

Welcome to Intro to Family and Consumer Sciences
Mrs. Hampson

This is a semester introductory course in the area of Family and Consumer Sciences. The following activities will be completed through a variety of lectures, discussions, videos, guest speakers, food labs, and sewing labs.

Classroom Activities

1. Personal Development
 - A. You as an individual
 - B. Steps to success
 - C. Study skills
 - D. Life skills
2. Relationships
 - A. Family
 - B. Friends
 - C. Others
3. Personal and home management
 - A. Using your resources
 - B. Being a wise consumer
 - C. Your environment
4. Foods and Nutrition
 - A. Nutrition and you
 - B. Developing healthy habits
 - C. Meal Planning
 - D. Working in the kitchen
5. Clothing and textiles
 - A. Selecting clothes
 - B. Preparing to sew
 - C. Sewing skills
 - D. Clothing care and maintenance

Grading

Grades will be based on tests, quizzes, assignments, labs, and participation. Your participation and involvement will enhance the learning that takes place.

Semester grades – A semester test will be given at the end of the eighteen weeks, and will count 20% toward your semester grade. The remaining 80% will be the quarter grades.

Daily Participation –The success of a student in this class will depend largely on participation. This includes participation and behavior during classroom discussion, lectures, and labs.

Labs and cleanup – Each lab will be worth 25 points. If you miss a lab, you will be expected to make it up at home with your own ingredients. **This must be done within 3 days of returning to school.** Bring a sample of your product to class with a note from a supervising adult.

Home Experience Projects- Students are required to complete two HE projects.

Homework – handouts and worksheets may require some additional time to complete. **Five points will be deducted each day for late assignments and a zero will be given after three days.**