



Family & Consumer Education **Mrs. Barra**



9th - 12th grade offerings:

- **Food, Family and Design** exposes students to all classes of the Family and Consumer Education Department.
- **Foods for Life** focuses on personal nutrition, menu planning, and learning kitchen basics. This class cooks two times a week. We take an in-depth look at My Plate, food choices, and food preparation.
- **Food Science** illustrates the connection between the kitchen and science. One experiment that we make is ice cream in a bag. This experiment allows us to discuss what happens when salt and ice combine and why that helps the cream to ice. This class cooks two times a week.
- **Culinary Arts** emphasizes the industrial side of cookery. This course will expand on a variety of different preparation methods as well as food safety and sanitation techniques. This class cooks two times a week.
- **Housing Design** concentrates on interior design, blueprinting, and architectural needs through hands-on projects.
- **Fashion Styling** offers a variety of hands-on activities that stimulate interest in all facets of the fashion world. Learning the basics of a sewing machine is emphasized.

10th - 12th grade offerings:

- **Careers with Children** covers the development of children from the time of conception to 5 years old. A preschool is organized and operated for three weeks during the month of December.
*This course is articulated with Blackhawk Technical College.

11th - 12th grade offerings:

- **Early Childhood Education** takes an in-depth look at the school age child. High school students work in a 4K-3rd grade class room for a large part of second semester.
*Students must have earned a B average in Careers with Children to take Early Childhood Education.
*This course is articulated with Blackhawk Technical College.

