Family & Consumer Science
APP2100

Course Description
The Family and Consumer Science course is designed to establish foundational skills to provide the student with the basic understanding of the major aspects of family life using a multidimensional approach. Units include instruction for successful living, while analyzing basic proficiency levels in food and nutritional fitness, international cuisine, clothing, fashion and textiles, relationships, child development, family living, and interior design. In addition, students will learn about life skills which include college financial aid, financial investments, and living on their own. The first semester focuses on culinary arts, and the second semester focuses on living skills, all presented from a Biblical perspective.

Rationale
The Family and Consumer Science course is relevant to students who will someday be out on their own working and living in their community. They will utilize the lessons and hands-on lab experience which takes a practical and enjoyable approach to a comprehensive study in life management skills. Students will benefit by a Biblical approach to culinary arts, nutrition, healthy lifestyles, and entertaining. It is important for the student to learn responsible financial practices and reasonable expectations in major purchases. Students will profit from the emphasis of Godly relationships when they are out on their own especially when considering a future mate. Practical information about daily life tasks such as decorating a home, making wise financial decisions, and obtaining financial aid for college, will help make these decisions easier for the student. Studies in child care and development, and lessons on basic first aid will be a foundation upon which the student can build. Developing good, honest relationships with friends, employers, extended family members, and church friends will help the student establish life-long bonds founded on God's Word, and establishing a pure relationship with god will pave the way for successful living.

Prerequisite
None

Measurable Learning Outcomes
A. Identify the basic food groups and the recommended daily allowances from each
B. Describe the major food-borne illnesses, how they are transmitted, and how they can be avoided
C. Discuss the general first aid procedures for common dangers in the kitchen and household
D. Plan nutritious meals and menus for variety in nutrients, texture, color, and taste
E. Identify standard tools of the kitchen, the functions of each, and the care and use of kitchen appliances, both large and small
F. Prepare basic recipes from each of the food categories and substitute ingredients in recipes when necessary
G. Discuss basic grooming habits, style and fashion, basic clothing construction, and textile manufacturing and care
H. Identify fundamental architectural design, furniture design, and interior design of home and office
I. Recognize and identify a Godly relationship relating to friendships, dating, courtship, and marriage
J. Discuss familial relationships and responsibilities of being a family member
K. Identify the needs for care of babies, children, the elderly, and those who need assistance regarding medical issues
L. Identify the aspects of living away from home regarding college, career, military, or trade school
M. Recognize the need for sound financial practices including investments, obtaining financial aid for higher education, and tithing
N. Plan for career choices and basic etiquette
O. Learn basic cyber-space protocol

Course Materials
See LUOA's Systems Requirements for computer specifications necessary to operate LUOA curriculum. Also view Digital Literacy Requirements for LUOA's expectation of users' digital literacy.

This course contains additional physical materials. See the materials page toward the end of this syllabus for a listing of course materials.

- Note: Embedded YouTube videos may be utilized to supplement LUOA curriculum. YouTube videos are the property of the respective content creator, licensed to YouTube for distribution and user access. As a non-profit educational institution, LUOA is able to use YouTube video content under the YouTube Terms of Service. For additional information on copyright, please contact the Jerry Falwell Library.

Course Grading Policies
The student's grades will be determined according to the following grading scale and assignment weights. The final letter grade for the course is determined by a 10-point scale. Assignments are weighted according to a tier system, which can be referenced on the Grades Page in Canvas. Each tier is weighted according to the table below. Items that do not affect the student's grade are found in Tier 0.
### Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
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<tr>
<td>B</td>
<td>80-89%</td>
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<tr>
<td>C</td>
<td>70-79%</td>
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<tr>
<td>D</td>
<td>60-69%</td>
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<tr>
<td>F</td>
<td>0-59%</td>
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### Assignment Weights

<table>
<thead>
<tr>
<th>Tier</th>
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</thead>
<tbody>
<tr>
<td>Tier 0</td>
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</tr>
<tr>
<td>Tier 1</td>
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<tr>
<td>Tier 2</td>
<td>35%</td>
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<tr>
<td>Tier 3</td>
<td>40%</td>
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### Course Policies

Students are accountable for all information in the Student Handbook. Below are a few policies that have been highlighted from the Student Handbook.

#### Types of Assessments

To simplify and clearly identify which policies apply to which assessment, each assessment has been categorized into one of four categories: Lesson, Assignment, Quiz, or Test. Each applicable item on the course Modules page has been designated with an identifier chosen from among these categories. Thus, a Quiz on the American Revolution may be designated by the title, “1.2.W Quiz: The American Revolution.” These identifiers were placed on the Modules page to help students understand which Honor Code and Resubmission policies apply to that assessment (see the Honor Code and Resubmission policies on the pages that follow for further details).

- **Lesson**: Any item on the Modules page designated as a “Lesson”
  
  These include instructional content and sometimes an assessment of that content. Typically, a Lesson will be the day-to-day work that a student completes.

- **Assignment**: Any item on the Modules page designated as an “Assignment”
  
  Typical examples of Assignments include, but are not limited to, papers, book reports, projects, labs, and speeches. Assignments are usually something that the student should do his or her best work on the first time.

