

## Williston High School CTE Family and Consumer Sciences

<p><b>Freshman Year</b></p> <p>1 credit Contemporary Living            ½ credit Creative Sewing            ½ credit Sewing For Fun</p>	<p><b>Sophomore Year</b></p> <p>1 credit Contemporary Living            ½ credit Creative Sewing            ½ credit Sewing For Fun            ½ credit Child Development            ½ credit Foods For You            ½ credit Baking</p>
<p><b>Junior Year</b></p> <p>½ credit Creative Sewing            ½ credit Sewing For Fun            ½ credit Home and Living Environments            ½ credit Child Development            ½ credit Parenting            1 credit Child Care Careers            ½ credit Family Living            ½ credit Living On Your Own            ½ credit Foods For You            ½ credit Baking            ½ credit Specialty Foods            ½ credit Nutrition and Wellness            ½ credit Cooperative Vocational Work Experience</p>	<p><b>Senior Year</b></p> <p>½ credit Creative Sewing            ½ credit Sewing For Fun            ½ credit Home and Living Environments            ½ credit Child Development            ½ credit Parenting            1 credit Child Care Careers            ½ credit Family Living            ½ credit Living On Your Own            ½ credit Foods For You            ½ credit Baking            ½ credit Specialty Foods            ½ credit Nutrition and Wellness            ½ credit Cooperative Vocational Work Experience</p>

### ◆ Contemporary Living/FCCLA

Class Type Elective

Grade Level 9-10

Credit 1

Pre-requisite none

Class fee \$10.00 (this does not include mandatory FCCLA dues of \$11.00)

This year long course is designed to give a comprehensive overview of Family and Consumer Sciences. As part of the class, students will be members of Family Career and Community Leaders of America. Students will gain knowledge and experience in the following area: foods and nutrition, clothing, consumer skills, study skills, child development (will include the use of infant simulators) and relationships.

State Standards

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

### ◆ Creative Sewing

Class Type: Elective

Grade Level: 9-12

Credit: 1/2

Pre-requisite: None

Extra Costs: \$8.00 (plus supplies for projects)

This course is designed for leisure time sewing. The student will learn to use the basic sewing machine and the serger. After beginning project, individual choices will be encouraged.

\*State Standards 2, 10

◆ **Sewing for Fun**

Class Type: Elective  
Grade Level: 9-12  
Credit: 1/2  
Pre-requisite: None  
Extra Costs: \$8.00 (plus project materials)

This course is designed to help the student learn sewing and buying skills for home and hobby. Whether or not you have sewn before, this class is for you! Learn how to embellish denim, make simple sportswear and many other choices. Both sewing machine and serger skills will be applied in projects.

\*State Standards 2, 10

◆ **Home and Living Environments**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1/2  
Pre-requisite: None  
Extra Cost: \$8.00

This course is an introduction to housing basics and how to effectively decorate the home, using the elements and principles of design. Decorating on a limited budget, enjoying your living environment and resource management will be stressed.

\*State Standards 2, 5, 10

◆ **Child Development**

Class Type: Elective  
Grade Level: 10-12  
Credit: 1/2  
Pre-requisite: None  
Extra Costs: None

This course is designed for male and female students who are parents, potential parents, and siblings to younger brothers and sisters, baby sitters and future child caregivers. Background knowledge in human growth and development will be taught through field trips, speakers, videos, and classroom work. Students will learn about reproduction, pregnancy, prenatal care of the mother, labor, delivery and the child up to 2 years of age. Baby simulator will be required for learning enhancement. Areas stressed will be adult/child relationships, discipline, physical, social, mental and emotional development, and play and career exploration in child development.

\*State Standards 1, 6, 7, 9

◆ **Parenting**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1/2  
Pre-requisite: None  
Extra Costs: None

Parenting class explores the world through the eyes of children of all ages. Students recognize the many variations of parenting styles. Many issues and decisions that face parents every day are discussed. Skills are developed to cope with these situations. A real concern is expressed that fathers and mothers enjoy the rewards and satisfactions of parenting. Every person, including young men and women are "parents" because they influence the life of every child they meet. "Class includes the use of infant simulators."

