



**Switched-On**  
SCHOOLHOUSE

# Course Catalog

Family and Consumer Science

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## COURSE OVERVIEW

Family and Consumer Science is a 10-unit elective that uses biblical principles to help high school students develop positive self-esteem and learn to successfully navigate relationships with family, friends, co-workers, and even those in the marketplace. The curriculum introduces students to character and appearance from a biblical perspective. The material also teaches about nutrition, clothing styles, home care and hospitality, personal finance, and child development and care.

Through this course, students will do the following:

- Examine specific principles that will help develop their personal lives from a Christian perspective.
- Learn about proper nutrition and demonstrate skill in preparing various food items.
- Identify the purposes for making specific choices in clothes.
- Prepare weekly and monthly budgets.
- Develop skills necessary to care for children ranging from birth to young school-age.
- Develop an understanding of relational dynamics with family members, friends, classmates, co-workers, and those encountered in the marketplace.

UNIT 1: CHRISTIAN CHARACTER AND APPEARANCE	
FAMILY AND CONSUMER SCIENCE	<b>Assignment Titles</b>
	1. Course Overview
	2. Inner Beauty: Character Qualities
	3. Biblical Principles vs. Personal Preferences
	4. Personality Strengths and Weaknesses
	5. Project: Identify Your Strengths and Weaknesses
	6. Quiz 1
	7. Physical Beauty: Health
	8. Project: Self-Evaluation Quiz
	9. Nutrition and Exercise
10. Hygiene	
11. Grooming	
12. Project: Posture	
13. Quiz 2	
14. Behavioral Beauty: Actions	
15. Communication	
16. Quiz 3	
17. Special Project*	
18. Test	
19. Alternate Test*	
20. Reference	

UNIT 2: WHAT'S COOKIN'?	
FAMILY AND CONSUMER SCIENCE	<b>Assignment Titles</b>
	1. Getting Acquainted with the Kitchen
	2. Utensils
	3. Project: Kitchen Tools*
	4. Kitchen Safety
	5. Quiz 1
	6. Recipes
	7. Measuring Ingredients
8. Quiz 2	
9. Meal Management	
10. Reading Labels	
11. Food Storage	
12. Quiz 3	
13. Special Project*	
14. Test	
15. Alternate Test*	
16. Reference	

UNIT 3: LET'S EAT		
Assignment Titles		
FAMILY AND CONSUMER SCIENCE	1. Nutrition	18. Breads
	2. Vitamins	19. Project: Bake Bread*
	3. Project: Nutrient Guide	20. Quiz 2
	4. My Plate	21. Meal Planning
	5. Heart Healthy Eating and Special Diets	22. Project: Menu for a Week
	6. Quiz 1	23. Making a Grocery List
	7. Food Preparation	24. Quiz 3
	8. Vegetables	25. Food Service
	9. Fruits and Milk	26. Table Setting
	10. Meat, Poultry, Fish	27. Table Waiting
	11. Project: Beef or Vegetable Stew	28. Project: Plan Meals
	12. Soups, Salads, and Garnishes	29. Quiz 4
	13. Project: Prepare a Salad or Soup*	30. Special Project*
	14. Baking	31. Test
	15. Project: Cookies	32. Alternate Test*
	16. Project: Scratch Cake*	33. Reference
	17. Project: Bake a Pie*	

UNIT 4: THE CLOTHES YOU WEAR		
Assignment Titles		
FAMILY AND CONSUMER SCIENCE	1. The Clothes You Wear	13. Textiles and Fabrics
	2. Fashion Knowledge	14. Man-Made Fibers
	3. Project: Style, Fad, and Fashion	15. Quiz 3
	4. Project: Draped, Tailored, Composite*	16. Care of Clothes
	5. Clothing Business Terms	17. Project: Sewing Skills*
	6. Project: Wardrobe Inventory	18. Emergency Repairs
	7. Quiz 1	19. Laundering
	8. Design and Appearance	20. Quiz 4
	9. Garment Styles and Parts	21. Special Project*
	10. Clothes For You	22. Test
	11. Project: Garment Design*	23. Alternate Test*
	12. Quiz 2	24. Reference

