

FCS Courses 2019-2020

Sophomore-Senior Courses

Essentials of FAID/Apparel Production *New in 2019*

2 Semesters -Class size will be limited to 7 students-

The Essentials of FAID course is designed to build foundational knowledge and skills required for careers in fashion, apparel, and interior design. Students will learn about careers related to FAID, understand fundamental concepts that relate to fashion, apparel, and interior design. This course will also allow students to begin creating and designing their own garments, and a variety interior design plans.

The Apparel Production course is designed to allow students to apply foundational knowledge, skills, and practices required for careers in fashion, apparel, and textiles. This course will allow students to demonstrate their knowledge and skills of equipment and procedures used in fashion and apparel by creating their own garments. Students will create at least three garments over the course of the semester. This course will also focus on careers in fashion and apparel.

Key Projects: Textile Composition Notebook, Fashion Career Project, 3 Apparel Production Pieces, Pillowcase

Culinary Essentials/Nutrition and Wellness

2 Semesters

The Culinary Essentials course provides students with knowledge and skills related to sanitation and safety procedures, nutrition and dietary guidelines, food preparation (and quantity food production) and meal planning and presentation. It may also include skills as related to institutional and commercial food service, management and customer service.

Key Projects: Grilled Cheese Challenge, Food Truck Project

Nutrition and Wellness explores the relationship of basic nutrition and wellness across the lifespan. It includes an in-depth look at special dietary needs, regulations, technology and the global impact on nutrition and food choices. This course also explores how to make wise nutritional and wellness choices to develop a healthy self. Students will have the opportunity to explore various career in the nutrition and wellness field.

Key Projects: Fad Diet Research Project, International Cuisine Project, Personal Nutrition Analysis



Family Studies

1 Semester

Family Studies courses emphasize building and maintaining healthy interpersonal relationships among family members and other members of society. These courses often emphasize (but are not limited to) topics such as social/dating practices, human sexuality and reproduction, marriage preparation, parenthood and the function of the family unit, and the various stages of life. They may also cover topics related to individual self-development, career development, personal awareness, and preparation for the responsibilities of a family member and wage earner.

Key Projects: Family Culture Project, Real Care Baby Simulation, Book Study, Egg Babies

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Freshmen Level Courses

Leadership Development

Fall Semester

Leadership Service in Action courses provide students with the opportunity to analyze real world issues of concern, refine an action plan and apply leadership, teamwork and decision making skills through civic engagement and service learning within Family and Consumer Sciences. The course promotes empowerment of students to assume advocacy roles in family, community and FCS/human services business and industry environments.

Key Projects: FCCLA LEO Projects, FCCLA STAR Event



Human Growth and Development

Sophomore-Senior Level in Fall

Spring Semester

Human Growth and Development provide students with knowledge about the physical, mental, emotional, and social growth and development of humans from conception to old age, with a special emphasis on birth through school age. Course content will provide an overview of life stages, with a strong tie to prenatal and birth processes; fundamentals of children's emotional and physical development; and the appropriate care of children.

Key Projects: Real Care Baby Simulation, Personal Development Timeline

Senior Level Courses

Early Childhood Applications

(Teacher Approval Required)

2 Semesters

This course is designed for students in 12th grade who have an interest in early childhood development and early childhood education. Students will learn about the principles of early childhood growth and development from conception up to 6 years of age. Students will have the opportunity to work in the USD 380 Kinder-prep classrooms and the Frankfort Kindergarten and 1st grade classrooms as a teacher aide. Students will compile a portfolio of their work throughout the semester as a part of this class.

Sophomore Level Courses

Career and Life Planning

(Required for Graduation)

1 semester

The Career and Life Planning Course introduces students to the skills and strategies helpful in becoming more focused, productive individuals. These courses typically emphasize goal-setting, decision making, managing time, energy, and stress, and identifying alternatives and coping strategies. They may also allow students to explore various career and lifestyle choices.

Key Projects: Career Investigation Decahedron, Job Interview Project, Living on a Budget