



Family and Consumer Sciences Department



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Department Overview

Pages 27 & 28 in the Program of Studies Booklet

All courses in Family & Consumer Sciences emphasize the fundamentals of green living and being a good consumer. Through a broad range of experiences, the department enables students to develop the attitudes, knowledge, and skills needed for responsible and effective management of their lives. Learning these skills empowers students to address change and cope with the challenges of balancing work, family, commitment to community and self. They also gain practical assistance in making appropriate lifestyle choices.

Education in this discipline teaches knowledge and life management skills relating to human growth and development; personal and family relationships; food science and nutrition; personal and family health and safety; management of time, money and green energy; textiles and technology; career exploration; consumer awareness and education.

All courses in this department address Student Learning Expectations 1-7 with an emphasis on #3) Communicates effectively and # 4) Identify, analyze and solve problems.



Course Offerings: 6th–8th grade (Page 27)

800M: FAMILY & CONSUMER SCIENCES EXPLORATORY PROGRAM

Grade 6, 1 period per cycle

Grade 6 students will participate in introductory programs related to Family and Consumer Sciences (formerly Home Economics). This course is the students' first exposure to this program and the beginning course from which all others are derived.

Each class will meet once per cycle for one term

801M FAMILY & CONSUMER SCIENCES 7 Grade 7, 2 periods per cycle

This is an elective in which grade 7 students will increase their knowledge of Family and Consumer Sciences. Technology, team-work, and critical thinking are important parts of this course, which utilizes an interdisciplinary approach. Family & Consumer Sciences 7 includes the following areas:

- 1) Nutrition - Students will learn the importance of good nutrition and personal health by studying the food groups and food labels.
- 2) Kitchen Management Skills - Students will learn to work safely and efficiently in a kitchen setting while preparing a variety of breakfast foods.
- 3) Meal Planning - Students will plan, organize, prepare and present a well-balanced breakfast meal for their group.
- 4) Textiles and Technology - Students will learn to construct basic sewing projects by utilizing the techniques of both hand and machine sewing.

802M FAMILY & CONSUMER SCIENCES 8 Grade 8, 2 periods per cycle

Family & Consumer Sciences 8 is a reinforcement of techniques and principles learned in Family & Consumer Sciences 7. Cooperative learning and critical thinking are important factors in this interdisciplinary approach to the following areas:

- 1) Nutrition – The importance of nutrients and healthy eating guidelines are reinforced as students learn to make informed choices regarding their personal health.
- 2) Food Preparation – Students will learn basic food skills by preparing a variety of luncheon and simple dinner foods, including soups, salads, sandwiches, main dishes and desserts.
- 3) Textiles and Technology – Students will increase their knowledge of textiles and construction technology through practical application of a sewing project.
- 4) Child Care and Development – Students will be introduced to the basics of child care and child development. Babysitting responsibilities and rights will be emphasized.



Course Offerings: Culinary Arts: 9-12th grade (Page 28)

821 FOODS AND NUTRITION I **Grade 9-12 - 2.5 credits**

This course introduces students to the basic food elements and their relationship to optimal health and fitness. Through cooperative learning and an interdisciplinary approach, students learn basic skills related to food preparation. Students prepare foods selected from the concepts covered: the food groups and nutrition resources, a healthy diet, fast and healthy mini-meals, quick and yeast breads, cooking with eggs, and special occasion foods. Food science and technology, labeling, measuring techniques, time management, consumerism, food safety, and available career opportunities will be stressed. It is a primary aim of this department to provide students with opportunities to process new information, practice appropriate skills, and learn to make healthy dietary choices for lifelong wellness.

822 FOODS AND NUTRITION II **Grades 10-12 - 2.5 credits** ***Prerequisite: Foods and Nutrition I*** *(Offered during the spring semester only)*

This course builds on students' prior food knowledge, skills and experience, and offers ample opportunities to gain additional knife skills in preparing and serving food. Students prepare health conscious foods in an active learning environment where emphasis is placed on critical thinking and problem solving skills. Specific areas of study include meat and poultry, pasta, rice, fruits, vegetables, eggs, pastries, ethnic and special occasion foods. Students will learn to identify, use, and evaluate health information and resources that are current and applicable in their lives. They will become educated consumers and practice making informed and responsible judgments regarding personal health and fitness.

