

# Family and Consumer Science Courses for Freshman

**Be sure to sign up for the Family and Consumer classes that interest you... space is limited!!!**



## **Food & Nutrition**

Do you enjoy cooking? Here's your chance to enjoy planning, preparing, and serving nutritious meals for yourself and family. This class will explore the different food groups and preparation methods with hands-on labs.



## **Advanced Food & Nutrition**

Do you like cooking and want to advance your skills? Work with advanced food preparation principles and techniques. Explore the science of food and adapting recipes for health reasons.



## **Design & Clothing**

Become more fashionable by learning how to use the principles of design to your advantage. You'll learn how to work with different fabrics to create your own pair of pajama pants. We'll also learn about interior design principles and apply them in creating a room of your choice. If you enjoy rearranging spaces and redesigning rooms, this is the class for you!



## **World of Children**

Do you enjoy working with young children? This is the course for you! This course is offered second semester and focuses on children's physical, intellectual, & emotional & social development of preschool children. Students will create & evaluate safe and healthy environments for children. Units include, art, music, literature, gross and fine motor activities.

*Be prepared for life with Family and Consumer Sciences!*