

# FAMILY and CONSUMER SCIENCE

SOME OCCUPATIONS RELATED TO INTEREST AND ABILITY IN FAMILY and CONSUMER SCIENCE

Registered Nurse	Food Scientist	Executive Chef	Educator
Psychiatric Social Worker	Social Worker	Restaurant Owner/Manager	Interior Designer
Paramedic	Apparel Designer	Food Packaging Designer	
School Counselor	Certified Nursing Assistant	Pastry Chef	
Sous Chef	Child Care Director	Technical Education Instructor	
Food Promotion Specialist	Merchandiser	Food Systems Manager	Caterer
			
Hotel Manager	Event Planner	Pathologist	Dietary Technician
Food Critic	Pharmacist	Grief Counselor	Tourism Manager
Fashion Buyers	Special Education Teacher	Occupational Therapist	Home Services Director
Home Services Director	Extension Service Agent	Apparel Product Management	
Home Day Care Provider	Food and Beverage Manager	Dietary Consultant	
Marriage and Family Counselor	Physical Therapist		
Vocational Teacher	Hotel Manager	Health and Wellness Coordinator	
Dietitian	Retail Buyer	Dental Hygienist	
Food Stylist	Human Resource Manager		
Food Sales	Tailor	Cook	Tourism Manager

## **FAMILY and CONSUMER SCIENCE**

<b>Course Length</b>	<b>Credit</b>	<b>Name of Course</b>	<b>Course Number</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>Prerequisite</b>
1 Sem	.5	Foods for Life	502B1C	X	X	X	X	
1 Sem	.5	Baking & Pastry Arts	504B1B	X	X	X	X	Foods for Life
1 Sem	.5	Tastes of Culture	506B1A	X	X	X	X	Foods for Life
1 Year	1	Culinary Arts 1	508B1X	_	X	X	X	Foods for Life
1 Year	1	Culinary Arts 2	509B1X	_	X	X	X	Current or Completed Enrollment in Culinary Arts 1
1 Sem	.5	Sanitation for Foodservice Operations & Nutrition for Culinary Arts	510B1A	_	_	X	X	Foods for Life
1 Sem	.5	Food Science-ES	511B1C	_	X	X	X	
1 Sem	.5	Housing & Interior Design	516B1A	X	X	X	X	
1 Sem	.5	Fashion Design and Construction	517B1A	X	X	X	X	
1 Sem	.5	Family Futures	519B1A	X	X	X	X	
1 Sem	.5	Child Adolescent Development	521B1C	_	_	X	X	
1 Sem	.5	Introduction to Educational Practices/Health, Safety, and Nutrition for Early Childhood Education	523B1A	_	_	X	X	
1 Sem	.5	Health Occupations 1	524B1A	X	X	X	X	
1 Sem	.5	Health Occupations 2	525B1B	X	X	X	X	Health Occupations 1
1 Sem	.5	Medical Terminology	526B1B	_	#	X	X	
1 Sem	.5	Contemporary Healthcare Practices/Digital Literacy Healthcare	528B1B	_	_	X	X	
1 Sem	1	Nursing Assistant Program	532B1C	_	_	X	X	See course description
n/a	n/a	Early College Practical Nursing Program	534B1A	_	_	X	X	See program description

# Denotes an exception to the standard course sequence. The course is open to students with the pre-approval of both the Counseling and Family and Consumer Science Departments. Please contact the PHS counseling office with questions.

X Enrollment available to students in designated grade levels

ES Denotes “Equivalent Science”—The Wisconsin Department of Instruction and the UW System has designated these courses as science equivalent courses. Most UW System campuses will count the completion of one or more approved science equivalent courses as the third unit of science as long as the student has taken some combination of biology/chemistry/physics for the other two units.

