

Family and Consumer Science Curriculum:

***Child Development:** code 090119

This course integrates knowledge, skills and practices necessary for nurturing the growth and development of children. The study of the physical, emotional, social, and intellectual aspects related to prenatal through age 12 will be studied in addition to the positive and negative factors that impact child growth and development.

Nebraska Standards

Standard 2.1: Analyze physical and emotional factors related to beginning the parenting process.

Standard 2.3: Apply knowledge of lifespan development from developmental theories and principles of growth and development.

Standard 2.4: Apply strategies that support and develop growth of the physical, emotional, social and cognitive development of a child.

Standard 2.5: Analyze factors that impact child growth and development.

Standard 2.6: Evaluate conditions that impact normal growth and development.

Standard 2.17: Apply knowledge about child development through practicum experiences.

***Human Development:** code 090110

This course explores the physical, emotional, social, and intellectual development of individuals across the lifespan. External impacts on development including family structure and practices, social and technological forces, and resources available to individuals and their outcomes will be explored. Classroom, laboratory and educational leadership activities are supplemented through Nebraska FCCLA Career Student Organization.

Nebraska Standards

Standard 1.1: Analyze principles of human growth and development across the lifespan.

Standard 1.2: Analyze services and supports available for positive developmental outcomes.

Standard 1.3: Analyze conditions that influence child growth and development.

Standard 1.4: Assess the external factors that influence individuals.

Standard 1.5: Analyze the effects of family as a system on individuals and society.

Standard 1.6: Analyze strategies to manage health and wellness.

Standard 1.7: Critique individual's and family's abilities to identify and manage resources and make decisions related to the impact on the individual and family wellness.

Standard 1.8: Apply knowledge of lifespan development from developmental theories and principles of growth and development.

Standard 1.9: Evaluate conditions that impact normal growth and development.

Standard 1.17: Analyze ethical behaviors essential for working within human services careers.

Standard 1.18: Demonstrate professional practices and standards related to working with children, youth and families.

***Intro. To Health Science:** code 077300

Introduction to Health Science is designed to give an overview of the therapeutic, diagnostic, support services, biotechnology & research and health informatics pathways. The course focuses on health careers, exploration, leadership development, medical terminology, ethical and legal responsibilities, the history of health care and the economics of health care.

Nebraska Standards

Standard 1: Students will explore the history of health care and pathways of health careers.

Standard 2: Students will differentiate between legal and ethical standards of health care.

Standard 3: Students will develop the various methods of giving and obtaining information including oral and written.

Standard 4: Students will understand the roles and responsibilities of individual members of an effective team.

Standard 5: Students will understand existing and potential safety hazards in the health care setting.

Standard 6: Students will demonstrate technical skills in health professions.

***Medical Terminology:** code 077600

This course is designed to help students learn medical language by analyzing their components. The primary focus is on developing both oral and written skills in the language used to communicate within health care professions and sports.

Nebraska Standards

Standard 1: Students will define medical terms

Standard 2: Students will interpret and apply medical abbreviations

Standard 3: Students will define anatomical terms.

Standard 4: Students will identify, articulate, interpret and accurately spell medical terms related to the anatomy and physiology of body systems.

Standard 5: Students will understand medical terms relating to pathology, surgical and diagnostic procedures.

***Intro. To FCS:** code 090101

This course is intended to enable students to have a broad scope of experiences that will provide an overview and fundamental knowledge and essential skills of Human Sciences with a foundation but not limited to family and consumer sciences. Students will explore career possibilities and develop a personal learning plan. Students will practice basic life and career readiness skill and learn to apply them to personal life situations.

Nebraska Standards

Standard 1: Student will utilize career readiness standards for career preparation.

Standard 2: Student will explore the textile industry.

Standard 3: Student will explore personal and work relationships.

Standard 4: Student will explore child development and care.

Standard 5: Student will explore human food, nutrition, and wellness.

Standard 6: Student will explore housing and design.

Standard 7: Student will explore resource management (human, material, and community resources).

Standard 8: Student will understand the interrelatedness of all areas of human sciences and family and consumer sciences.

