



## *Family & Consumer Sciences (FACS) - Overview*

Courses in Family and Consumer Science teach valuable life-management skills. They are assets to students considering any of the following career choices after high school: food service industry, dietetics, hotel/restaurant/hospitality management, nursing, health care, child care worker, nursery school teacher aide, food marketing, sports nutritionist and many others.

## *Family & Consumer Sciences (FACS) - Course Descriptions*

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### Career and Financial Management (CFM)

*9911 Grades 9,10,11,12*

*½ credit*

Students will acquire the lifelong skills necessary to manage their personal and professional lives. Students are given the opportunity to explore careers based upon their interests and aptitudes. An emphasis will be placed on providing students with the opportunity to learn about the features of our economy, explore a variety of careers, learn the skills and competencies needed for success in the workplace and to begin to become financially literate. Students will realize the significance of their part in the economic system. Important management and economic concepts are defined in relation to business transactions and to the individual as an entrepreneur, employee, consumer, and citizen.

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### Food and Fitness

*9912 Grades 9,10,11,12*

*½ credit*

Are you interested in living a healthy lifestyle without sacrificing flavor in the foods you eat? Do you have specific personal fitness goals or are you interested in developing such goals? In this course, students will learn to plan and prepare foods for good health that will fit a teenager's preference and performance goals. Students will develop nutrition awareness, examine their eating habits and learn their own individual requirements for improving overall physical health and fitness as they design a personal fitness plan. The focus of the course is connecting eating habits with fitness goals, however, topics including fad diets, body image and eating disorders will also be discussed. This course is an excellent choice for anyone participating in sports programs or those interested in developing a personal health and fitness routine.

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### Food and Nutrition

*9926 Grades 9,10,11,12*

*½ credit*

If you like to cook and eat, experiment with your own recipes, are planning to go away to college or be on your own soon, this course offers necessary skills you will use for a lifetime. Through participation in cooking lab activities, students will learn basic food preparation and safe food handling techniques including how to read and follow a recipe and proper ingredient measuring. Students will also explore a variety of careers related to food, nutrition, and the hospitality industry as they learn about the nutritional value of foods eaten in our daily lives, meal management, food purchasing and meal service techniques. You will participate in the preparation of many different food items including fruits, vegetables, quick breads, yeast breads, cakes, pastries, cookies, eggs, meats, and various grain products.



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## Food and Culture

*9950 Grades 9,10,11,12*

*½ credit*

Are you adventurous? Do you like to travel? Do you find other people's customs and traditions interesting? Do you like to cook? If you answered yes to these questions, then join us as we cook our way around the world! The influence of culture on foreign and American cuisine is the focus of this course. First, we will explore regional cooking in the United States, including Tex-Mex, Creole, Cajun, Southern, New England and Western foods. Then we'll take our taste buds abroad to learn about food customs and traditions in other countries such as France, Italy, Germany, England, Ireland, Greece, China, and Japan to name a few. This course is great for students wishing to expand their cooking know-how and taste experiences. Students who enjoy Social Studies and Foreign Languages may find this course especially interesting.

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## Event Planning and Management

*9918 Grades 9,10,11, 12*

*½ credit*

★ Recommended: Students should have taken one FACS cooking class

This course will give you a look into the almost invisible but greatly important career of event planning. This course will explore the various aspects of event planning as well as the characteristics and skills necessary to be a successful event planner. Topics include: Defining event planning and its characteristics, exploring why clients use event planners, types of events, your job as an event planner, financial aspects, contracts, and insurance issues, and the importance of networking. Students will assist with planning and managing an event relevant to the course topics.

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## Advanced Food and Beverage

*9920 Grades 10,11,12*

*½ credit*

⊗ Required: Students must have taken one FACS cooking class

Have you previously taken a cooking class here at LHS and loved it? Are you looking for a class that would further challenge you and build your culinary skills? If you answered yes to these questions, this course is for you! Students will build upon the prior information and activities from their previous Family and Consumer Science cooking classes. Food labs will include preparation of meat and poultry, soups, salads, pastries, candies and seasonal specialties. Additional topics include the role of science in the world of food, meal management and food purchasing, careers in the food industry, advanced culinary and gourmet food techniques.