502B1C – FOODS FOR LIFE			
Semester Course	Grades 9-12	.5 Credit	Prerequisite: None
Welcome to the world of cooking! This course develops students' culinary skills to prepare made-from-scratch foods and is the prerequisite for all other PHS culinary-focused courses. The first half of the course is dedicated to safety and sanitation in the kitchen while cooking with grains, fruits, vegetables, protein, and dairy products. The second half of the class connects the culinary concepts/techniques with nutrition/meal management in preparing wholesome, nutrient-rich recipes. <b>Weekly food labs</b> , often with student teams choosing their own recipes, will be an integral component of this course.			

504B1B – BAKING & PASTRY ARTS			
Semester Course	Grades 9-12	.5 Credit	Prerequisite: Foods for Life
Baking & Pastry Arts students will take on the world as pastry chefs. Baking principles and procedures will be examined and applied through <b>hands-on practice and weekly food labs</b> of a variety of recipes, including quick breads, yeast breads, pastries, cakes and cake decorating, cookies, and plated desserts. Students may also explore gluten-free baking recipe planning and preparation, as well as altering and preparing recipes to address other allergies and/or dietary restrictions.			

506B1A – TASTES OF CULTURE			
Semester Course	Grades 9-12	.5 Credit	Prerequisite: Foods for Life
Tastes of Culture course explores the connection between what we eat and food cultures throughout the world. Culinary, geographical, and cultural traditions will be explored starting in North America (focusing on Indigenous cuisine) and then continuing around the globe. Units of cuisine exploration may include Central America, South America, England, Scandinavia, Italy, Greece, Germany, Poland, Russia, India, Japan, China, Southeast Asia, and Africa. <b>Hands-on practice of culinary techniques through weekly food labs will be an integral part of the course.</b>			

508B1X - CULINARY ARTS 1*			
Year Course	Grades 10–12	1 Credit	Prerequisite: Foods for Life
Following enrollment in Foods for Life, Culinary Arts 1 students will develop employability skills and techniques needed for success in the restaurant and foodservice industries. Units include career opportunities, professional expectations, food safety/cleanliness, foodservice equipment/knives/smallwares, culinary math, salads/dressings/dips, sandwiches/pizza, stocks/sauces/soups, cooking/baking methods, management strategies, as well as other culinary opportunities such as school/community catering, ProStart competition (see below), and Gingerbread Creations. <b>Weekly food labs</b> will be an integral part of the course and will also include catering school/community events. <b>** Concurrent enrollment in Culinary Arts 1 and Culinary Arts 2 is allowed.</b>			
<b>ProStart Program Overview:</b> The National Restaurant Association Educational Foundation's (NRAEF) prepares students for the restaurant and foodservice industry through classroom experiences, opportunities for mentored work experiences, and/or participation in state and national competitions (optional). Culinary and Management competition will team students with professional chef mentors in developing menus and restaurant concepts for state competition resulting in numerous scholarship opportunities for local and national culinary post-secondary schools.			
* National Restaurant Association Year One certificates will be available to students who complete the course and pass the Level One Exam ( <i>Certificates are optional and is not mandatory to be a member of the class</i> )			
** If students complete Culinary Arts 1 and 2 and earn the ProStart certificate, students may earn up to <b>6 credits at FVTC, 4 credits at NWTC, 10 credits at the University of Wisconsin-Stout</b> , as well as earn opportunities to opt out of certain courses at various culinary schools across the country. See additional details below under the Culinary Arts 2 description.			
<b>*This course carries advanced standing with NWTC's Hospitality Finance (10-109-126) if the student earns a "B" or better when taken as a junior or senior.</b>			

509B1X - CULINARY ARTS 2*			
Year Course	Grades 10–12	1 Credit	Prerequisite: Foods for Life AND completed OR concurrent enrollment Culinary Arts 1
Following or concurrently with Culinary Arts 1, students will continue the ProStart program in developing career-readying skills and techniques needed for success in the restaurant and foodservice industries. Units include marketing, menu management, eggs/dairy products, breakfast cookery, fruits/vegetables, potatoes/grains/pasta, cost control, sustainability, nutritional/healthful menu practices, meat/poultry/seafood, baked goods, plating/garnishing, as well as other culinary opportunities such as school/community catering, and ProStart competitions (see below). <b>Weekly food labs</b> will be an integral part of the course and will also include catering school/community events. <b>** Concurrent enrollment in Culinary Arts 1 and Culinary Arts 2 is allowed</b>			
<b>ProStart Program Overview:</b> See detailed description under Culinary Arts 1			

\* National Restaurant Association Year Two certificates will be available to students who complete the course, **pass the Level Two Exam**, and document **400 hours of work experience in the foodservice industry during their enrollment in Culinary Arts 1 and 2** (*Certificates are optional; work experience is not mandatory to be a member of the class*).

