



# Family & Consumer Sciences

## Freshman

- H171**  
Intro. to Life Studies  
1 Unit
- H173**  
Life Studies  
1 Unit
- H266**  
Modern Cuisine  
1/2 or 1 Unit
- H267**  
Culinary Arts  
1/2 or 1 Unit
- H276**  
Fashion Construction I  
1/2 or 1 Unit

## Sophomore

- H224**  
Practices in Entrep. (PIE)  
1/2 Unit
- H225**  
Practices in Entrep. IS (PIE)  
1/2 Unit
- H243\***  
Consumer Management  
1/2 Unit
- H244**  
Housing/Interior Design  
1/2 Unit
- H253**  
Early Childhood Studies  
1/2 Unit
- H254**  
Early Childhood Education  
1/2 Unit
- H275**  
Fashion & Retail Merch.  
1/2 Unit
- H277**  
Fashion Construction II  
1/2 or 1 Unit

## Junior

- H333**  
Chemistry of Foods  
2 Units
- H335**  
Intro. to the Hospitality Ind.  
1/2 Unit
- H345**  
Child Ed. & Family Studies  
1/2 Unit
- H346**  
Living on Your Own  
1/2 Unit
- H352\***  
Career Internship 1  
2 Units
- H453/H454/H455**  
Education Internship  
1-2 Units
- H456/H457**  
Adv. Early Childhood Educ.  
IS 1 and 2  
1/2 or 1 Unit
- H466/H467**  
Foods Ind. Study 1 and 2  
1/2 or 1 Unit
- H476/H477**  
Fashion Const. Ind. Study  
1 and 2  
1/2 or 1 Unit
- H446/H447**  
Interior Design Ind. Study  
1 and 2  
1/2 Unit

## Senior

- H452**  
Career Internship 2  
2 Units
- H453/454/455**  
Education Internship  
1-2 Units
- H492**  
Fashion Construction  
for Dual Credit  
1/2 Unit
- H493**  
Fashion Merchandising  
for Dual Credit  
1/2 Unit
- H497**  
Advanced Early Childhood  
Educ. for Dual Credit  
1/2 Unit
- H482/H483**  
Design Ind. Study 1 and 2  
1 Unit

*\* Meets the D211/State graduation requirement for Consumer Education.*

Family and Consumer Science courses are designed for all students. These courses emphasize the understanding of self and others, management of resources, personal and professional productivity, and career exploration.

The following courses are arranged for students interested in each program area; however, courses may be taken in any order as long as prerequisites are met.

**H171 Introduction to Life Studies** **LEVEL: 1,2,3,4**  
 One year One unit

*PREREQUISITE: Placement through staff recommendation*

This course is designed to specifically address needs of a unique population. Students will receive instruction in the areas of personal independence, consumer decision making, life and home management skills, and personal skill development. There is an emphasis on individual written and spoken language development in regard to daily living skills.

**H173 Life Studies** **LEVEL: 1,2,3,4**  
 One year One unit

This course is designed to build and strengthen a student's interest and background in the fundamental areas of Family and Consumer Sciences. Areas covered are food preparation, fitness, and nutrition; the care of children and the workings of family; fashion and interior design and clothing construction; and personality development, self-esteem development, and personal image. Group and laboratory activities are emphasized during each semester.

**H224 PIE (Practices in Entrepreneurship)** **LEVEL: 2,3,4**  
 One-half year One-half unit

*PREREQUISITE: Successful completion of at least one semester of a Foods course or departmental approval*

*REQUIREMENT: Concurrent enrollment in B224 PIE (Practices in Entrepreneurship)*

This integrated class offers students an opportunity to use their culinary skills in a practical business application. Students who enroll in this two-period connected class will learn the skills required to start and manage a small business. Students will apply economic, management, marketing, accounting, and business law concepts in a bakery/coffee shop scenario.



*It is never too late to be what you might have been.*

*George Eliot*

**H225 PIE (Practices in Entrepreneurship Independent Study)** **LEVEL: 2,3,4**

One-half year One-half unit

*PREREQUISITE: Successful completion of H224 PIE and departmental approval* *REQUIREMENT: Concurrent enrollment in B225 PIE (Practices in Entrepreneurship)*

This integrated class offers students the opportunity to refine and enhance the skills introduced in H224 PIE. Students who enroll in this two-period connected class will be offered the opportunity for increased responsibilities in the management of the bakery/coffee shop. Students will explore more advanced culinary techniques such as European-style pastry, cake decorating, recipe development, and production management. *H66702: Harper College FSM114, Food Standards and Sanitation, 2 college credits.*

**H243 Consumer Management** **LEVEL: 2,3,4**

One-half year One-half unit

Consumer Management exceeds the state consumer education requirements. Students will learn how to be responsible when managing money, time and energy in today's changing market place. Individual interests and needs are considered as students learn to manage their resources and cope with common consumer issues.

