



BHS Family and Consumer Sciences Course Offerings



<p>Healthy Cuisine - 1 Semester - Open to all grades - No prerequisites</p> <p>Personal Finance - 1 Semester - Highly suggested to juniors, then seniors - No prerequisites</p>	<p>This course includes study of fundamental principles of health, wellness, and nutrition. Students develop strategies for making healthier food and lifestyle choices and use critical thinking and reasoning skills to ensure safe food handling practices. Students are challenged to evaluate consumer and industry food - related practices that sustain the environment. Other topics include the U.S. food system, relationships between diet and health, food processing, and select contemporary issues relating to nutrition, self-esteem, and food quality. Students conduct nutritional analysis of their diets using a computer software program.</p> <p>This course supports development of personal financial and management skills and techniques. Students focus on becoming financially literate to become independent and financially successful. Course requires students to practice skills, such as budgeting, banking, savings and investments, insurance, credit, identity theft, buying consumer good, renting an apartment, paying bills, buying a car, and buying a house. For the Capstone students plan and conduct a program of independent study, which is dependent upon individual student interest and requires focus on an element of career search, educational opportunity, or creative endeavor. Both course work and Capstone completion are required to garner credit for the course. Graduation is dependent up on successful completion of both the course and the Capstone project.</p>
<p>Human Development - 1 Semester - Recommended to freshmen, sophomores, and juniors. Good foundation for AP Psychology - No prerequisites</p>	<p>Are you interested in pursuing a career in education, social work, the medical profession and/or would like to become a parent someday? Human development is the study of what makes humans unique from all other species on earth. It is our ability to communicate, create, and develop complex relationships with each other and our surroundings that shape who we are. This is just a brief list of the topics studied in human development and our many distinct characteristics that define who we are from a physical, social, emotional, and intellectual point of view. Theories and factual content underlying current thinking and research are examined, as well as technological advances that affect everyone. In this course, we will study human development from conception to old age. Exploration of each age range will involve hands-on learning opportunities that include collaborations with local organizations and colleges like the Bridgeway Academy, The Ohio State University Department of Human Development, and Sunrise Senior Living Community.</p>
<p>Food Science - 1 Semester - Sophomores, Juniors, and Seniors - No prerequisites</p>	<p>This course emphasizes fundamental principles of food biology, chemistry, and processing. Students study chemical reaction and changes that take place during preparation, processing and storage of food as well as effects on the quality and nutritional characteristics of these foods. Topics include chemistry of food and food ingredients, especially the chemical and physical properties of water, proteins, fat, carbohydrates, and other food components. Course includes lab experiences.</p>



<p>Career Seminar - 1 Semester - Freshmen and Sophomores - No prerequisites</p>	<p>This course focus on developing problem-solving skills to support goal setting in career, personal and family relationships, wellness, and resource use. Students set goals related to responsible citizenry. Case studies are used to lead students to reasoned actions and ethical decisions. Students complete individual career plans and a service learning project.</p>
<p>Leadership - 1 Semester - Sophomores, Juniors, and Seniors - No prerequisites</p>	<p>This course is designed to train and educate students about the leadership process, the history of leadership, and the impact that leaders have on those immediately around them as well as their larger community. This course is designed to be interactive, encouraging, practical, and tangible. Students will be asked to write and create on a regular basis, and they will learn through exposure to multiple forms of media. Through guest presenters, students will have the opportunity to interact with some of the most influential leaders in Central Ohio. Finally, students will have opportunities to view leaders in traditional and non-traditional authentic settings, and develop their own leadership skills.</p>