\*\* If students complete Culinary Arts 1 and 2 and earn the ProStart certificate, students may earn up to **6 credits at FVTC, 4 credits at NWTC, 10 credits at the University of Wisconsin-Stout**, as well as earn opportunities to opt out of certain courses at various culinary schools across the country.

**\*This course carries advanced standing with NWTC's Hospitality Facilities Management (10-109-127) if the student earns a "B" or better when taken as a junior or senior.**

#### 510B1A – SANITATION FOR FOODSERVICE & NUTRITION FOR CULINARY ARTS\*

Semester Course	Grades 11–12	.5 Credit	Prerequisite: Foods for Life
<p>As chefs and foodservice managers, professionals in this industry will be presented with challenges regarding food safety, sanitation, and creating menus that require nutritional analyses. <b>Sanitation for Food Service Operations</b> focuses on the development of skills to follow sanitation and hygiene provisions in state codes, including the opportunity for students to earn their ServSafe Manager certification, valued in foodservice operations. <b>Nutrition for Culinary Arts</b> focuses on the six major nutrients and how each is used by the body. The planning of well-balanced diets and the nutritional analysis of diets are emphasized. Both <b>Sanitation for Food Service Operations and Nutrition for Culinary Arts will use each individual course's FVTC grading scales for both FVTC and PHS credit.</b></p> <p>* <b>Sanitation for Food Service Operations carries advanced standing</b> Fox Valley Technical College's (FVTC) <b>Sanitation for Food Service Operations (10-316-118) when taken as a junior or senior.</b> Advanced standing will only be provided upon receiving a <b>B or higher in the class</b> and <b>passing the ServSafe Manager certification exam (70% or higher).</b> Students <b>must pay</b> for each exam taken (<b>\$36 per online exam, minimum 1</b>). FVTC's <b>advanced standing must be requested when enrolling</b> in FVTC. Advanced standing will also be transferable to NWTC's <b>Principles of Sanitation (10-316-118)</b> courses when taken as a junior or senior.</p> <p>** <b>Nutrition for Culinary Arts (10-316-119) is transcribed with Fox Valley Technical College's (FVTC) Nutrition for Culinary Arts (10-316-119) for 1 credit when taken as a junior or senior.</b> The FVTC credit is also transferable to NWTC's <b>Nutrition (0-316-128)</b> when taken as a junior or senior.</p>			

#### 511B1C - FOOD SCIENCE-ES

Semester Course	Grades 10-12	.5 Credit	Prerequisite: None
<p>Students will examine science concepts through the study of food, product development/evaluation, and nutrition. <b>Labs are used as an integral component of the course</b> to demonstrate the physical/chemical makeup of food as it relates to a multitude of culinary applications, sensory evaluation (taste-testing), promoting health through nutritional analysis, and use of these concepts within the food industry as a whole.</p>			

#### 516B1A - HOUSING AND INTERIOR DESIGN

Semester Course	Grades 9-12	.5 Credit	Prerequisite: None
<p>This project-oriented course is designed to teach a variety of topics related to homes and their interiors. The course will discuss the need for housing, along with the impact of design, furniture, floor plans, and much more! Activities will focus on the selection and planning of designed spaces to meet needs, wants, values and lifestyles in order to create safe, functional and aesthetically pleasing spaces. Possible course topics include housing types, architectural design, interior design, furniture styles and arrangement, and the application of the elements and principles of design. The topics covered in this class can be used for personal enhancement of present and future living environments, but will also apply to students who have an interest in pursuing a career in this area.</p>			

