

## FCS FAQ'S

### Family Consumer Science

Three Occ Ed classes are required to graduate.

Independent Living: Life skills after high school, including finance, debt, college loans, job applications and resumes, career research, character education, living with a roommate, family and relationships.

Human Development: Developmental stages from womb to tomb.

Apparel: Interactive, hands-on class where you will learn the history of fashion, how to upcycle clothing, careers in fashion and design, and the workings of a sewing machine.

Wendy Arness

#### Advanced placement and UW in the high school Psychology

Designed to introduce students to the systematic and scientific study of the behavior and mental processes of human beings.

#### Health:

One semester of Health is required for high school graduation. This class will focus on empowering students to make healthy decisions and choices concerning their health. Topics include mental health, human anatomy, nutrition, fitness, substance abuse, relationships and human sexuality.

Andrew Chamberlin

**Nutrition and Wellness:** This course explores the fundamentals of wellness through studying nutrition and learning to cook. You will put your knowledge into action by preparing healthy meals in the kitchen labs while also learning basic kitchen safety and cooking skills.

#### Prostart/Culinary Arts:

Students will participate in catering for a variety of events, meeting industry professionals, and a variety of cooking opportunities including competitions and the basic foundations of making delicious meals! Leadership skills will be developed by working in a group setting and getting involved in school activities. Nutrition and Wellness is a prerequisite for this class.