

FAMILY/CONSUMER SCIENCES

A.B.C.'S OF COOKING

A complete, down-to-earth, practical approach in providing students in grades 10-12 the opportunity to develop a systematic approach in the areas of breakfast cooking, omelets, quiche-type dishes, dairy foods, breads and bread dough baking, casseroles, vegetable entrees, and bakery products, along with other nutritious, quick-type dishes. This course will give students an insight into inexpensive and nutritious timesaving, one-step preparation meals.

Open to Grades 10-12

Prerequisite: None

Credit: .5

CHEF'S COURSE

The Chef's Course is offered only to seniors who have a special interest in food preparation and have successfully completed and passed one or more of the following food preparation classes: ABC's of Cooking, Foreign Foods, Pastry Arts, Introduction to Foods, or Food Safety Course. Specialty foods and preparation of meals for large groups are stressed. Guest chefs are invited to demonstrate their skills for the class. A genuine interest in the food preparation area and a willingness to learn the techniques and theory as they relate to laboratory work are expected of each student. Students interested in a culinary career are encouraged to take this class.

Open to Grades 11-12

Prerequisite: Two or more food classes

Credit: .5

EATING HEALTHY

This course, open to all students, will study food that can be prepared and eaten from a fast-paced teen life. Quick and nutritious meals and snacks will be prepared and analyzed for nutritional value for the student who is health conscious. Diet and nutritional analysis of one's foods and various fast food restaurants will be studied in class. Vitamin basics and food and fitness will be included to help students form a sound diet, weight control, and healthy eating habits.

Open to Grades 10-12

Prerequisite: Passing Grade in one Foods Course

Credit: .5

INTERNATIONAL MULTICULTURAL FOODS

Students will be introduced to world foods with presentations of the geographical location, cultural heritage, climatic conditions, and typical eating

habits in the respective countries. Regional recipes, special utensils, cooking methods, and serving suggestions will be covered in this course

Open to Grades 10-12.

Prerequisite: None

Credit: .5

INTRODUCTORY FOODS

This introductory foods course will allow the student to focus on the food preparation skills involved in making soups, salads, sandwiches, and inexpensive family meals. Good nutritional habits and kitchen sanitation principles will be addressed as well as family food safety issues. Eating disorders such as bulimia and anorexia nervosa will also be discussed as it relates to the family and to good physical health. How to read and use the food labels now required by law will be introduced. Students will learn how to stretch their food dollar at the grocery store.

Open to Grades 9-12

Prerequisite: None

Credit: .5

PASTRY ARTS

This introductory food course will concentrate on the art of making fine pastries. Special attention will be given to creative decorating and garnishing techniques. Local bakers will be guest chefs. Field trips to local bakeries will be included.

Open to Grades 9-12

Prerequisite: None

Credit: .5

REGIONAL MULTICULTURAL FOODS

Students will be introduced to the different regions from the country in which they live. The students will learn about geographical location, cultural heritage, climatic conditions and typical eating habits of the United States. Recipes, special utensils, cooking methods, and serving suggestions will be covered in this course.

Open to Grades 9-12

Prerequisite: Passing Grade in One Foods Course

Credit: .5

FABRIC/FASHION DESIGN I

This course is open to all students who want to explore fabric design and construction. Machine and hand sewing techniques will be integrated using commercial patterns into design of choice.

Open to Grades 9-12

Prerequisite: None
Credit: 1

FABRIC/FASHION DESIGN II

This class is designed for the student seriously interested in fabric and fashion design, and who has successfully completed the Fabric/Fashion Design Class I. Students will construct and sew more advanced sewing projects with a greater emphasis on construction details.

Open to Grades 10-12

Prerequisite: Passing grade in Fabric & Fashion Design I

Credit: 1

MARRIAGE AND INDEPENDENT LIVING

This course offers many insights and a unique opportunity for students to experience a condensed version of all the survival skills one needs to establish living on one's own in today's world. Students will learn to recognize the diversity of family patterns today and identify the characteristics of strong families as they explore areas such as "Decision-Making Skills," "Marriage Customs and Laws," "Valuing Cultural Diversity," "Time and Money Management," "Family Relationships," "Career Exploration and Job skills," "Communication," and "Decisions About Current Issues." A major wedding project helps students learn to improve communication and parenting skills; analyze and discuss today's family issues; improve and understand family relationships; how to set and meet realistic, personal, professional, and financial goals; how to "make ends meet" by establishing a budget' and how to manage credit wisely. This course is designed to prepare all students for living in the 21st century whether they are married or living independently.

Open to Grades 10-12

Prerequisite: None

Credit: 1

PARENTING OUR YOUNG CHILDREN

This course is open to all male and female students at Woonsocket High School. The study of young children from birth to age six will be explored from a physical, social, and intellectual standpoint at each stage of a child's life. Selected topics, including play, discipline, prenatal and infant care, child abuse, reading, and divorce, will be explored from a parent's and a child's perspective. This course is encouraged for those who plan a future working with or parenting young children.

Open to Grades 10-12

Prerequisite: None

Credit: 1