**H244 Housing/Interior Design** **LEVEL: 2,3,4**

One-half year One-half unit

Students will learn about the many aspects of housing and interior design for personal or professional use. Factors which influence housing, reading and evaluating floor plans, furniture selection, the treatment of floors and windows, and the elements and principles of design will be covered in this introductory course. Career opportunities in related fields are explored.

**H253 Early Childhood Studies** **LEVEL: 2,3,4**

One-half year One-half unit

This course is designed for students interested in examining the broad spectrum of child development theory. Various philosophies, along with current research, will be used to present the areas of physical, social, emotional, and intellectual development, prenatal to age five. Through discussion, critique and research, class activities will add direction and focus to career opportunities in the field of child development. Students will have the opportunity to earn the ECE level 1 credential while enrolled in this course.

**H254 Early Childhood Education**

**LEVEL: 2,3,4**

One-half year One-half unit

*PREREQUISITE: H253 Early Childhood Studies and/or Department approval*

This course provides the student an opportunity to apply the information learned in Early Childhood Studies. Working in an actual preschool lab setting, students are provided the chance to work with children ages 3-1/2 to 5 years. Students fulfill the role of “teacher” and are responsible for the planning, implementation, and evaluation of lessons.

**H266 Modern Cuisine**

**LEVEL: 1,2,3,4**

One year One unit

Students learn that cooking starts with planning and preparation and ends with serving, tasting, presentation, and evaluation. Units include: pastries, vegetables, poultry, breads, rice/pasta, and nutrition. Our students gain a variety of skills through the practical application of reading, measuring, teamwork, and individual creativity. During second semester, students will learn to plan and prepare various meals. Emphasis will focus on regional foods of the United States, soups and appetizers, and dairy.

**H267 Culinary Arts**

**LEVEL: 1,2,3,4**

One year One unit

This class starts with planning and preparation of food and ends with serving, tasting, presentation, and evaluation. Students apply a variety of skills through the practical application of reading, measuring, teamwork, and individual creativity. Units include meats, eggs, seafood, cakes, fruit, and special diets. During second semester, students will explore the exciting areas of gourmet and multicultural food experiences through laboratory preparation and research activities. A quantity food production experience will introduce students to the food service industry.

**H275 Fashion and Retail Merchandising**

**LEVEL: 2,3,4**

One-half year One-half unit

This one semester course offers students the unique opportunity to gain an overview of the wholesale and retail fashion industry that will prepare them for post secondary study or entry into the workforce. Students will explore the retail and visual display side of the fashion industry by learning to identify fashion trends, the effects of culture and politics on fashion, merchandising techniques such as window displays, and industry standards for the merchandising of fashion and apparel items.

**H276 Fashion Construction I LEVEL: 1,2,3,4**

One semester/One year One-half unit/

One unit This course is designed for beginning students interested in fashion. Working with sewing machines, students are placed in an independent environment with semester project requirements. Emphasis is placed on creativity, fabric and pattern design, and illustration. Professional sewing equipment is available for student use. Options for the year include a fashion show, design contests, and career opportunities in the fashion industry. Most equipment is supplied except for personal project expenses.

**H277 Fashion Construction II LEVEL: 2,3,4**

One semester/One year One-half unit/One unit

*PREREQUISITE: Successful completion of H276 Fashion and/or department approval.*

This course is designed for experienced students interested in fashion. Working with sewing machines, students are placed in an independent environment with semester project requirements. Emphasis is placed on creativity, fashion design and merchandising, special fabrics, and advertising. Options for the year include color analysis, fashion show production, and illustration and design contests. Work opportunities are experienced through field trips related to the fashion industry. Most equipment is supplied except for personal project expenses.



Seek first to understand, then to be understood.

