

# Family & Consumer Science

## APP-2100

2022 07/01/2022 to 06/30/2023 Modified 04/22/2022

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

- N. The student will plan for career choices and basic etiquette.
- O. The student will learn basic cyber-space protocol.

## Course Resources

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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 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](#).

### Scripture Attribution

- Grades 7-12: All Scripture quotations, unless otherwise indicated, are from the ESV<sup>®</sup> Bible (The Holy Bible, English Standard Version<sup>®</sup>), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible.

### Materials List

The following materials are required to successfully complete this course.

#### Module 1

- 2 Saltine Crackers
- One full-color grocery store flier
- 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

#### 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

In weeks 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 5

- Ingredients to cook appetizer of your choice or use the recipe in lesson

#### Module 6

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

Students are accountable for all information in the [Student Handbook \(https://www.liberty.edu/online-academy/wp-content/uploads/2021/11/LUOA-Student-Handbook.pdf\)](https://www.liberty.edu/online-academy/wp-content/uploads/2021/11/LUOA-Student-Handbook.pdf). Below are a few policies that have been highlighted from the Student Handbook.

## 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		Assignment Weights	
A	90-100%	Tier 0	0%
B	80-89%	Tier 1	25%
C	70-79%	Tier 2	35%
D	60-69%	Tier 3	40%
F	0-59%		

In order for students to receive credit for a course, the following conditions have to be met:

- All semester exams and module tests have to be completed.
- All Tier 3 projects or papers have to be completed.
- Fewer than 10 zeros exist in the gradebook for blank submissions in a full credit course and 5 zeros for blank submissions in a semester course.

## 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 Resubmission and Honor Code policies apply to that assessment (see the Resubmission Policy and Honor Code Policy below 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. Students may freely resubmit for their first two attempts without the need for teacher approval.
- **Assignment:** Students should 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.

## Honor Code Policy

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 Director of Faculty will determine the consequences that should follow, possibly including withdrawal from the course or expulsion from the academy.

## Materials Selection Policy

LUOA curates educational materials that are consistent with the school's philosophy; however, the fallen human condition depicted in literature (as in Scripture itself) is not always pleasant. Valuable works sometimes have objectionable or profane elements. Good books provide four (4) recognized values.

- They build godly attitudes and character traits.
- They deepen our social and cultural awareness.
- They strengthen our use of written language.
- They provide a lifelong source of enjoyment and relaxation.

In order to instill these values in students and fulfill the stated objectives of the school, all LUOA students are expected to read and study good books on a regular basis. Recognizing that materials designed for one level may not be appropriate for another, three (3) levels of criteria are applied:

- Elementary materials must contain no objectionable material,
- Objectionable elements in sixth through eighth-grade materials must be limited and must serve a specific educational purpose, and

- Objectionable content may be included in high school materials but must be outweighed by positive literary, curricular, and/or Christian values.

The curriculum department has approved required educational materials for students.

## Schedule

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### **Module 1: Food Basics**

Week 1: Food Fundamentals

Week 2: Nutritional Elements

Week 3: Diet

Week 4: Food Shopping

### **Module 2: In the Kitchen**

Week 5: Kitchen Safety

Week 6: Kitchen Appliances

Week 7: Kitchen Utensils

Week 8: Food History

### **Module 3: The Food Industry**

Week 9: Careers in the Food Industry

### **Module 4: International Cuisine**

Week 10: Mexican, Italian, Asian & Caribbean Cuisine

Week 11: European, Mediterranean, & Scandinavian Cuisine

Week 12: American Regional Cuisine

### **Module 5: Party Planning**

Week 13: The Well-Planned Party

### **Module 6: Cooking**

Week 14: Proteins, Sauces, & Grains

Week 15: Shellfish

Week 16: Fruits & Baking

Week 17: Desserts

Week 18: Semester Project & Exam

## **Module 7: Personal Hygiene**

Week 19: Taking Care of Yourself

## **Module 8: Fashion & Style**

Week 20: Fabrics

Week 21: Style & Sewing

Week 22: Decoration & Fabric Care

## **Module 9: Architecture & Design**

Week 23: Architecture

Week 24: Elements of Design

Week 25: Furniture

Week 26: Accents

## **Module 10: Relationships & Family**

Week 27: Relationships

Week 28: Dating & Marriage

Week 29: Caretaking

## **Module 11: Child Care & Development**

Week 30: Babysitting

Week 31: The Healthy Child

Week 32: Infancy

Week 33: Stages of Life

## **Module 12: Life Choices**

Week 34: College & Career

Week 35: Personal Finance

Week 36: Adulthood