; encouraging human relations skills in children /adolescents; community resource agencies and services; and evaluating impact on parenting of family and career changes.

Length of course:	1 Semester
Credits per semester	.5
Grade level:	11, 12
Prerequisite:	None

## Adult Living

FA340

768

Course ID: 22207A001

This course is designed to focus on the knowledge, attitudes, and behaviors needed to participate in positive, caring, and respectful relationships in the family, community, and workplace. This project-based course uses communication, leadership and management methods to develop knowledge and behaviors necessary for individuals to become independent, contributing, and responsible participants in family, community, and career settings. Emphasis is placed on the development of techniques and strategies to assist individuals in responding to situations presented in family relationships and the workplace. The course content includes: managing responsibilities, satisfactions and stresses of work and family life; analyzing personal standards, needs, aptitudes and goals; roles and responsibilities of living independently and as a family member; demonstrating goal-setting and decision-making skills; identifying and utilizing community resources; and developing effective relationships to promote communication with others. The course provides students content to identify resources that will assist them in managing life situations.

Length of course:	1 Semester
Credits per semester	.5
Grade level:	11, 12
Prerequisite:	None

## Care and Learning Services Management

FA350 A/B

794

AVC

*Child, Day Care and Educational Services Occupations II*

Course ID: 19055A001

This course emphasizes the skills associated with the administration of the infant, child and adult care facilities and education centers. Skills, strategies and issues related to caring for infants and special needs children and adults, where applicable, are included. Emphasis is placed on career opportunities, communication skills, human relations and the service needs of clients in the occupational area. The major learning experiences will involve actual work with children and /or adults in facilities simulating those found in the workplace/industry, and discussion of the situations and problems that arise during the learning experiences. State licensing and certification requirements and regulations related to all-aspects of care and education are stressed throughout the course. Careers in the occupational area will be investigated, including entrepreneurship. The morning class major learning experiences will consist of practicum in the on-site preschool at Mt. Vernon Township High School. The afternoon class will be off-site at St. Marys Grade School and Mt. Vernon Primary Center. State licensing regulation related to all aspects of care-giving are stressed throughout the course.

Length of course:	2 Semesters
Credits per semester	1
Grade level:	11, 12
Prerequisite:	Child and Day Care Services Occupations I (Mt. Vernon students only); no prerequisite for out-of-district students
Dual Credit:	Rend Lake College: ECE 1205—Health, Safety and Nutrition for Young Children (3 credit hours)—Junior/Senior only

## Interrelated Cooperative Education

BU500A/B

900

AVC

Course ID: 22153A001

This course is designed for senior students interested in pursuing careers in occupations related to family and consumer sciences. Students are released from school for their paid cooperative education work experience and participate in 200 minutes per week of related classroom instruction. Classroom instruction focuses on providing students with job survival skills, career exploration skills related to the job, as well as improving students' abilities to interact positively with others. For skills related to the job, refer to the skill development course outlines and the task list of the desired occupational program.

A qualified, certified CTE instructor is responsible for supervision. Written training agreements and individual student training plans are developed and agreed upon by the employer, student and coordinator. The coordinator, student and employer assume compliance with federal, state and local laws and regulations.

The course content includes the following broad areas of emphasis: further career education opportunities, planning for the future, job-seeking skills, personal development, human relationships, legal protection and responsibilities, economics and the job, organizations, and job termination. Classroom and worksite instruction is based on the tasks in an occupation.

Length of course:	2 Semesters
Credits per semester	1.5
Grade level:	12
Prerequisite:	Completion of one credit of skill-specific training in an approved CTE program recommended.