



MVTHS--CTE DEPARTMENT



Family & Consumer Sciences Course Descriptions 2011 – 2012

1000 Foods and Nutrition I

FA100 755

This course includes the basic classroom and laboratory experiences needed to develop a knowledge and understanding of basic food principles and nutrition for people of all ages. Course content centers around: food service and preparation management using the decision-making process; meeting basic needs by applying nutrition concepts; meeting health and safety needs in planning, preparing and serving food; maximizing resources when planning/preparing/serving food; promoting hospitality in food practices; and analyzing individual and family nutritional needs in relation to change. Information related to careers in foods and nutrition is incorporated throughout the course.

Length of course:	1 Semester
Credits per semester	.5
Grade level:	9, 10, 11 &12
Prerequisite:	None

1100 Child Growth and Development

FA110 760

This non-laboratory orientation level course emphasizes knowledge and understanding of the intellectual, physical, social and emotional development of children from conception through adolescence. The content should center around the following duty areas: managing and organizing child development by applying decision-making and goal-setting skills; promoting child development by applying physical, social, intellectual and emotional principles; practicing health and safety standards for children; providing experiences encouraging children to maximize resources; encouraging human relations skills in children; and evaluating family and career changes in relation to impact on children. Information related to careers in child, day care and educational services is incorporated throughout the course.

Length of course:	1 Semester
Credits per semester	.5
Grade level:	9, 10, 11 &12
Prerequisite:	None

2000 Child, Day Care and Educational Services Occupations I

FA200A/B 780

This course provides students with information and practical experiences needed for the development of competencies related to child, day care and 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 main learning experiences will involve actual work 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

3000 Culinary Arts I

FA300A/B 770 AVC

This introductory course provides students interested in a career in food service with practical knowledge and theory as well as introducing and mastering appropriate culinary skills needed for the food service industry. Students will receive instruction through classroom and laboratory experiences by using commercial equipment for preparing food in small and large quantities. Study will include: orientation to all aspects of the food industry, food preparation, quantity production, quality control of food preparation, safety and sanitation, and planning and budgeting. The course provides students with the necessary information and experience to prepare them for the Department of Public Health sanitation examination. Training experiences involve

equipment and facilities that simulate 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:	11, 12
Prerequisite:	Food 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

3100 Culinary Arts II

FA310A/B 796 AVC

This advanced course is a continuation of Culinary Arts I using classroom and laboratory instruction appropriate for the food service industry. Culinary skills will be further developed and reinforced in the areas of: selecting food, food preparation, planning menus, catering, quantity cooking, using commercial equipment, planning and decision making. More emphasis is placed on management/budgeting skills, human relations, and personnel selection and supervision. Training experiences involve equipment and facilities that simulate 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

3200 Resource Management (Satisfies Consumer Education Requirement)

FA320 766

This course focuses on the understandings and skills needed to make decisions about the use of resources and prevention strategies which contribute to an improved quality of life. The course content includes the following duty areas: utilizing resources and consumer information by applying goal-setting and decision-making skills; evaluating use of resources to meet social, physical and psychological needs; maintaining health standards by applying safety information; applying consumer rights and responsibilities in the marketplace; accomplishing mutual goals by utilizing human resources; and analyzing resource/consumer management skills necessary to make decisions. This course meets the content requirements (installment purchasing, budgeting, comparison of prices and an understanding of the roles of consumers interacting with agriculture, business labor unions and government in formulating and achieving the goals of the mixed free enterprise system) for consumer education instruction as required by the School Code of Illinois (Section 27-12.1).

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

3300 Parenting

FA330 767

This course helps students understand the responsibilities, satisfactions and stresses of parenthood. Many types of parenting situations are examined. Stress prevention and management are emphasized. Community agencies that help parents deal with various types of parenting situations are identified. Course content includes the following duty areas: 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; and evaluating impact on parenting of family and career changes. Special attention is given to the needs of teenage parents and to the importance of readiness for parenthood.

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

3400 Adult Living

FA340 768

This course is designed to assist individuals and families in achieving life satisfaction through responsible participation as adults in the home, community and workplace. Emphasis is placed on the development of prevention strategies which will assist individuals in responding to situations in terms of their identified values and goals. The course content includes: developing short and long-range plans, demonstrating goal-setting and decision-

making skills; evaluating and adapting basic needs to assume roles and responsibilities; recognizing and following health practices that assist in coping, selecting and using resources to enhance individual growth and development; developing effective relationships to promote communication with others; and evaluating family and career changes. The course helps students 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

3500 Child, Day Care and Educational Services Occupations II FA350 A/B 794 AVC

This course emphasizes the skills associated with the administration of the infant, child and adult care facilities and with education facilities. 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 education and industry, and discussion of the situations and problems that arise during the learning experiences. 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

5000 Interrelated Cooperative Education BU500A/B 900 AVC

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.

20.0101 Family and Career Studies	20.0200 Child, Day Care and Educational Services	20.0400 Food Service, Hospitality, and Management Services
Orientation Level Courses - (9th and 10th Grade)		
1100 CHILD GROWTH & DEVELOPMENT	1100 CHILD GROWTH & DEVELOPMENT	
1200 CLOTHING AND TEXTILES I	1000 Foods & Nutrition I	1000 FOODS & NUTRITION I
1000 FOODS & NUTRITION I	1200 Clothing & Textiles I ¹	
Preparation Level Courses - (11th and 12th Grade)		
3300 Parenting	2000 Child, Day Care and Educational Services Occupations I	3000 Culinary Arts I
3400 Adult Living	3500 Child, Day Care and Educational Services Occupations II	3100 Culinary Arts II
3200 Resource Management ²		
5000 Interrelated Cooperative Education	5000 Interrelated Cooperative Education ³	5000 Interrelated Cooperative Education

Family, Career, and Community Leaders of America (FCCLA) is the Career and Technical Student Organization for Family and Consumer Science Students.

Orientation courses in BOLD, ITALICS, AND ALL CAPITALS are the required content-specific orientation courses in the sequence.

¹Inclusion of this course in the program sequence depends upon the occupations for which instruction is provided.

²This specific course need not be included in the sequence if the content is integrated into the other three preparation level courses in this program.

³The work experience in Child, Day Care and Education Programs must meet the specifications of the Illinois Department of Children and Family Services Licensing Regulations.