
CAREER AND LIFE SCIENCES

Courses offered by this department help to provide all students with skills required for success in daily living and family life. Additionally, for some, the courses, as offered in a sequence, provide the basis for entry into the workplace, and/or further formal training in a selected career pattern.

In all courses, practical/hands-on learning experiences are the basis of instruction, and provide the opportunity for each student to experience success, to learn to work cooperatively with others, and to develop both life and leisure skills.

SEQUENCE REQUIREMENTS

3-Unit Sequence Options

FOOD AND NUTRITION SEQUENCE

Introduction to Occupations
Food Preparation

Plus Choice Of (2 credits):

International/Regional Foods
Gourmet Foods
Nutrition For Fitness/Sport
Food Production and Service
Baking & Pastry

HUMAN DEVELOPMENT SEQUENCE

Introduction to Occupations
Food Preparation

Plus Choice Of (2 credits):

Adolescent Development
Parenting
Child Development

5-Unit Sequence Options

The 3-Unit sequence above **PLUS**

Two Units from CAREER AND LIFE SCIENCES, TECHNOLOGY OR BUSINESS EDUCATION

1 Co-op credit may be used in any 5-unit sequence.

NOTE: Fashion/Clothing and Housing/Interior Design may be credited toward the 1 unit Art/Music requirement for **CAREER AND LIFE SCIENCES** sequence students.

These half-year courses may be offered on an every other day basis for a full year to receive ½ credit.

CAREER AND LIFE SCIENCES

ADOLESCENT DEVELOPMENT

Code: H790 Half Year (9-12) (½ credit)

Must have completed: None

Topics include:

- The adolescent's place in the family unit
- Ways in which the adolescent relates to persons older and younger
- Understanding the developmental characteristics of adolescence
- Developing skills for dealing with problems
- Investigation of fields of study and career possibilities related to human development

FOOD PREPARATION

Code: H587 Half Year (9-12) (½ credit)

Must have completed: None

Topics include:

- Principles of nutrition/application
- Menu planning
- Meal management
- Food purchasing
- Food preparation
- Meal service
- Evaluation of:
 - Weight loss programs
 - "Fast foods"
 - Special Diets

NOTE: This course includes content required by the State Education Department as an introduction to Family and Consumer Science and is required in all three and five unit sequences.

Field trips, guest speakers and practical experience form an integral part of this useful course.

PARENTING

Code: H780 Half Year (9-12) (½ credit)

Must have completed: None

Topics include:

- Stages of prenatal development
- Physical, emotional, intellectual and social development of the infant
- Conditions which influence parenting and their implications

CHILD DEVELOPMENT

Code: H770 Half Year (9-12) (½ credit)

Must have completed: None

Topics include:

- The physical, emotional, intellectual, and social development of the toddler, preschool and school-age child, and the child having special needs
- Additional care-giving and social responsibilities:
 - Daily care
 - Guidance
 - Discipline

NOTE: Skills are practiced in a variety of laboratory and community situations.

INTERNATIONAL & REGIONAL FOODS

Code: H760 Half Year (9-12) (½ credit)

Must have completed: Food Prep

Topics include:

- Foods and customs of many lands
- The cuisines of a variety of foreign lands
- Foods in a cross-cultural perspective
- Use of food equipment and terminology of countries studied

GOURMET FOODS

Code: H750 Half Year (9-12) (½ credit)

Must have completed: Food Prep

Topics include:

- Principles of food preparation
- Demonstration techniques
- Appetizers through desserts
- Menu selection
- Creative and unique food projects

NUTRITION FOR HEALTH, FITNESS, AND SPORTS

Code: H740 Half Year (9-12) (½ credit)

Must have completed: Food Prep

Topics include:

- Scientific principles of nutrition as they relate to:
 - Fitness
 - Health
 - Competitive sports
- Menu planning
- Diet for specialized sport
- Some food preparation skills

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FOOD PRODUCTION AND SERVICE

Code: H597 Full Year (10-12) (1 credit)

Must have completed: Food Prep and Nutrition

Topics include:

- Principles of food production and service
- Advanced food prep techniques
- Restaurant management and operation
- Entrepreneurship

NOTE: This course is designed to dovetail with the Cooperative Work Experience

COOPERATIVE WORK EXPERIENCE (CO-OP)

Code: H494 Full Year-Foods

H694 Full Year-Child Development

(1 credit for full-year)

(11-12) (½ credit for semester)

Must have completed: At least one Career and Life Sciences course in area of field work.

Code: H496 Half Year-Foods

H696 Half Year-Child Development

Course includes:

- At least 300 hours (150 for semester course) of part-time work experience in a job related to Foods, Child Development or Fashion Design at a business or institution approved by the Career and Life Sciences Department.
- Opportunity to work in a job setting which reinforces knowledge and skills learned in related Career and Life Sciences courses.
- Work experience related to the students planned course sequence.
- Regular meeting with teacher-coordinator both in school and at the job site.
- Volunteer work, as pre-approved by the Career and Life Sciences Department, may be acceptable.

NOTE: Working papers and a Social Security card are required.

A maximum of 2 credits of work experience may be earned each school year.

Only 1 credit of work experience may be applied to the 5-unit sequence for graduation.

BAKING AND PASTRY

Code: H730 Half Year (10-12) (1/2 credit)

Must have completed: Food Prep

Objective: Learn the basic techniques of pastry and baking for both personal and professional experience. Serve as an introduction to the Baking and Pastry major area of concentration at the Culinary Institute.