

Family and Consumer Sciences Program

Students who are presently looking to prepare for a specific career are strongly encouraged to choose a comprehensive plan of study which will provide opportunities to develop the necessary skills, prepare the student for meaningful employment and create opportunities for advancement. "What you are able to do" will determine your employment possibilities! The pursuit of meaningful sequences will provide students with the opportunity to achieve better and better positions during the course of their work career. If you are interested in a Family and Consumer Sciences related career, it is important to take advantage of the many valuable courses which are described in this section.

All students regardless of age, academic abilities or future aspirations need to receive instruction focused on individual and family living. The study of Family and Consumer Sciences contributes to the development of skills closely related to success in many areas of employment.

At all levels, practical knowledge is conveyed for making everyday life run more smoothly in an increasingly complex world.

Family and Consumer Sciences Courses

For students planning on pursuing a career in the highlighted areas below, it is highly recommended that they take the listed courses. Courses listed in parentheses can be found in other academic departments.

Fashion:

Fashion, Sewing and Textiles

Education:

Early Childhood Education 1 & 2 - CTP

Child Development 1 & 2

Human Development

(AP Psychology)

Psychology/Therapy/Counseling:

Human Development

Early Childhood Education 1 & 2 - CTP

Child Development 1 & 2

(AP Psychology)

Culinary Studies:

Culinary Arts

International Cuisine

Food Science

(Accounting)

(Career and Financial Management)

(Business Law)

Management in Food Industry:

Culinary Arts

International Foods

Food Science

Interior Design:

Housing & Interior Design

Fashion, Sewing & Textiles

The Five Credit Family & Consumer Sciences Sequence

Students who complete a five (5) credit Family & Consumer Sciences sequence for a Regents Diploma with Advanced Designation will be exempt from the three credit second language mandate.

Students selecting this sequence must pass:

Career & Financial Management	1/2 Cr.
Culinary Arts	1/2 Cr.
Fashion, Sewing & Textiles	1/2 Cr.
Human Development	1/2 Cr.
Housing & Interior Design	1/2 Cr.

PLUS

2 1/2 Credits from any previously unapplied advanced course.

Child Development 1 (9, 10, 11, 12)

(Formerly Child Studies 1) **One Semester, 1/2 Cr.**

Full Yr., Alternate Days, 1/2 Cr.

***Optional College Credit**

This course is a basic introduction of the study of children and is a must for anyone who loves children and is interested in a career working with youngsters. Preparation for parenthood, the birth process and the development of newborns, toddlers and preschoolers will be addressed. Students will be provided with many experiences that address the physical, social/emotional, and intellectual development of children. Course requirements include a parental experience using a computerized baby and visitation to a Preschool. This course provides students with many hands-on activities including preparation of nutritious snacks for mothers and children.

***Optional 3 College Credits will be offered to 11th and 12th graders upon payment to Adelphi University**

Child Development 2 (12 Only)

One Semester, 1/2 Cr.

Child Development 1 is recommended prior to taking this course. Students will be involved in a teaching experience in Sachem's elementary schools and/or local preschools. Advanced study in child behavior and learning will be emphasized. Students will be expected to teach a minimum of three hours weekly at their assigned school, as well as attend a weekly seminar at the high school. Students will prepare and teach lessons as directed by their cooperating teacher. Students must be self-motivated and have excellent attendance.



**Culinary Arts (9, 10, 11, 12)****One Semester, 1/2 Cr.**

Culinary Arts is an introductory course in food preparation. This course is designed for students who are interested in learning the many components of cooking and baking. Students will be introduced to various aspects of culinary techniques and the proper use of kitchen equipment. Students will be provided with hands-on kitchen laboratory experiences. Let us help you become a culinary enthusiast!

International Cuisine (9, 10, 11, 12)**One Semester, 1/2 Cr.**

Are you interested in exploring cuisines and cultures of the world? Recipes, techniques and equipment specific to various countries will be the focus of this course. Sample the delicacies of Asia, Western Europe, Africa, South America and other exciting locations. The significance and function of food in these diverse societies will also be discussed. Grab your apron, chef's hat and get ready to travel.

Food Science (9, 10, 11, 12)**One Semester, 1/2 Cr.**

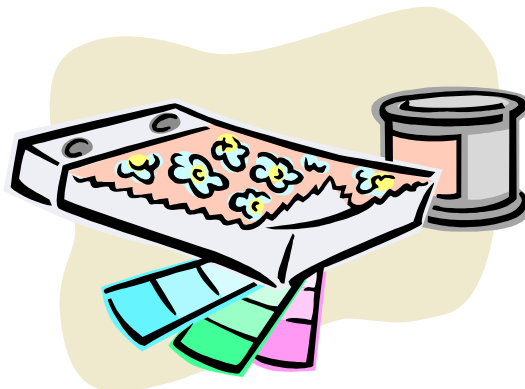
Students will be given the opportunity to research and demonstrate scientific principles in the kitchen laboratory. Discover why food can spoil, learn how food can taste better and last longer and understand how the scientific process is used to develop new food products. Science experiments with food will show how proper nutrition contributes to our health and wellness. Food Science applies a blend of basic science principles to improve the taste, nutrition and availability of our food supply. Discover careers in Food Science that are revolutionizing the diet of America.

