

The Addison Trail H.S. Family & Consumer Sciences Program

Consumer Management

This course focuses on specific consumer problems that students will encounter now and in their adult years. This subject relates to everyday living and helps prepare individuals for making wise purchasing decisions and in understanding the U.S. marketplace. Topics include budgeting, saving/checking, investments, comparison shopping, using credit wisely, tax preparation, insurance, advertising practices, labor relations, and various consumer protection laws.

Culinary Arts I

This course combines both a classroom setting and a laboratory experience. The course focuses on kitchen safety and sanitation, recipe reading, food assembly techniques, and the nutritional value of basic recipes. This course is designed for both everyday cooking and those aspiring to work in the food service industry.

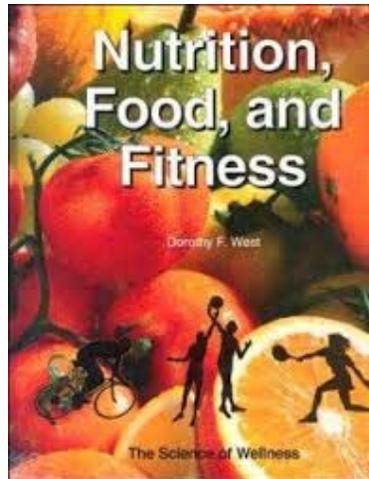
Culinary Arts II

This laboratory course expands upon the knowledge and culinary skills obtained in Culinary Arts I. Emphasis will be on the exploration of American regional cuisines, meal planning, more advanced cooking/preparation skills and careers within the food service industry. **Students can earn the Food Handlers Certification. Prerequisite: Culinary Arts I.**



Food for Life

This laboratory course provides cooking skills and techniques that will aid in successful independent living upon graduation. The focus is on tips for making wise nutritional and economical food choices, and cooking techniques to prepare simple, well-balanced snacks and meals. **Senior status. Students will have the opportunity to receive dual credit from the College of DuPage.**



Fashion I

This laboratory class is designed for the beginner student interested in the fashion apparel industry. Emphasis is on fashion trends, design principles, color theory, as well as basic clothing construction and pattern reading to create a basic garment.



Clothing Construction

This laboratory class focuses primarily on clothing construction techniques. Students will learn to create a variety of garments using self-selected patterns and fabrics. Additional emphasis is on basic fashion design and personal fashion analysis.

Advanced Clothing Construction

This laboratory class focuses on exploring in further depth advanced clothing construction techniques. **Prerequisite: Clothing Construction.**

Interior Design

This laboratory course is designed for the student interested in the study of interior design. Emphasis is on the application of art design principles to achieve effective interiors. Units of study include: personal needs and housing, historical development, consumer issues, elements and principles of design, floor plans, and construction basics of the interior design industry.

Human Growth and Child Development

Students explore topics focusing on child growth and care from conception through childhood with emphasis on the techniques and skills necessary to promote healthy physical, social, emotional, intellectual, and moral development. This course incorporates concepts from child psychology, educational research, biology, sociology, and philosophy. Students will spend a full weekend with a computerized baby to further their understanding of the care needed for an infant. **Sophomore status minimum (or with teacher approval).**



Preschool I/Preschool II

Students will apply the knowledge learned in Human Growth and Child Development, in the preschool lab setting. Children from the community attend The Little Blazer Preschool, which is directed by the course instructor and the assistance of the high school students. Students will have the opportunity to observe the preschoolers as well as work with each child on a one on one basis. **Prerequisite: Human Growth and Child Development or Family Living (teacher approval).**

Preschool Internship

Students will further their education and knowledge in working with young children by conducting research, observing, planning, implementing and teaching in the Little Blazer Preschool. The student will work closely with the classroom teacher who will guide them throughout the course. **Prerequisite: Preschool II and Teacher Approval. Dual college credit pending.**

Introduction to Elementary Education

In this one semester course, students are given the opportunity to further explore the career possibilities in teaching. This course offers the unique classroom experience in local elementary schools under the supervision of a cooperating school teacher and school coordinator. This course is designed for those students interested in pursuing a teaching certificate following high school graduation. A seminar is held one day a week to explore materials and principles of education. Students must make arrangements for transportation to the elementary school. **Prerequisite: Preschool II and instructor approval.**

Only at Addison Trail...

Hotel/Restaurant/Travel Industry

This course is a two- period course that is sponsored by Addison Trail, local hotels, restaurants, and other hospitality establishments. Students will gain experience with duties performed in the hotel and restaurant industry. Time will be spent in the classroom and at the sponsoring facilities. Class time consists of various projects including food preparation and computer lab time. When on site, the students will shadow/train with hotel personnel. **Students can earn the Food Safety & Sanitation Management Certificate.**

Family and Consumer Sciences The source and voice for strong families.

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Welcome to the Addison Trail H.S. CTE Family & Consumer Sciences



Your Guide to Family & Consumer Sciences at Addison Trail