

Family and Consumer Sciences

0625 Culinary 1 1 semester Grades 9,10, 11, 12 ½ credit
Did you know – You are what you eat! How do your food choices affect you? In addition to numerous healthy lifestyle practices, you'll learn about what you should be eating to enjoy optimum wellness. Good nutrition, based on the Dietary Guidelines for Americans and MyPlate, is the foundation for this course. You'll examine nutrients and their functions, learn about weight control, and become an informed consumer. You'll develop food preparation skills by cooking nutritious and tasty foods in authentic laboratory experiences. Labs will include fruits, vegetables, proteins, grains, dairy, as well as nutrient dense and low-calorie recipes.. No prerequisite required. Fee: \$30.00

0623 Culinary 2 1 semester Grades 9, 10, 11, 12 ½ credit
If you wanted to impress that very special friend, would you know what to include in a gourmet menu? Could you surprise him or her with an unusual sampling, such as exotic crepes, omelets, quiches, and beef dishes? Could you exhibit a creative culinary ability and be able to transform normal "boring" potatoes into "Mantua's Spectacular Spuds"? Could you set the stage for a meal and serve it with a flair? Or, when dining out, can you exhibit acceptable social graces without embarrassing yourself? Culinary 2 is designed to help you appreciate one of the finer things in life – haute cuisine. And, you'll get an opportunity to show what you have learned on a field trip to one of Cleveland's finest restaurants. **Prerequisite:** Culinary 1. Fee: \$30.00.

0632 Teen Life 1 semester Grades 9, 10, 11, 12 ½ credit
Do you ever feel that no one understands you and that you are the only person that is feeling the way you do? Are you constantly battling with your parents and other adults in your life? Are there days when you would like nothing better than to go back to bed so you wouldn't have to deal with the crisis in your life? *News flash* - you're a teenager! Fortunately, there is help for you if you choose this course. Learn about adolescent development and how to accomplish the tasks you're faced with before becoming an adult. Find out how to enhance your self-esteem, set SMART goals, make the most of your resources, and build your assets so you can reach your potential. Get some pointers for improving your relationships with your family and friends. Finally, as you form values and beliefs about who you are and relate to others through the dating experience, learn how to express your sexuality maturely and responsibly. No prerequisite required.

0633 Child Development 1 semester Grades 9, 10, 11, 12 ½ credit
Most people get married and become parents at some time in their lives. In fact, being a parent is the most important job in the world! Yet, unlike the majority of occupations, you don't need a diploma, degree, or any special training to become a parent. This class will provide you with a visionary exploration of your future family. Find out the difference between love and infatuation and discover the characteristics you desire in a mate. Take the test to see if and when you're ready for parenthood by participating in the Ready-or-Not Tot infant simulation. This is the opportunity for you to investigate the needs of children and how you, as a parent, can meet those needs for your own children's healthy growth and development. No prerequisite required.

0620 Financial Management 1 semester Grades 9, 10, 11, 12 ½ credit
Students will create personal financial plans that foster a high level of well-being. Throughout the course, students will develop financial literacy skills to provide a basis for responsible citizenship and career success. Additional topics will include getting paid and the basics of taxes; analyzing services offered by financial institutions, including a checking/debit card simulation; spending plans; buying basics and consumer protection; saving/investing and risk management; credit; and insurance. No

prerequisite required.

0006CCR Transitions and Careers

1 semester

Grade 9

½ credit

It's the question they've been asking you for as long as you can remember - "What do you want to be when you grow up?" The time has come to figure out the answer! In a very short time your high school career will be over. You'll be out on your own where you'll find that your life will change dramatically. Because winning the lottery is highly unlikely, you'd best be prepared to find a satisfying and financially rewarding career. This course will help you identify and analyze your personal interests, talents, skills, aptitudes and values as you explore job opportunities. An emphasis will be placed on work ethics, team building, communication and leadership skills. Additional topics will include technology etiquette and career planning. No prerequisite required.

0008CCR College and Career Readiness

1 semester

Grade 11

½ credit

In this workshop-style course, students will explore their own interests and aptitudes in order to connect with a meaningful career path. This course gives students the time and guidance to complete requirements for education and training beyond high school, such as researching careers, colleges, and scholarship opportunities, the procedures for finding a job/career and becoming a contributing member of the workforce. This course will also contain an ACT prep program that students will use in class and can continue to use after the semester. No prerequisite required. Fee: \$32

0430 Leadership and Community Engagement

1 year Grades 10, 11, 12 1 credit

Students involved in this course will learn to recognize, implement, and promote leadership skills both at Crestwood High School and in the surrounding community. Throughout the course of the year students will develop leadership and communication skills through their interactions with peers, teachers, administrators, and community members. Students in this class will plan and implement an overnight Leadership Retreat which will take place toward the end of the school year. This course requires an application process, which will take place following the current year.

Prerequisite: Attendance at a previous CHS Leadership Retreat. Selection of the leadership class on the schedule indicates an interest in applying. Students in this class will be required to participate in several fundraising activities and planning sessions outside of school hours.