Stephen Covey  
Best-selling author and professor

### H333 Chemistry of Foods **LEVEL: 3,4**

(Schaumburg, Palatine, and William Fremd High Schools Only) (class meets for 2 periods) One unit

*PREREQUISITE: 2 years of Science, and 1 year of Foods (H266 or H267) or department approval and concurrent enrollment in S333*

Chemistry of Foods provides students the opportunity to participate in food preparation while learning the scientific basis of chemical and biological processes involved in the culinary arts. Students completing this course will attain Food Safety Certification status by building on and applying the concepts of food preparation and bacteriology. This course will provide guided practice and certification for the student who is pursuing a career in the culinary field, while providing an overview of the restaurant industry for the student who is still expanding their horizons. Students will apply what they learn through participation in an in-house restaurant/catering component. The class meets two periods, and is team taught by teachers from the Family and Consumer Sciences and Science departments. *Students enrolled in H333 who pass the Food Safety Certification Examination will have the opportunity to earn college credit H66702: Harper College, FSM 114, Food Standards and Sanitation, 2 credit hours.*

### H345 Child Education and Family Studies **LEVEL: 3,4**

One-half year One-half unit

*PREREQUISITE: H253 Early Childhood Studies or department approval*

This course continues the study of child development beyond the preschool years. Units of instruction will focus on current issues and challenges facing parents and families. This course allows for the further observation and study of children and will strengthen the background of students interested in this career area. Students will have the opportunity to participate in computerized infant simulation.

### H346 Living on Your Own **LEVEL: 3,4**

One semester One-half unit

This course presents a fresh look at life in today's world. It studies the foundation of adult living, which includes developing communication and problem-solving skills, dating, marriage, basic nutrition, food preparation, wardrobe selection and care, personal finance, living arrangements, and college and vocational studies. LOYO will help students adapt to living independently in a variety of settings following high school graduation.

### H352 Career Internship 1, H452 Career Internship 2 **LEVEL: 3,4**

One or two years Two units per year

(Students also must enroll in H362, H372, or H382 Work Experience)

*Students must be 16 years of age or older.*

Career Internship fulfills a student's need to obtain training in the world of work while developing skills in both employee/ employer relationships and living as an independent consumer. Students may enroll in Career Internship for one or two years. This program provides opportunities for on-the-job instruction related to Family and Consumer Sciences. On-the-job training may include work in care and guidance of children, fashion merchandising, clothing, food services or production, health occupations, and other personal and public service occupations. Daily classroom activities are designed to assist students with job adjustment, learning to be a responsible consumer, career planning, and independent study relating to each student's occupational interest. In the second year of the program, a training plan is developed which builds on skills learned the previous year. The first year of this program satisfies the State/ District 211 Consumer Education requirement.

### H453, H454 Secondary Education Internship **LEVEL: 3,4**

One to two units per year

*PREREQUISITE: Department approval; application process.*

Education Internship is designed for students who are interested in exploring careers in the field of education, coaching, psychology, and social services. They must accept the responsibility of good citizenship, regular attendance, and cooperation in working closely with a supervising teacher to carry out a variety of classroom tasks and activities. Secondary Interns are placed at the high school level.



**H455 Elementary Education Internship**

**LEVEL: 3,4**  
Two units

*PREREQUISITE: H253 & H254 recommended. Department approval; application process.*

Elementary Education Internship has been developed in cooperation with School Districts 15 and 54. Students enrolling in this course should have an interest in working with children and will explore careers in the field of education, psychology, and social services. They must accept the responsibility of good citizenship, regular attendance, and cooperation in working closely with a supervising teacher to carry out a variety of classroom tasks and activities.



**Family and Consumer Sciences Independent Study**

**LEVEL: 2,3,4**

*PREREQUISITE: Successful completion of course sequence or department approval*

**H456 Advanced ECE Indep. Study 1**      one year/one unit

**H457 Advanced ECE Indep. Study 2**      one year/one unit  
*(H65702: Harper College, ECE 101 Intro to Early Childhood Education, 3 college credits)*

**H466 Foods Indep. Study 1**      one year/one unit

**H467 Foods Indep. Study 2**      one year/one unit  
*(Hoffman Estates High School only – H66702: Harper College, FSM 114 Food Standards and Sanitation, 2 college credits)*

**H476 Fashion Construction Indep. Study 1**      one year/one unit

**H477 Fashion Construction Indep. Study 2**      one year/one unit  
*(H67702: Harper College, FAS 100 Industrial Sewing Methods; 3 college credits)*

**H482 Design Indep. Study 1**      one year/one unit

**H483 Design Indep. Study 2**      one year/one unit  
*(H68302: Harper College, FAS 112 Fashion Basics, 3 college credits)*

**H446 Interior Design Indep. Study 1**      one semester/one-half unit

**H447 Interior Design Indep. Study 2**      one semester/one-half unit

Students who are interested in exploring a specific Family and Consumer Sciences discipline are provided the opportunity to pursue an in-depth study of the special interest area. Students work with the instructor to plan and complete individual projects based on the student's interest and career goals.