#### 517B1A - FASHION DESIGN AND CONSTRUCTION

Semester Course	Grades 9-12	.5 Credit	Prerequisite: None
<p>This class applies lifelong skills that will teach the students how to sew for themselves, others, and the home. Students will investigate such topics as fashion terminology, designers, impacts of color, basics of a sewing machine, and how to create a garment with and without a pattern. The students may choose to pay for their own materials for their final projects, but will not be required.</p>			

#### 519B1A - FAMILY FUTURES

Semester Course	Grades 9–12	.5 Credit	Prerequisite: None
<p>In Family Futures, students focus on the well-being of the family, learning concepts and skills useful for careers in human services, such as social-work and counseling. A variety of family/human needs topics will be addressed such as family dynamics, crisis management,</p>			

and how to empower families with use of available resources/services, especially for families in need. Project-based learning opportunities are offered to strengthen families and help improve our own community.

**521B1C - CHILD ADOLESCENT DEVELOPMENT\***

Semester Course	Grades 11-12	.5 Credit	Prerequisite: None
<p>This course focuses on the importance of the roles parents perform to guide the development of children from the state of conception to the age of eighteen. Some topics include: preparation for pregnancy and prenatal development; physical, intellectual, social, emotional and moral development of children; and characteristics of children with special needs. <b>This class will use the NWTC grading scale for both NWTC and PHS credit.</b></p> <p><b>*This course is transcribed with NWTC's Child &amp; Adolescent Development (10-522-106) when taken as a junior or senior.</b></p> <p><b>**Upon completion of this course as well as Introduction to Educational Practices (10-522-103), one additional course can be taken at NWTC to obtain the Introduction to Education Certificate.</b></p>			

**523B1A - INTRODUCTION TO EDUCATIONAL PRACTICES\* / HEALTH, SAFETY, AND NUTRITION FOR EARLY CHILDHOOD EDUCATION\***

Semester Course	Grades 11-12	.5 Credit	Prerequisite: None
<p>Quarter 1: Students enrolled in this course will learn how to work with children of all age levels to prepare for a future career in education. Topics will include current trends/issues in education, multiple intelligences, brain-based research, and working with diverse populations. Students will create math games, science experiments, bulletin boards and other educational classroom materials. In addition, students may work directly with young children and/or peers to practice their teaching skills, which may include story times, adding music to your classroom, and utilizing basic guidance strategies for education. <b>This class will use the NWTC grading scale for both NWTC and PHS credit.</b></p> <p><b>*This course is transcribed with NWTC's Introduction to Educational Practices (10-522-103).</b></p> <p><b>**Upon completion of this course as well as Child &amp; Adolescent Development (10-522-106), one additional course can be taken at NWTC to obtain the Introduction to Education Certificate.</b></p>			
<p>Quarter 2: Students enrolled in this course will use anti-bias perspectives, government regulations, and professional standards to analyze the health, safety, and nutrition in early childhood programs. Students will be trained in Shaken Baby Syndrome (SBS) and Sudden Infant Death Syndrome (SIDS), as well as learning about child abuse and neglect. In addition, students will work on nutritionally sound menu development to be utilized in early childhood programs. <b>This class will use the NWTC grading scale for both NWTC and PHS credit.</b></p> <p><b>*This course is transcribed with NWTC's Health, Safety, and Nutrition (10-307-167) when taken as a junior or senior.</b></p> <p><b>**Upon completion of this course as well as Child &amp; Adolescent Development (10-522-106), one additional course can be taken at NWTC to obtain the Early Childhood Education Certificate(s).</b></p>			

**524B1A - HEALTH OCCUPATIONS 1**

Semester Course	Grades 9-12	.5 Credit	Prerequisite: None
<p>This course will allow students the opportunity to explore the many employment possibilities in the health occupations field, while also preparing for future courses in the medical area. Students attain knowledge and skills that will prepare them for entry level jobs in the health occupation areas, covering information such as legal responsibilities &amp; ethics, infection control, medical terminology, health care systems, and safety. Current events in the health field will also be an integral part of this course.</p>			

