

# FAMILY AND CONSUMER SCIENCES

The Family and Consumer Sciences (F.A.C.S.) program teaches students information relating to their daily lives. Courses relate to clothing selection and construction, parenting and child development, nutrition and diet analysis, food preparation, consumerism and career opportunities.

The Great Neck Board of Education requires that all students complete a ½ credit course in Practical Arts. Any F.A.C.S. course will meet this graduation requirement.

In addition, students may arrange for, and are encouraged to partake in independent study courses in every area of F.A.C.S. The exact program and meeting time will be written according to the curriculum guidelines and agreed upon by both the student and the department chairperson. An independent study program gives the student the opportunity to explore topics which are of special interest. It also is an ideal way for students to receive credit for courses which he or she is unable to take because of a lack of time in the student's busy schedule, or because a course is not being offered. Nutrition and its relationship to health, and pattern design and construction, are but only two of the programs which can be created.

## FOOD AND NUTRITION COURSES

### GOURMET FOODS

This tasty course will include basic food preparation and skills, as well as advanced cooking techniques. Some of the delicacies to be prepared and sampled in this hands-on foods course are: quick breads, appetizers, yeast breads, vegetables, salads, cookies, pies, pastas and soups. Nutrition, food and diet analysis, food safety and labeling will also be explored. Students will have the opportunity to prepare meals, which are both satisfying to the palate, as well as nutritionally balanced, in this versatile foods class.

½ unit of credit

No prerequisite

### INTERNATIONAL FOODS

International Foods will expose students to some of the diversity of culture and foods of many countries around the world including regions of the United States. Classroom assignments, cooking demonstrations, guest speakers, and cooking labs will allow students to have a taste of the world. Students will be involved in research and presentation of a project with a food sample he or she has prepared.

½ unit of credit

No prerequisite

### BAKE SHOP

Cake decorating, candy making, pie and pastry preparation, cookie and bread baking are only a few of the delicacies to be prepared in class. Though this hands-on course is primarily involved with preparing confectioneries, other foodstuffs will also be completed. The class will have input concerning various foods that they would like to pursue. Lasagna, stir-fry, salads, soups, and vegetables are a sampling of the many choices offered. Nutrition, food substitutions, and diet analysis will also be discussed during the semester. After the completion of the course, the student will become a master of creating fine meals to be complimented with delectable desserts.

½ unit of credit

No prerequisite

## **OTHER COURSES**

### **CHILD DEVELOPMENT**

This course provides an overview of child development for students who are interested in early childhood and parent education, child psychology, social work, and/or education. Topics will include readiness for parenting, prenatal development, developmental and learning theories, childhood nutrition, play, and methods of parenting. Knowing how children grow and develop, as well as knowing how to care for children are vital skills for anyone to know. A variety of activities and topics are presented including types of development, preschool, learning centers, media influence, the importance of play and reading, and baby care.

½ unit of credit

No prerequisite

### **INDEPENDENT LIVING**

Independent Living will help prepare students to be successful members of society by exposing students to a variety of basic skills such as: applying nutrition and wellness knowledge, family basics and parenting, finances and responsible consumer choices, career exploration, cooking, health and safety and much, much more. This course will allow our students the ability to make knowledge-based decisions especially since it has become increasingly important as students learn to navigate the demands of adulthood. Independent Living is designed to prepare students for the realities and responsibilities of managing all aspects of their futures; education, career, interpersonal relationships, civic involvement, and financial security.

½ unit of credit

No prerequisite