***Introduction to Sports Medicine:** code 077500

This course is designed for students who may be interested in a career in Sports Medicine. This course should feature the prevention, recognition, treatment, and rehabilitation of activities caused by physical activity or athletics. Topics may include taping and bandaging, proper use of protective padding, treatment modalities, anatomy and physiology, medical terminology. Students may learn to measure cardio respiratory endurance, flexibility, body composition, and blood pressure. CPR/AED certification is a prerequisite for this course or a required outcome of the course.

Nebraska Standards

Standard 1: Students will identify fundamental aspects, psychology and medical terminology related to sports medicine.

Standard 2: Students will understand injury prevention principles and performance enhancement philosophies.

Standard 3: Students will explore sports nutrition and the injury and healing process.

Standard 4: Students will explore and understand common injuries, certain sports-specific injuries, injury management and rehabilitation techniques.

***Foods/Nutrition:** Code: 090107

This course is designed to provide students with the base foundation knowledge of food selection and preparation needed to successfully fuel the human body through consumption of food and resulting food energy. With a beginning foundation of nutrition, students will learn basic preparation skills and the short-term and long-term wellness consequences as a result of nutritional intake, and exposure to careers related to the food industry.

Nebraska Standards

Standard 3.2: Identify and apply the elements of meal planning, meal preparation, and meal service.

Standard 3.4: Demonstrate professional food preparation techniques for all menu categories.

Standard 3.5: Apply proper procedures for knife handling and knife use.

Standard 3.6: Explain current dietary recommendations.

Standard 3.7: Describe the ideas of variety, moderation and whole foods as the foundation of a healthy diet.

Standard 3.8: Evaluate the Nutrition Facts label.

Standard 3.11: Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.

Standard 3.14: Evaluate Critical control points and analyze hazards from food procurement to post-preparation. (HACCP)

Standard 3.15: Employ responsible financial practices when planning meals.

Standard 3.16: Summarize best practices used to safeguard those with food allergies or intolerances.

Standard 3.17: Demonstrate safe and efficient practices in the preparation of foods.

Standard 3.18: Demonstrate procedures utilized to prevent foodborne illnesses.

Standard 3.20: Explore impacts of science and technology on nutrition and foods.

Standard 3.21: Explain how consumer demand drives product development.

Standard 3.24: Explain the effect of socioeconomic factors on food consumption.

Text – Glencoe: Food For Today

- Unit 1: Food in Your Life
- Unit 2: Nutrition Basics
- Unit 3: Health and Wellness

- Unit 4: Food Decisions
- Unit 5: Kitchen Basics
- Unit 6: The Art of Cooking

- Unit 7: Food Preparation
- Unit 8: Food Combinations
- Unit 9: The Art of Baking
- Unit 10: Global Food

***Advanced Foods/Nutrition:** Code 090124

In this course, students develop a deeper understanding of nutrition concepts including reading food labels, analyzing dieting practices including eating disorders, impacts on food consumption and food choices, as well as the role of government nutrition programs. Classroom, laboratory and educational leadership activities are supplemented through Nebraska FCCLA Career Student Organization.

Nebraska Standards

Standard 3.6: Explain current dietary recommendations.

Standard 3.7: Describe the ideas of variety, moderation and whole foods as the foundation of a healthy diet.

Standard 3.8 Evaluate the Nutrition Facts label.

Standard 3.11: Compare and contrast personal eating habits to current USDA recommendations for a healthy diet.

Standard 3.12: Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.

Standard 3.16: Summarize best practices used to safeguard those with food allergies or intolerances.

Standard 3.19: Compare and contrast healthy and unhealthy cooking methods.

Standard 3.22: Examine the relationship between convenience and nutrition.

Standard 3.24: Explain the effect of socioeconomic factors on food consumption.

Standard 3.25: Explain physical, emotional, social, psychological, and spiritual influences on individuals' food choices.

Standard 3.26: Analyze legislation and regulations related to nutrition and wellness.

Text – Glencoe: Food For Today

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| • Unit 1: Food in Your Life | • Unit 4: Food Decisions | • Unit 8: Food Combinations |
| • Unit 2: Nutrition Basics | • Unit 5: Kitchen Basics | • Unit 9: The Art of Baking |
| • Unit 3: Health and Wellness | • Unit 6: The Art of Cooking | • Unit 10: Global Food |
| | • Unit 7: Food Preparation | |

***Life and Career Readiness:** code 090104

This course is designed to help students learn to manage issues in everyday living, prepare for personal life and career responsibilities and develop employability skills. Participation in this course provides a catalyst to greater self-awareness, enhanced relationships, improved cultural competencies and increased control over choosing direction for one's own life and career.