UNIT 5: THE CLOTHES YOU SEW		
Assignment Titles		
FAMILY AND CONSUMER SCIENCE	1. Sewing Equipment	16. Quiz 2
	2. Sewing Machines	17. Selecting Pattern, Fabric, and Notions
	3. Safety	18. Project: Measuring for Fit*
	4. Project: Calamity Claire	19. The Language of Patterns
	5. Quiz 1	20. Pattern
	6. Basic Sewing	21. Quiz 3
	7. Project: Sewing Seams	22. Layout, Cutting, Marking, and Pressing
	8. Machine Stitches	23. Project: Tracing Patterns
	9. Project: Sewing Stitches by Machine	24. Project: Sewing Project
	10. Seams and Seam Finishes	25. Quiz 4
	11. Project: Sewing Curved Seams*	26. Special Project*
	12. Darts, Tucks, Pleats, Gatherings, and Facings	27. Test
	13. Project: Darts*	28. Alternate Test*
	14. Closures	29. Reference
	15. Project: Zippers	

UNIT 6: INTERIOR DECORATING	
FAMILY AND CONSUMER SCIENCE	<b>Assignment Titles</b>
	1. A Brief History of Interior Decoration
	2. English Design
	3. Traditional American Design
	4. Project: Time Periods
	5. Quiz 1
	6. Introduction to Design and Decoration
	7. Line
	8. Project: Floor Plan Measurements
	9. Project: Furniture Placement
	10. Project: Room Design
	11. Project: Spirit of the Room
	12. Quiz 2
13. Specific Treatments	
14. Wall Treatments	
15. Lighting	
16. Quiz 3	
17. Visual Enrichment	
18. Project: Model Home Field Trip*	
19. Project: Design Notebook	
20. Sewing for the Home	
21. Project: Pillow Project*	
22. Quiz 4	
23. Special Project*	
24. Test	
25. Alternate Test*	
26. Reference	

UNIT 7: YOUR HOME AND YOU	
FAMILY AND CONSUMER SCIENCE	<b>Assignment Titles</b>
	1. Hospitality
	2. Types of Entertainment
	3. Project: Party Planning
	4. Overnight Guests
	5. Project: Thank You Notes
	6. Quiz 1
	7. Etiquette
	8. Dating Etiquette
	9. Quiz 2
10. Home Management	
11. Project: Cleaning Schedule	
12. Basic Tools	
13. Project: Home Repair	
14. Auto Care and Repair	
15. Project: Auto Service Check*	
16. Quiz 3	
17. Special Project*	
18. Test	
19. Alternate Test*	
20. Reference	

UNIT 8: FINANCIAL FREEDOM	
FAMILY AND CONSUMER SCIENCE	<b>Assignment Titles</b>
	1. Getting a Job
	2. Project: Application
	3. The Résumé
	4. Quiz 1
	5. Personal Finance
	6. Personal Banking and Investment
	7. Personal Budgeting
	8. Project: Financial Goals
	9. Project: Spending Patterns
10. Social Security	
11. Project: Purchase Agreements	
12. Insurance and Income Tax	
13. Quiz 2	
14. Legal Matters, Forms, and Contracts	
15. Purchasing and Owning a Car	
16. Quiz 3	
17. Special Project*	
18. Test	
19. Alternate Test*	
20. Reference	

UNIT 9: CHILD DEVELOPMENT AND CARE	
FAMILY AND CONSUMER SCIENCE	<b>Assignment Titles</b>
	1. Ages and Stages
	2. Intellect (Wisdom)
	3. Social, Emotional, and Spiritual
	4. Project: Observing Children
	5. Quiz 1
	6. Care of Children
	7. Project: Diaper Changing*
	8. Creative Child Care
	9. Activities
	10. Project: Toy Evaluation
	11. Project: Making a Toy
	12. Literature
	13. Project: Children's Story
14. Music	
15. Project: Finger Painting	
16. Science	
17. Quiz 2	
18. Safety and First Aid	
19. Three Common Children's Conditions	
20. Quiz 3	
21. The Business of Babysitting	
22. Information You Need	
23. Quiz 4	
24. Special Project*	
25. Test	
26. Alternate Test*	
27. Reference	

UNIT 10: RELATIONSHIPS		
Assignment Titles		
FAMILY AND CONSUMER SCIENCE	1. At Home	14. Quiz 4
	2. Siblings	15. Choosing the Right Mate
	3. Quiz 1	16. Project: Psalm 37:4
	4. At School and Work	17. Dating
	5. Teachers	18. Marriage
	6. Boss and Co-Workers	19. Project: Short Essay
	7. Project: Random Act of Kindness*	20. Parental Involvement
	8. Project: Food For Thought	21. Quiz 5
	9. Quiz 2	22. Special Project*
	10. At Church	23. Test
	11. The Family's Responsibility to the Church	24. Alternate Test*
	12. Quiz 3	25. Reference

(\*) Indicates alternate assignment