 Family & Consumer Sciences

### Culinary Courses

Would you like to cook like EMERIL, and “Kick it up a notch!”? Or make awesome 30 minute meals like Rachel Ray?? Consider these courses…

# \* American Cuisine - 6264\*

Sharpen your culinary skills! Learn basic cooking techniques and then move into more challenging recipes. Create great main dishes, side dishes and WOW ‘em with perfect pies. Compete against your friends in the Iron Chef Competition!

Do you like Philly Soft Pretzels? Southern Sausage Gravy & Biscuits? San Francisco Sourdough Bread?? Various American Regional dishes will be created and enjoyed in this course.

# \* Global Gourmet - 6265\*

Expand your horizons! After learning basic cooking techniques, you will explore the culinary delights from other cultures… China, Italy, and Mexico to name a few.

Also included will be cake decorating, seafood dishes, side dishes, and more. What a yummy way to try and earn an A!

Child-Centered Courses

Do you like caring for children or are you thinking about a future career working with children? These are the perfect courses for you…

**\* The Young Child - 6159\***

See the world through a child’s eyes. Interact with children at a local childcare center and begin to understand how important the first five years of life are to future development.

Topics include families, parenting skills, pregnancy/labor/delivery, how children develop, and how to care for young children. Each student takes home a computerized baby for a three-day period. ***Take field trips for to a local day care to interact with children.*** Students may have the opportunity to tour Doylestown Hospital’s labor and delivery unit. This course is recommended for all young men and women.

\* The School-Age Child - 6161\*

Everything you always wanted to learn, you learned in Kindergarten! Re-live your elementary years as you are partnered with a teacher and the students of a C.B. elementary classroom.

***Have fun while you learn about the developing school-age child through field trips for interaction in a local classroom***. Development of PIES at this age will be a core subject of study. Creating a project to donate is also a core assignment.

What makes you tick? Understand yourself and others better through personality activities. Social issues affecting school age children and adolescence will be explored.

**Why should YOU take FCS?**

* **Improve personal traits**
* ***Build healthy relationships***
* **Discover your strengths**
* ***Target career goals***
* **Explore good nutrition**
* ***Start lifelong wellness habits***
* **Make healthy choices**
* ***Become a savvy consumer***
* **Develop culinary skills**

### *A Lesson on Life Course*

Are you thinking about life after high school? If you want to learn about how to be successful in the real world, this is the course for you…

**\* Living Independently - 6162\***

Are you ready for what lies after high school? Prepare yourself for your life to come with information on communication, the preparation of healthy foods, roles and relationships, budgeting/money management, conflict resolution, car maintenance and managing stress.

Several guest speakers share their expertise in areas of auto repair, financial concerns, interviewing skills and more.

***Field trips to a local senior facility provide terrific educational, intergenerational experiences.***