Family and Consumer Sciences Course Descriptions

The following chart provides a basic outline of the FCS courses available in New Hampshire and how they may used to meet the school approval requirements and the increased focus on Career Education. With the exception of the middle school program, these are generic descriptions and titles to provide a platform for developing a well thought out FCS program in your school.

<table>
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<tr>
<th>School Approval Standards</th>
<th>Recommendations</th>
<th>Career Cluster/Pathway</th>
<th>Course Description</th>
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| **Middle School**  
Grades 6-8  
Ed. Rules  
306.26(b)(2)(c) & 306.38(a) | Recommended: ¼ to ½ unit per year (A total of 120-180 hours over 3 years to meet the competency standards for this program) | Foundational for Work and Family | **Foundations of Work and Family**  
A series of units that serve as a foundation for career exploration and providing the skills needed for a student’s personal development as a family member, community member and worker. Topics: career exploration, foods and nutrition, consumer and resource management, interpersonal relationships, and human growth and development. |
| **High School**  
Grades 9-12  
Ed. Rules  
306.27(e)(7) & 306.38(b) | A minimum of 3 units or its equivalent must be offered  
The following lists what graduation requirement might be met with the identified course |  | **All of following courses may be used to meet the Open Elective options for high school graduation; in addition, some of the courses may be used to meet the listed graduation requirements in other areas.**  
**½ unit for Career Education**  
(Workplace skills foundation)  
**½ unit Social Studies Elective**  
(Psychology)  
**½ unit Social Studies Elective**  
(Sociology)  
**Education and Training: Teaching and Training**  
**Health Sciences: Diagnostic and Therapeutic Services**  
**Human Services: Family and Community Services**  
**Education and Training: Teaching and Training**  
**Human Services: Family and Community Services**  
**Child Development**  
1 semester  
Career Pathways: Preschool Educator; Elementary Educator; Social Work; Pediatrician; Prenatal and Pediatric Nursing  
A course designed to study human growth and development from conception through age 8. Students will study the physical, social, emotional and intellectual development of young children. Prominent theories of child psychology will also be studied.  
**Parenting and Family Living**  
1 semester  
Career Pathways: Parenting Education; Social Work  
A course designed to help students study family structure and dynamics. In addition, the students will have the opportunity to develop strong interpersonal skills, make healthy life choices and strengthen families. Topics include family function and structure, marital roles and parenting responsibility and rewards. |
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<th>Course Title</th>
<th>Audience</th>
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<tr>
<td><strong>Human Growth and Development</strong></td>
<td>1 semester</td>
<td>A course that focuses on human growth and development (age 6 and older.) Students will study the principles of development and their interactions, conditions that influence growth and development and strategies that promote healthy and productive lives. Special problems of adolescence and aging may be explored.</td>
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| **Foods and Nutrition I**                                                   | 1 semester or 1 year                                                      | Career Pathways: Nutrition and Dietetics; Food Services; Restaurant Management  
A course that focuses on nutrition and wellness practices, safety and sanitation, consumer information, food preparation, etiquette and social skills. |
| **Foods and Nutrition II**                                                  | 1 semester or 1 year                                                      | Career Pathways: Culinary Arts; Nutrition and Dietetics; Food and Beverage Service;  
A course that focuses on more advanced nutritional studies and food preparation skills. Topics: regional and world cuisine, special diet needs, and more advanced techniques |
| **Food Science**                                                            | 1 year                                                                   | Career Pathways: Food Researchers; Food Biotechnology; Dietetics  
A course that focuses on the basics of chemistry, microbiology and physics as applied to nutritional needs and food production. |
| **Personal and Family Finance**                                            | 1 semester                                                                | Career Pathways: Consumer Credit Counselor; Consumer Researchers; Financial Advisors  
A course that focuses on financial responsibility, money management including saving and investing, decision making, and resource utilization. |
| **Housing and Interior Design**                                             | 1 semester                                                                | Career Pathways: Interior Designer; Architect; Stage Designer; Historical Preservationist  
A course that focuses on the development of housing and interiors from a cultural, historical and design perspectives. This course supports studies in |
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<th>½ unit Fine Arts</th>
<th>Arts, Audio Visual Technology and Communication: Visual Arts</th>
<th>Textile Science and Design 1 semester</th>
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<tr>
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<td>Career Pathways: Fashion Designer; Costume Designer; Textile Design and Development</td>
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<td>A course that focuses on the chemical analysis of natural and synthetic fibers, historical and cultural review of clothing, and fabric and costume design.</td>
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<th>½ unit in Career Education</th>
<th>Hospitality and Tourism: Restaurant, Food and Beverage Service; Lodging Management; Travel and Tourism</th>
<th>Introduction to the Hospitality Industry 1 semester</th>
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<td>Career Pathways: Culinary Arts, Lodging Management, Travel and Tourism</td>
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<td>A course that introduces the basics of all aspects of the hospitality industry, including career exploration, sanitation and safety, customer service, workplace skills and New Hampshire history and geography.</td>
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