

Course Offerings:

Foods 1- Grades 9-12- Credit 1
Foods 2- Grades 9-12- Credit 1
Foods 3- Grades 10-12- Credit 1

Sewing 1- Grades 9-12- Credit 1
Sewing 2- Grades 9-12- Credit 1

Parenting & Child Development-
Grades 10-12- Credit 1

Life Skills- Grades 11-12-
Credit 1

Housing & Interior Design-
Grades 10-12- Credit 1

Family Relations- Grades 10-12-
Credit 1

What can be expected from a FACS Course?

- Prepare students with appropriate and applicable skills to take into the work force
- Hands-On learning
- Personally tailored course to meet individual needs
- **Fun learning environment**

Who will benefit from enrolling in a FACS Course?

- Students that plan to live on their own
- Any student that plans on being a parent or working with young children
- Students that excel in a hands-on learning environment
- All who may want to pursue a career in restaurant, fashion, interior design, or

Dike-New Hartford Family and Consumer Sciences

Dike-New Hartford CSD

330 Main St., Dike, IA 50624

<http://www.dnhcsd.org>

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Foods 1-3

- Learn and understand basic cooking terms, equipment, technique, and safety
- Reading and following a variety of recipes for various groups and purposes
- Navigate nutritional facts and personal needs
- Determine how to meet nutritional needs
- Explore the food science and cookery of various foods and food groups

Sewing 1-2

- Basic understanding of sewing equipment, terms, skills and safety
- Accurate measuring and understanding of pattern reading
- Completion of 3-4 individual sewing projects; dependent on difficulty

Family Relations

- Determine and discuss the importance of the family unit within society
- Recognize and test values that relate to families
- What is the role of government in domestic and foreign policy?
- Discussion topics include: Families Today, Preparedness for Marriage, Communication, and Family Crisis

Family and Consumer Sciences Essential Concepts and Skills

Life Skills

- Develop necessary skills for all young adults to live independently
- Real-life applicable projects/activities to apply new skills
- Various guest speakers with expertise in area of study
- Money management, budgeting and the truth about debt, purchasing cars, and paying for college
- Preparing basic foods
- Housing options
- Clothing care

Housing and Interior Design

- Study basic housing needs, styles, and selecting, buying/renting housing units
- Understand and draw housing plans
- Understand and implement basic units of design
- Select furnishings and appliances
- Demonstrate skills with final design and decorating project

Parenting and Child Development

- Understand the various elements of growth and development from conception to adolescent age
- Observation and actual experience enhance skills
- Real-Care Baby Project provides tangible experience
- Create and facilitate age appropriate activities for young children