**525B1B - HEALTH OCCUPATIONS 2**

Semester Course	Grades 9-12	.5 Credit	Prerequisite: Health Occupations 1
<p>After taking Health Occupations 1, students in Health Occupations 2 have the opportunity to have a more in-depth look at the employment possibilities in the health industry. Students will explore health career clusters in order to attain valuable information in making their career choice in the medical field. Students will take an in-depth look at the makeup of the body and all the body systems as well as have the opportunity to receive American Heart Association First Aid and CPR/AED training.</p>			

**526B1B - MEDICAL TERMINOLOGY\***

Semester Course	Grades 10-12	.5 Credit	Prerequisite: None
<p>This course focuses on the component parts of medical terms necessary for those interested in health related careers. Students are introduced to operative, diagnostic, therapeutic and symptomatic terminology of all body systems, as well as systemic and surgical terminology. They will practice formation, analysis and reconstruction of terms using proper spelling, definitions and pronunciation. <b>This class will use the NWTC grading scale for both NWTC and PHS credit.</b></p>			

**\*This course is transcribed with NWTC's Medical Terminology (10-501-101). Students must earn a C or better to receive credits at NWTC.**

**\*\*10th grade students interested in enrolling in this course MUST see Mrs. Lichon for final approval.**

**\*\*\*Upon completion of this course as well as Contemporary Healthcare Practices (10-501-104) and Digital Literacy Healthcare (10-501-107) you are eligible for the Healthcare Customer Service Representative Pathway Certificate.**

**528B1B – CONTEMPORARY HEALTHCARE PRACTICES/ DIGITAL LITERACY HEALTHCARE\***

Semester	Course	Grades 11-12	.5 Credit	Prerequisite: None
<p>Quarter 1: Contemporary Healthcare Practices- This course is designed as an introduction to customer service for learners interested in working in various healthcare settings. Students will investigate healthcare systems, safety standards, and the workforce, while examining professionalism, interpersonal and written communication skills, and confidentiality as they relate to customer service in healthcare. <b>This class will use the NWTC grading scale for both NWTC and PHS credit.</b></p> <p>Quarter 2: Digital Literacy Healthcare- This course provides an introduction to basic computer functions and applications utilized in contemporary healthcare settings. Students are introduced to the hardware and software of components of modern computer systems and the application of computers in the workplace. The course emphasizes the uses in the healthcare field of common software packages, operating systems, file management, word processing, spreadsheet, database, internet, and electronic mail. <b>This class will use the NWTC grading scale for both NWTC and PHS credit.</b></p> <p><b>*These courses are transcribed with NWTC's Contemporary Healthcare Practices (10-501-104) and Digital Literacy Healthcare (10-501-107). Students must earn a C or better to receive credits at NWTC.</b></p> <p><b>**Upon completion of this course as well as Medical Terminology (10-501-101) you are eligible for the Healthcare Customer Service Representative Pathway Certificate.</b></p>				

**532B1C – NURSING ASSISTANT PROGRAM\***

Semester	Course	Grades 11-12	1 Credit	Prerequisite:
<p>This class certifies students for beginning employment in the health and nursing field as a Certified Nursing Assistant (CNA), a job in high demand. Technical Colleges as well as many other health programs require CNA certification as an entry requirement. The classroom phase includes specific nursing skills, safety in the healthcare setting, and communicating with the patient, family and co-workers.</p> <p>For certification, students are required to complete 32 hours, which may be outside of the school day, in a clinical experience and pass a state competency exam. Clinical experience typically begins approximately two months after the Nursing Assistant course begins. Requirements of the clinical experience include the following: COVID Vaccine (with potential for exemption), Flu Vaccine, 2 TB skin tests, a recommended Hepatitis B vaccination, completion of a background information disclosure form, and holding to a strict attendance policy. Students must also earn a B (80%) or better to participate in clinicals and be eligible for the state competency exam.</p> <p>The Pulaski Community School District is required to comply with the Wisconsin Caregiver Law (1997 WISCONSIN ACT 27). For clinical entrance, students must complete a background information disclosure form. The information provided on this form must be truthful and match any findings on the criminal record check. Students with a criminal history may be denied access to placement at the discretion of the clinical site. Students interested in participating in the clinical experience to receive state certification will need to be able to push, pull, lift, and/or support up to 50 pounds of weight.</p> <p><b>Students must apply for the NA Program through the Start College Now Program. See page 13.</b></p> <p><b>Upon completion of this program students earn a technical diploma. Students are then eligible to sit for their state certification exam. PHS will cover the cost of the first attempt at the state exam.</b></p>				

