

FAMILY AND CONSUMER SCIENCES COURSES

211 Advanced Foods One Semester Grades 10-12
Prerequisite: Foods I

Advanced Foods class is an opportunity for students who have taken Foods 1 to expand their cooking/baking repertoire. Recipes that are incorporated into the curriculum are more complex, either in flavor or preparation. There is an emphasis on foods from other cultures and appreciating the diversity that is in the world that God created. Students are also guided in the planning of entire meals with an emphasis on both variety and economy.

215 Sewing I One Semester Grades 9-12

This course will focus on fabrics, elements of design, textiles and using a basic sewing machine. Creativity will be encouraged in fabric choice, pattern choice and pattern difficulty. Suggested projects include flannel pajama bottoms, dresses, simple shirts, purses and quilts. A project will be required that includes a zipper.

216 Sewing II One Semester Grades 10-12
Prerequisite: Sewing I

This course will focus on the history of clothing, how clothing is constructed by manufacturers, wardrobe analysis, Christian stewardship in regards to purchasing clothing and using a four-thread serger. The majority of class time will involve the perfection of garment construction. Recommended projects will include a garment with a fitted wasteband, and a lined jacket involving tailoring techniques.

210 Foods I One Semester Grades 9-12

Foods I combines the study of nutrition and a balanced diet with experience in cooking, baking, and tasting some basic recipes and meals. Emphasis is placed on the contribution of each food group to the body's nutritional needs. A recipe collection is required for a semester project. This course will emphasize good stewardship of our food resources and making wise food choices to better care for both God's world and our own bodies.