

**Brandywine Heights Area School District**  
**200 West Weis Street, Tipton, PA 19562**  
**Course Syllabus for Family and Consumer Science**  
**Year 2009-2010**

**Overview:** Family and Consumer Sciences is a 45-day course to provide an introduction to child development and food preparation. The program is set up as an introduction to the curriculum offered at the high school level.

The child development unit is to help students become aware of the specifics involved in raising a child or babysitting a child. Concentration is on infants, toddlers, and preschool age children.

The food unit is an introduction to basic cooking equipment and the skills that are necessary in order to prepare foods in a safe kitchen environment.

**Textbook and other Resources used:** Handout packets are used.

Young Living, Glencoe/ McGraw-Hill Publishers, A division of The McGraw-Hill Corporation, Princeton: 2000

**Outline of Content:** FCS is a semester course.

**First Quarter:**

**Topic-Child Development:**

- Ages and stages
- Child's play and safety at each developmental stage
- Children's literature
- Learning environment for children
- Role of a caregiver
- Preschool festival

**Projects and Tests:** There will be a verbal toy presentation, quizzes on lessons 1-5, end of the unit test, and a lesson plan and evaluation for the preschool festival.

**Second Quarter**

**Topic-Foods:**

- Food safety and sanitation
- Kitchen safe work environment
- Measuring ingredients
- Follow recipes and directions
- Meal management
- Labs and demonstrations for cooking and baking using a wide variety of healthy foods
- Food Pyramids- well balanced daily menu

**Projects and Tests:** There will be 4-5 cooking labs, 3 quizzes on lessons from the text book, and an evaluation of their daily diet using a food pyramid .

### **Third Quarter:**

#### **Topic-Child Development:**

- Ages and stages
- Child's play and safety at each developmental stage
- Children's literature
- Learning environment for children
- Role of a caregiver
- Preschool festival

**Projects and Tests:** There will be a verbal toy presentation, quizzes on lessons 1-5, end of the unit test, and a lesson plan and evaluation for the preschool festival.

### **Fourth Quarter**

#### **Topic-Foods:**

- Food safety and sanitation
- Kitchen safe work environment
- Follow recipes and directions
- Measuring ingredients
- Meal management
- Labs and demonstrations for cooking and baking using a wide variety of healthy foods
- Food Pyramids- well balanced daily menu

**Projects and Tests:** There will be 4-5 cooking labs, 3 quizzes on lessons from the text book, and an evaluation of their daily diet using a food pyramid.