Interior Design (9, 10, 11, 12)**One Semester 1/2 Cr.
Full Yr., Alternate Days 1/2 Cr.**

Do you enjoy interior decorating? This course will introduce students to the principles of design and color. Interior color planning, designing floor plans, using line as an optical illusion and identifying architectural styles are skills that will be explored. Interior design careers will be investigated and you will complete a design board for your fictional client. Activities include candle making, dream house project and creating a memo board. **All students may use this course toward satisfying 1/2 credit of the one unit art and/or music requirement.**

Fashion, Sewing and Textiles (9, 10, 11, 12)**One Semester, 1/2 Cr.
Full Yr., Alternate Days, 1/2 Cr.**

Welcome to the world of fashion and sewing. Are you a fan of PROJECT RUNWAY? Are interested in the newest fashion trends? Throughout this hands-on course, you will explore color and clothing styles. Various projects will be created using the sewing machine. If you are interested in clothing or a fashion career, this course is for you. **All students may use this course toward satisfying 1/2 credit of the one (1) unit art and/or music requirement.**

**Human Development (9, 10, 11, 12)****One Semester, 1/2 Cr.
Full Yr., Alternate Days, 1/2 Cr.**

Human Development is designed to help students explore all aspects of life including personal development, decisions affecting their future, relationships with family and friends, marriage, parenting, and dealing with the realities that occur throughout the life cycle. Through hands-on activities, students will explore contemporary issues facing teens today such as peer pressure, hazing, teen pregnancy, and eating disorders. This course will help students maintain positive relationships in their family, school, community and workplace.

Career Training Programs in Family & Consumer Sciences

Early Childhood Education 1 (11, 12)
(Formerly Child Care 1) **Full Yr., 4 Crs.**
(Teaching in the Pre-K Program at District Elementary Schools)

Assistant Principal recommendation and attendance check required. This four credit program is a professional training program for students who are considering a career in the field of early childhood education. The first four weeks of the program will concentrate on the theories of child development, curriculum planning and safety procedures and practices related to the preschool classroom. The student will be trained and certified in CPR. For the remainder of the year, the student will be directly involved in the operation of the Pre-K program. The student will be responsible for the planning and initiation of learning activities for the Pre-K program. Transportation to the schools will be provided. Second year option available upon teacher recommendation



Early Childhood Education 2 (12)
(Formerly Child Care 2) **Full Yr., 4 Crs.**
(Teaching in the Pre-K Program at District Elementary Schools)

Recommendation of Early Childhood Education 1 Teacher required. This course is a continuation of Early Childhood Education 1 with greater emphasis on children with special needs. As part of their professional training, student will learn about management of a Pre-K program. The student will be trained and certified in CPR. The student will continue teaching young children in the Pre-K program and become more involved in observation recording and evaluation of children. The student will be responsible for maintaining a portfolio of their lesson plans and teaching projects for future use in college and/or career interviews. Transportation to the schools will be provided.

Students who have successfully completed Early Childhood Education will have a guaranteed acceptance into the Early Childhood Program at Suffolk Community College if they meet the following requirements:

- 75 grade point average
- Composite score of 15 on ACT
- Minimum grade of B in Early Childhood Education
- Letter of Recommendation from Early Childhood Education Teacher
- Pass required entrance examination and appropriate courses as needed by Suffolk Community College

Health Program

Health (10, 11, 12) **One Semester, 1/2 Cr.**
Full Yr., Alternate Days, 1/2 Cr.

Required for graduation and recommended to be taken in grade 10. Health Education in the schools is essential to enable students to acquire the knowledge and skills necessary to promote the lifelong goals of health and wellness. The focus of our program is to empower each student with the capacity to obtain, interpret and understand basic health information and services, and apply that knowledge to make informed decisions in their daily life. Content areas included within the study of Health Education would include the following: community health, consumer health, environmental health, family life (human sexuality, relationships, human growth and development), mental and emotional health, injury prevention, nutrition, personal health and fitness, prevention and control of disease, and substance use and abuse. Through the study of these conceptual areas, students will not only comprehend the principles related to health promotion and disease prevention, but will also be able to demonstrate their ability to use this knowledge in a health promoting way. This course fulfills the Health Education requirement for graduation.

Introduction to Exercise Physiology (11, 12)
One Semester, 1/2 Cr.

Pre-requisite: Living Environment/Regents. This elective is designed for the college-bound student. Beginning with the basic physiological concepts of energy metabolism, pulmonary, cardiovascular and muscular function, the student explores the effects that exercise has on the human body. Topics include: ergogenic aids and performance, athletic nutrition, anabolic steroids, athletic injuries, sports psychology as well as careers in sports medicine and other allied health sciences. In this course students will develop competencies in fitness testing and evaluation, and exercise and activity training in a lab setting. This course does not fulfill the mandated Health Education requirement.

