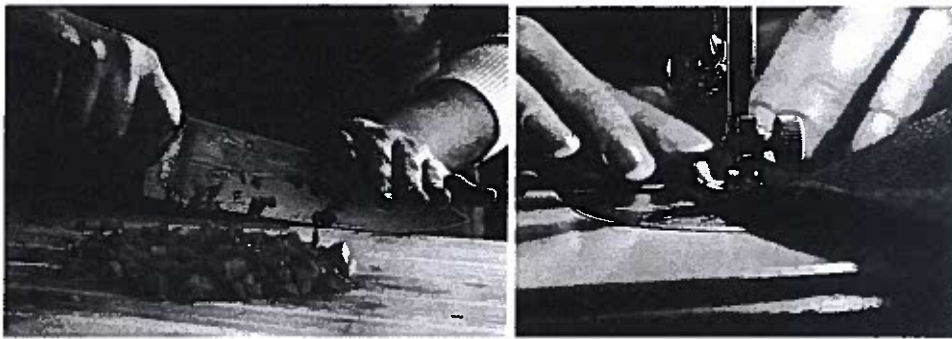


SHEPARD HIGH SCHOOL  
 FAMILY AND CONSUMER SCIENCES  
 (#ADULTING101)

*Contact your counselor or a FACS teacher for more information*

Mr. Houser	Room B-115 Craig.Houser@chsd218.org	Intro to FACS Contemporary Living Foods and Nutrition
Ms. Quinlan	Room B-108 Erin.Quinlan@chsd218.org	Foods and Nutrition Advanced Foods*** E.M.P.O.W.E.R. Teaching Internship
Mr. Solski	Room B-109 Daniel.Solski@chsd218.org	Foods and Nutrition Advanced Foods*** Culinary Arts***
Ms. Shannon	Room A-119 or A-127 Debbie.Shannon@chsd218.org	Child Development & Care Child Development Lab

**\*\*\*Classes with opportunity for Dual Credit at MVCC\*\*\***



# CLASSES PERTAINING TO CULINARY ARTS



## INTRODUCTION TO FAMILY AND CONSUMER SCIENCES - 661 - FRESHMAN/SOPHOMORE

*Mini units that are designed to show you a broad range of topics from child care to foods to consumer education, clothing construction to interior design, communication to introspection. 1 period, 1 year (no prerequisites).*

## FOODS AND NUTRITION - 663S - SOPHOMORE/JUNIOR/SENIOR

*Beginning class in our foods courses, learn kitchen fundamentals, baking techniques, knife skills, produce, egg and dairy cookery. 1 period, 1 semester (no prerequisites)*

## ADVANCED FOODS AND NUTRITION - 671S - SOPHOMORE/JUNIOR/SENIOR

*Second level in our foods courses, learn advanced knife skills and baking techniques, protein and grain cooking techniques. Opportunity for DUAL CREDIT at MVCC (\$36, pass Serv Safe Exam) 1 period, 1 semester. (need Foods first)*

## CULINARY ARTS - 671S - JUNIOR/SENIOR

*Highest level in our foods courses, learn about baking, pastry, appetizers & salads, stocks, soups, sauces, meat, poultry, fish, fruits, and vegetables. Participation in food related events will also be required. Opportunity for DUAL CREDIT (Basic Food Theory at MVCC) (Need Foods & Adv Foods first)*

## EMPOWER - 664S - JUNIOR/SENIOR

*Learn how to be a special education teacher by creating lessons on daily living skills for our students with special needs in the building. You will be paired up with a student in our special programs similar to POWER PE but focusing on skills like cooking. 1 period, 1 year long (need foods & nutrition first & application).*

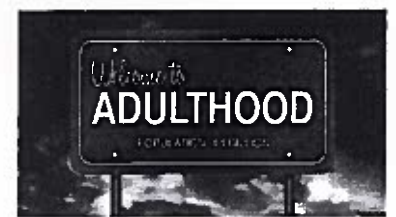
# ADULTING CLASSES

## INTRO TO FAMILY AND CONSUMER SCIENCES - 661 - FRESHMAN/SOPHOMORE

*Mini units that are designed to show you a broad range of topics from child care to foods to consumer education, clothing construction to interior design, communication to introspection. 1 period, 1 year (no prerequisites).*

## CONTEMPORARY LIVING - 675S - JUNIOR/SENIOR

*This course explores individual and family issues to help students explore all aspects of life including: personal development, decisions affecting their future, lifestyle options and consequences, relationships with family and friends, marriage, parenting, balancing family and work, dealing with family crises, and managing family living. 1 period, 1 semester (no prerequisites)*



# CLASSES PERTAINING TO CHILD CARE & TEACHING

## INTRO TO FAMILY AND CONSUMER SCIENCES -661- FRESHMAN/SOPHOMORE

*Mini units that are designed to show you a broad range of topics from child care to foods to consumer education, clothing construction to interior design, communication to introspection. 1 period, 1 year (no prerequisites).*

## CHILD DEVELOPMENT AND CARE -676S- SOPHOMORE/JUNIOR/SENIOR

*Learn about development of children from conception to age 3 including methods of contraception, birth defects and developmental milestones. 1 period, 1 semester (no prerequisites).*

## CHILD DEVELOPMENT LAB -678- JUNIOR/SENIOR

*Want to work with young children? Our lab class runs a preschool for 3-5 year old children in our community. You will learn different teaching strategies and will create lessons for the children in class. Earn your ECE Level 1 Credential. 1 period, 1 year long (need Child Development & Care first).*

## EMPOWER -664- JUNIOR/SENIOR

*Learn how to be a special education teacher by creating lessons on daily living skills for our students with special needs in the building. You will be paired up with a student in our special programs similar to POWER PE but with topics like cooking. 1 period, 1 year long (need foods & nutrition first & application).*

## TEACHING INTERNSHIP -679S- SENIOR

*Work with schools in our community to see what it is like to be a teacher. You will be paired up with a teacher in the community to see first hand if teaching is for you. This is perfect for those of you who want to teach elementary, middle, or high school levels. 2 periods, 1 semester (no prerequisites, need to apply)*



Teachers on  
**TEACHING**



**98%**

AGREE THAT TEACHING IS MORE  
THAN A PROFESSION; IT IS HOW  
THEY MAKE A DIFFERENCE  
IN THE WORLD

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