

Name of Course: Family and Consumer Science
Name of Instructor: A. Rodriguez
Course Length: Two semesters

Class Textbook/Materials:

Teacher–developed activity packets
Community resources
Online resources
Presentations
Professional DVD/VHS media
Scholastic Choices Magazine

Description of the course: This course is designed to introduce students to Family and Consumer Science courses. Family and Consumer Science courses focus on improving individuals, becoming a better family member, and career preparation. Computer programs and projects supplement class presentations and discussions.

Course content and learning objectives:

Foods and Nutrition
Gerontology (study of aging)
Parenting
Basic Sewing Skills
Interior Design

Students will be able to:

- Build self-confidence and be aware of goals.
- Comprehend the responsibilities and rewards of parenting.
- Explain symbolism and terms related to color.
- Demonstrate how to thread and use a sewing machine.
- Describe and prepare the six basic types of cookies.
- Identify nutrients in food.
- Describe the various careers related to Family and Consumer Science.

Daily/weekly assignments, grading procedures and special projects:

Grading guidelines
Daily assignments and projects
Tests/quizzes
Classroom participation

Required Materials:

Sewing supplies are needed for the second semester of this course.

Materials Needed:

- Hand towel
- Thread to match hand towel
- 10 oz Fiberfill

- Ex: Poly-fil Premium polyester fiberfill
- 4 yards of fabric (flannel is a good choice, cotton is good as well, no fleece)
- Thread to match the fabric
- Batting (adult size, not crib size)
 - Ex: Poly-fil Traditional Batting

*Additional sewing supplies are needed. Advanced notice will be given before additional supplies are due.