Nebraska Standards

Standard 1: Students will understand, explore and apply the characteristics of personal development.

-self-assessments (personality), characteristics of personal development, motivation, responsible behavior

Standard 2: Students will understand the importance of relationships.

-healthy and unhealthy relationships, teamwork, communication

Standard 3: Students will determine appropriate self-management strategies.

-self-management strategies, stress, emotions, conflict, organizational strategies

Standard 4: Students will identify and apply employability skills.

-employment skills, finding a job

***Culinary 1:** code 370021

This course is designed to provide students with curriculum which is focused on the foodservice industry and provides training in workplace and culinary skills, food safety and sanitation, interpersonal and communication skills, as well as an exposure to the areas of restaurant management and career exploration.

Nebraska Standards

Standard 1.3: Identify and apply the elements of meal planning, meal preparation, and meal service.

Standard 1.5: Demonstrate procedures applied to food safety and security in the food service industry.

Standard 1.6: Interpret the basic principles of sanitation and safe food handling.

Standard 1.7: Demonstrate professional food preparation techniques for all menu categories.

Standard 1.8: Apply proper procedures for knife handling and knife use.

Standard 1.9: Demonstrate the use of advanced culinary techniques in the selection, preparation and service of food common to the food service industry.

Standard 1.13: Produce and serve flavorful, aesthetically pleasing, nutritious food.

Standard 1.18: Evaluate Critical control points and analyze hazards from food procurement to post-preparation. (HACCP)

Standard 1.19: Employ responsible financial practices when planning meals.

Standard 1.20: Summarize best practices used to safeguard those with food allergies or intolerances.

Standard 1.21: Demonstrate safe and efficient practices in the preparation of foods.

Standard 1.23: Compare and contrast healthy and unhealthy cooking methods.

Standard 1.24: Explore impacts of science and technology on nutrition and foods.

Standard 1.26: Explain the effect of socioeconomic factors on food consumption.

Standard 1.27: Analyze the effects of global and local events and conditions on food choices and practices.

Culinary II: code 370022

This course is designed to provide students with an advanced curriculum which is focused on the foodservice industry and provides training in workplace and culinary skills, interpersonal and communication skills, as well as an exposure to the areas of restaurant management and career exploration. ServSafe Certification may be available at this level through the National Restaurant Association Educational Foundation.

Nebraska Standards

Standard 1.1: Analyze criteria that customers use in the decision making process.

Standard 1.2 Analyze the "customer experience" by listening to feedback provided by the customer.

Standard 1.3: Identify and apply the elements of meal planning, meal preparation, and meal service.

Standard 1.4: Apply the knowledge and skills essential for effective customer service.

Standard 1.6: Interpret the basic principles of sanitation and safe food handling.

Standard 1.7: Demonstrate professional food preparation techniques for all menu categories.

Standard 1.9: Demonstrate the use of advanced culinary techniques in the selection, preparation and service of food common to the food service industry.

Standard 1.10: Assess career options and employment skills required in the culinary profession.

Standard 1.11: Evaluate the benefits of a more efficient supply chain through availability of fresher product and reduced transportation costs.

Standard 1.12: Demonstrate an understanding of the basics of systems operations and their relationship to the supply chain.

Standard 1.13: Produce and serve flavorful, aesthetically pleasing, nutritious food.

Standard 1.18: Evaluate Critical control points and analyze hazards from food procurement to post-preparation (HACCP).

Standard 1.19: Employ responsible financial practices when planning meals.

Standard 1.20: Summarize best practices used to safeguard those with food allergies or intolerances.

Standard 1.21: Demonstrate safe and efficient practices in the preparation of foods.

Standard 1.24: Explore impacts of science and technology on nutrition and foods.

Standard 1.25: Explain how consumer demand drives product development.

Standard 1.26: Explain the effect of socioeconomic factors on food consumption.

Standard 1.27: Analyze the effects of global and local events and conditions on food choices and practices.