**534B1A – EARLY COLLEGE NURSING TRACK**

**(By selecting this course, you are interested in participating in this program.)**

See program details	Grade 11-12	See program details	Prerequisite: Two high school semesters of Chemistry completed with a "C" or better..
<p>Admission Requirements:</p> <ul style="list-style-type: none"> <li>• Suggested: ACT/ASPIRE: Math 18, Reading 16, English 21</li> <li>• GPA 3.0</li> <li>• Application and interview process</li> </ul> <p>This program is a start towards the Licensed Practical Nursing (LPN) Technical Diploma at NWTC. A graduate of this program will have the potential for employment in the following areas:</p>			

- Licensed Practical Nurse: administers care to individuals whose conditions are relatively stable; administers care to the acutely ill under the direct supervision of an RN or MD; teaches basic hygiene, nutrition, and aspects of good health; administer first aid; and assists with health assessment and basic health teaching in a variety of settings under the supervision of an RN or MD.
- Health Insurance Claims Approver: processes insurance claims on a computer terminal.

**\*This program is offered through NWTC, and many of the courses are taken through Start College Now or Youth Apprenticeship. \*\*See Mrs. Lichon or our NWTC Career Coach with questions.**

### EARLY COLLEGE NURSING TRACK COURSE LIST

<i>COURSES MAY BE TAKEN IN ANY SEQUENCE</i>	
Fall Semester	
Course	Credits
<b>30-543-330 Nursing Assistant (May be taken summer prior to junior year through Youth Apprenticeship)</b>	<b>3 - Start College Now (offered at PHS) or Youth Apprenticeship</b>
<b>10-801-196 Oral/Interpersonal Comm</b>	<b>3 - Transcribed Credit</b>
<b>10-801-136 English Composition 1</b>	<b>3 - Transcribed Credit</b>
<b>10-890-101 College 101</b>	<b>1 - Start College Now (offered at PHS)/Youth Apprenticeship</b>
<b>10-806-177 General Anatomy and Physiology</b>	<b>4 - Transcribed Credit</b>
<b>10-806-188 Developmental Psych</b>	<b>3 - Start College Now/Youth Apprenticeship</b>
IF INTERESTED IN THE ASSOCIATE DEGREE NURSING PROGRAM	
<b>10-806-186 Intro to Biochemistry</b>	<b>4 - Start College Now/Youth Apprenticeship</b>
Grade Requirements	
<ul style="list-style-type: none"> <li>• No final grade lower than a 'B' is acceptable in General Anatomy and Physiology or Intro to Biochemistry</li> <li>• A student must repeat the course with a 'B' or better to continue in or graduate from this program</li> <li>• If you are unsuccessful in any courses supported by your School District through the Start College Now Program, you will be subject to the NWTC withdrawal policy and your District policy, which may require students to reimburse tuition. Any academic performance below a 2.0 may also impact future financial aid eligibility.</li> <li>• If you are unsuccessful in 2 nursing core classes, this would result in dismissal from the ECPN program</li> <li>• If interested in continuing to the Associate Degree Nursing (RN) Program, <u>Intro to Biochemistry</u> and <u>Advanced Anatomy and Physiology</u> is a requirement for admission. Completion of these two courses would allow students to bypass the waitlist for the LPN to ADN Program.</li> </ul>	