\*State Standards 1, 2, 3, 6, 7, 9

◆ **Child Care Careers**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1  
Pre-requisite: None  
Extra Costs: \$8.00

This course is designed so that students get actual job experience working with children. Approximately 60 hours of class time will be spent working with children in day care centers, nursery schools, kindergartens, early elementary school grades or special education programs. This course includes the development of humans from conception through age six, successful employment skills, job attributes and career exploration. This course is for those students interested in early childhood education careers (elementary teachers, nannies, day care providers, special education personnel and parents). When the course requirements have been satisfactorily completed, students could be certified by the ND State Board of Career and Technical Educators, and Williston High School.

\*State Standard 11

◆ **Family Living**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1/2  
Pre-requisite: None  
Extra Costs: None

The course is designed to help the student prepare for adult roles that support and strengthen life. The student will be a part of a family all of his/her life, and to be a better member, take this class! We will discuss personality, love, dating, and marriage as well as the social problems of infidelity, divorce, abuse, suicide, rape, drugs and alcohol and money misuse.

\*State Standards 1, 2, 3, 7, 9

◆ **Living On Your Own**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1/2  
Pre-requisite: None  
Extra Cost: \$10.00 (plus supplies for laundry bag )

This course is designed to help young adults be successful in their first move away from home. Meal planning and preparation, food selection, nutrition, buying a car, choosing a place to live, buying and caring for clothing, budgeting, and other consumer decisions are included. This class includes food preparation.

\*State Standards 1, 2, 4, 5, 7, 8, 10

◆ **Foods for You**

Class Type: Elective  
Grade Level: 10-12  
Credit: 1/2  
Pre-requisite: None  
Extra Costs: \$20.00

This class is for the beginning cook, male or female, who enjoys working with food and eating. The student will learn how to plan, cook and serve nutritious foods. Microwave cooking, fruits, vegetables, dairy foods, eggs, meat cookery, plus the sampling of unfamiliar foods are a few of the topics covered. The wise use of time, energy and the food dollar will be emphasized. Food labs are held approximately once a week and yes, we eat what we prepare!

\*State Standards 2, 4, 7, 8

◆ **Baking**

Class Type: Elective  
Grade: 10-12  
Credit: ½  
Pre-requisite: None  
Extra Costs: \$20.00

This course will teach basic baking skills. It will include breads, cakes, cookies, pies, candy, bars, and more.

Bake! Bake! Bake!

\*State Standards 2, 4, 8

◆ **Specialty Foods**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1/2  
Pre-requisite: None  
Extra Cost: \$20.00

This course is designed to expand your knowledge and skills in food preparation. Students will study foreign foods, foods for special occasions, entertaining, food preparation, special diets, time management, nutrition and the wise use of the food dollar.

The class includes food preparation.

\*State Standards 2, 4, 7, 8

◆ **Nutrition & Wellness**

Class Type: Elective  
Grade Level: 11-12  
Credit: 1/2  
Prerequisite: None  
Extra Costs: \$12.00

This course is designed for all students who are concerned about their personal wellness. Fieldtrips, speakers, food preparation, and a variety of hands on activities will be used to explore topics such as nutritional needs, meal planning, food safety and sanitation, fast food, eating disorders, effects of substance use and abuse on wellness, setting personal goals, decision making and stress management.

\*State Standards 2, 4, 5, 7, 8

◆ **Cooperative Vocational Work Experience**

Class Type: Elective  
Grade Level: 11-12 (Minimum age of student 16 yrs)  
Credit: 1/2 hr (max 1 credit per semester not to exceed 2 credits while in high school)  
Pre-requisite: Vocational Classroom Course Work,  
Earning at least a B average, Vocational Area Staff Approval  
Extra Costs: None

Content provides students with a regularly scheduled, supervised employment opportunity related to course work.