
Family and Consumer Science Courses at CHMS

— Teacher: Anna Szymczak —

Classroom Twitter:
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Courses Offered:

6th grade Intro to Family and Consumer Science

Foods, Nutrition and Wellness "Foods I"

Advanced Foods "Foods II"

New Course- Culinary Arts "Foods III" (8th grade only)

Sewing (Intro course)

Advanced Sewing

Updated Equipment for students

- New sewing machines and tables
- New commercial fridge - benefits all foods sections for proper food storage
- New prep table
- Tv screens and demo camera - excellent for student demos



6th grade

Introduction to cooking and sewing- changed to a **trimester long course**

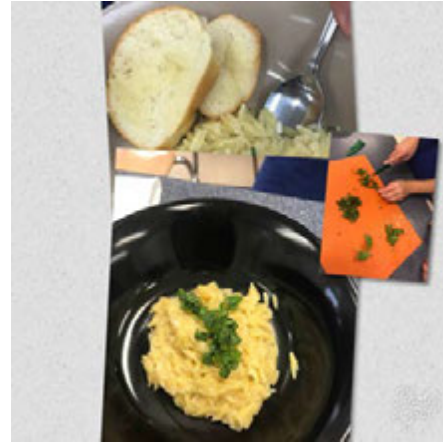
Projects include:

Sewing- New* Drawstring Bag

Foods- 4-5 labs

Able to include more safety/sanitation

knife skills, stove top cooking, principles of baking and nutrition



Foods, Nutrition and Wellness

Family and Consumer Science Standards

- Safety and Sanitation
- Knife Skills
- Culinary Equipment
- Kitchen Math
- Dietary needs/nutrition focus/label reading/ store bought vs. homemade comparisons
- Teamwork/relationship building , literacy, independence, trust, **time management**



Foods I Labs! Introduction to cooking



Advanced Foods Labs

Student choice recipes

Topics include:

Fruit/vegetable focus,
healthy substitutes,
culinary techniques





Culinary Arts- 8th grade



8th grade, second semester

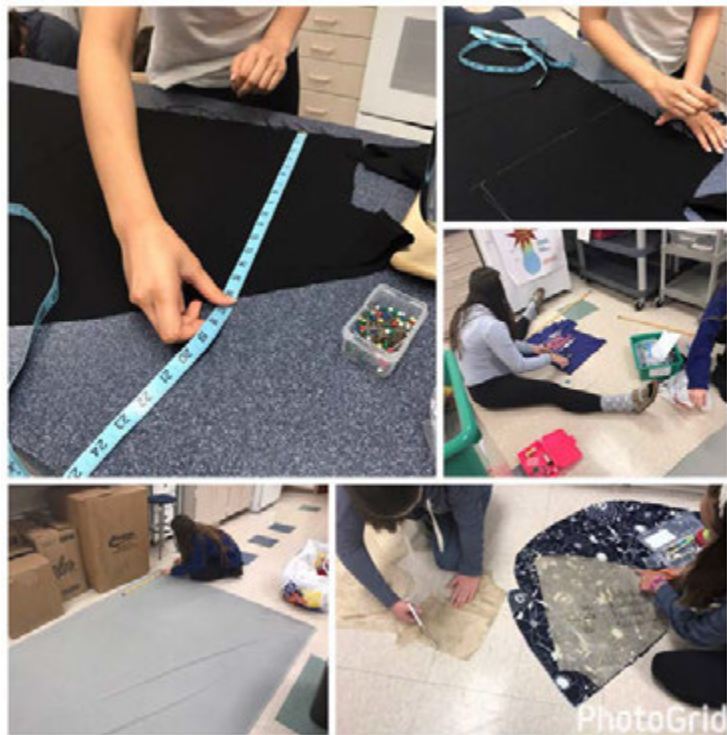
- Brand new course
- High expectations and culinary standards
- Professionalism, teamwork, trust, time management, skill, student choice, independence

Sewing and Advanced Sewing

- Introduction to the new machines
- Machine threading
- Becoming comfortable sewing
- Many unique customized projects



Advanced Sewing Customized Projects



Students' final projects :)