- **Quiz**: Any item on the Modules page designated as a “Quiz”
  
  This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Quizzes cover a smaller amount of material than Tests.

- **Test**: Any item on the Modules page designated as a “Test”
  
  This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Tests cover a larger amount of material than Quizzes.

#### Resubmission Policy

Students are expected to submit their best work on the first submission for every Lesson, Assignment, Quiz, and Test. However, resubmissions may be permitted in the following circumstances:

- **Lesson**: Students are automatically permitted two attempts on a Lesson. The student may freely resubmit for their first two attempts without the need for teacher approval.
• **Assignment:** Students are intended to do their best work the first time on all Assignments. However, any resubmissions must be completed before the student moves more than one module ahead of that Assignment. For example, a student may resubmit an Assignment from Module 3 while in Module 4 but not an Assignment from Modules 1 or 2. High School students may not resubmit an Assignment without expressed written permission from the teacher in a comment.

• **Quiz:** Students may NOT resubmit for an increased grade.

• **Test:** Students may NOT resubmit for an increased grade.

If a student feels that he or she deserves a resubmission on a Lesson, Assignment, Quiz, or Test due to a technical issue such as a computer malfunction, the student should message his or her teacher to make the request, and that request will need to be approved by a Department Chair.

**Consequences for Violations to the Honor Code**

Every time a student violates the Honor Code, the teacher will submit an Honor Code Incident Report. The Student Support Coordinator will review the incident and allocate the appropriate consequences. Consequences, which are determined by the number of student offenses, are outlined below:

• **Warning:** This ONLY applies to high school Lessons and elementary/middle school Assignments and Lessons. Students should view these actions as learning opportunities.
  - **Lessons:** A zero will be assigned for the question only.
  - **Elementary/Middle School Assignment:** The student must redo his or her work; however, the student may retain his or her original grade.

• **1st Offense:**
  - **Lesson, Quiz, or Test:** The student will receive a 0% on the entire assessment.
  - **Assignment:** The student will either:
    - Receive a 0% on the original assignment
    - Complete the Plagiarism Workshop
    - Retry the assignment for a maximum grade of 80%

• **2nd Offense:** The student will receive a 0% and be placed on academic probation.

• **3rd Offense:** The student will receive a 0% and the Faculty Chair will determine the consequences that should follow, possibly including withdrawal from the course or expulsion from the academy.
Materials List

Module 1

- 2 Saltine Crackers
- One full color grocery store flier (found either in Sunday newspapers, in special mail fliers, or in the grocery store at the entrance).
- At least 5 store coupons or manufacturer's coupons for various grocery items you might normally buy.
- Access to the labels from at least 5 different packaged foods. Find 5 different items in your cupboard, pantry, refrigerator or freezer with a label. Your five choices must include one beverage (juice, milk, soda, powdered cocoa, or hot chocolate); a bread or pasta product; a canned fruit or canned vegetable product; a soup, sauce, gravy, or peanut butter product; and a boxed (or packaged) cereal product.

Module 2

- Items for First Aid Kit
- 1 cup flour
- 1/2 cup granulated sugar
- 1/3 cup packed brown sugar
- 1/4 cup vegetable shortening, butter, or margarine
- 3/4 cup oil

Module 3

- Week 10, 11, and 12 students will cook several international recipes. Please check the ingredients list at the beginning of each week to see what will be needed.

Module 4

- Ingredients to cook recipe of choice
- Ingredients for barbecue sauce or custard
- Ingredients for cranberry bread or yeast bread
- Ingredients for Salmon Pasta Salad and Shrimp on the Barbie

Module 5

- Ingredients for Grandma's Apple Torte or Corn Soufflé
- Ingredients for Easy Breakfast Strata
- Ingredients for Cherry Pie and Key Lime Pie
Scope and Sequence

Family and Consumer Science

Module 1: All About Food
Week 1: Our Bodies and the Bible
Week 2: What is in Food?
Week 3: The Balanced Meal
Week 4: Grocery Buying

Module 2: All About Food
Week 5: First Aid in the Kitchen
Week 6: Tools for Food Preparation
Week 7: Tools of the Trade
Week 8: History of Food

Module 3: All About Food
Week 9: Careers in the Food Industry
Week 10: International Cuisine
Week 11: International Cuisine
Week 12: International Cuisine

Module 4: All About Food
Week 13: Planning a Party
Week 14: Alternative Foods
Week 15: Cooking Up a Storm

Module 5: All About Food
Week 16: Cooking Up a Storm
Week 17: Cooking Up a Storm
Week 18: Recipe File

Module 6: Life Management Skills
Week 19: Personal Hygiene
Week 20: What We Wear and Why
Week 21: Style and Fashion
Week 22: Craft of Sewing

Module 7: Life Management Skills
Week 23: Architecture
Week 24: Elements of Design
Week 25: Furniture Styles
Week 26: Interior Design

Module 8: Life Management Skills
Week 27: Your Relationship with God
Week 28: Dating
Week 29: Family Matters

Module 9: Life Management Skills
Week 30: Child Care and Development
Week 31: Child Care and Development
Week 32: Child Care and Development
Week 33: Child Care and Development

Module 10: Life Management Skills
Week 34: College and Career
Week 35: Money Matters
Week 36: Etiquette