815 GLOBAL FOODS **Grades 10-12 - 2.5 credits** ***Prerequisite: Foods and Nutrition I*** *(Offered during the fall semester only)*

Global Foods is a semester course designed for the experienced student who has considerable background in foods work in the classroom or food-related business. This laboratory class will take acquired culinary skills to the next level and will introduce students to the link between food and culture. Global Foods is a forum for students to bring individually acquired knowledge and skills to class. This is active learning, student-centered and student-driven. Students learn about cultural influences, geography, and historical events and their influence on food choices and food preparation techniques. Exposing students to regional and ethnic cuisines will prepare students as we become a more global society.



Course Offerings: Design: 9-12th grade (Page 28)

830 EXPLORING FASHION I

Grades 9-12 - 2.5 credits

(Offered during the fall semester only)

This course introduces students to the world of fashion and explores current clothing styles. Students also analyze fashion trends, elements of design, wardrobe planning, and clothing care. Students will receive a hands-on approach to practical sewing basics by constructing a simple garment. Additional projects will require students to bring in appropriate supplies. This class is designed for all students who have an interest in fashion or careers in the fashion world.

832 EXPLORING FASHION II

Grades 10-12 - 2.5 credits

Prereq.: Exploring Fashion I

(Offered during the fall semester only)

This course is an extension of Exploring Fashion I. Students will continue to cultivate their creative skills and knowledge by working on independent projects. They will explore merchandising and other fields of personal interest in the fashion industry.

831 INTERIOR DECORATING AND DESIGN

Grades 9-12 - 2.5 credits

(Offered during the fall semester only)

This course introduces students to the elements and principles involved in creating an appealing and functional interior environment (home). The curriculum provides technical knowledge, history, theory, and the opportunity to develop design techniques. Theoretical and practical projects are assigned to assist students in expressing their unique style and ideas through drawing, model making and computer aided design. Student ideas are strengthened through study of color, historic architecture styles, current trends, and creative problem solving projects.



Course Offerings: Child Development: 10–12th grade (Page 28)



844 Child Development I Grades 10-12 - 2.5 credits

(Offered during the spring semester only)

Physical, social, emotional, and intellectual development of the child from conception to age 4 is the course content. Emphasis is placed on working with children to promote each type of development with consideration given to safety, selection and preparation of learning materials. Students are taught how to write, execute, and self-assess lesson plans. HHS students have authentic hands-on experience working with children in a twelve-week preschool. The course culminates with a preschool graduation; then students reflect on their personal values and goals as related to parenthood.

845 Child Development II Grades 11-12 - 2.5 credits

Prereq.: Child Development I

(Offered during the spring semester only)

This is an advanced course for students interested in a career involving children. Emphasis is placed on the development and understanding of varied techniques of early childhood education with a focus on intellectual and social growth. An independent field trip to a local preschool is required.

Students will plan and execute activities and projects to be used in their preschool experience. Additional study topics include children with special needs, adoption, and child abuse.



Commonly Asked Questions and Answers



Q1: My child has a food allergy. What accommodations can we expect?

A1: As a rule, we do not allow any peanuts, tree nuts or shellfish into the lab. Other food allergens can be accommodated by using recipe substitutes, such as dairy free milk (i.e. rice milk, soy milk, coconut milk, etc) and vegan butter.

Q2: My child is gluten intolerant or has Celiacs Disease. How can we know that he or she will be safe?

A2: At Hingham High, we have a separate kitchen set up with equipment that has not touched wheat flour, wheat pasta or ingredients with wheat. The department can purchase ingredients that will not be shared with other utensils (such as baking powder/soda, sugar, chocolate chips, etc.) that could have cross contamination concerns.

We strongly suggest that if a student has a food allergy, he or she confirms the ingredients and equipment are safe by checking food labels and checking with the teacher.

Q3: Will my student have to provide his or her own project supplies for Fashion Design, Interior Design or Child Development?

A3: Yes, for individual student projects where there is student choice, students may have to provide project supplies such as fabric or notions (thread, buttons, zippers, etc). Students in Child Development are provided with many project supplies supplied by the department.

Q4: What about ingredients in the Foods Lab?

A4: The department supplies the equipment and ingredients for the Foods Labs. Students may bring ingredients in from home for special projects or when there is student choice (such as a "Free Lab", which can occur 1-2 times per term at teacher discretion.

Q5: What does a typical class look like?

A5: We strive to have the students as hands-on as possible. After a thorough review of safety and proper use of equipment, students can be expected to regularly engage in hands-on lessons for the various units we teach. Each class, teacher, level and unit have different types of projects or activities.



Department Contact Information



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