

Introduction to FACS
(Family and Consumer Sciences)
Course Syllabus
Mrs. Susan Bowles

Course Description: This course provides a complete and comprehensive Family and Consumer Sciences program covering all of the fundamentals of daily life.

Text: Glosson, L.R., Meek, J.P., & Smock, L.G. (1997). *Creative Living*.
New York: Glencoe/McGraw-Hill.

Course Outline:

❖ Topics to include but not limited to the following:

Topics:

- I. PERSONAL DEVELOPMENT
 - You and Your World – Health and Wellness – Developing Character – Goals and resources – Making Responsible Decisions

- II. RELATIONSHIP SKILLS
 - Getting Along with Others – Communicating Effectively – Peer Pressure and Refusal Skills – Conflict Resolution

- III. FAMILIES AND RELATIONSHIPS
 - The Role of Families – Adjusting to Family Change – Coping with Problems – Responsible Relationships

- IV. FOOD, NUTRITION, AND WELLNESS
 - Food in Your Life – Nutrients – Guidelines for Good Nutrition – Fitness and Weight Management – Kitchen Principles – Safety and Sanitation – Getting Ready to Cook – Measuring Basics – Preparation Skills – Cooking Techniques – Enjoying Mealtime

- V. MANAGEMENT AND CONSUMER DECISIONS
 - Managing Resources – Advertising

- VI. CAREER SKILLS AND PERSONAL DEVELOPMENT
 - Thinking about Careers – Skills for Success

- VII. HOUSING AND LIVING SPACE
 - Housing and the Consumer – Protecting the Environment

❖ Topics and sequence may vary at instructor's discretion

ASSESSMENT:

Evaluations will be based on class performance, daily assignments, unit/chapter quizzes and/or tests, labs, individual and group projects/presentations, and varied reading and writing projects.

GRADING SCALE:

The grading scale will follow the school-wide grading policy as adapted by the school-based council and as described in the student handbook.