

HIGH SCHOOL FAMILY AND CONSUMER SCIENCE COURSE CODES GRADES 9-12

*High school (grades 9-12) courses in Family and Consumer Science **require 150 contact hours** per Career and Technical Education (CTE) credit.*

Course Code	Course Name	Recommended Grade Levels	Description	High School Credit Options*	License/credential Required**
09022	Family and Consumer Sciences I	9-12	<p>To introduce students to basic concepts in all areas of Family and Consumer Sciences. This course may include: availability of personal resources**; organization of resources to provide for needs; making consumer decisions; creation of personal living environment; developing satisfying interpersonal relationships; understanding and caring for children; meeting personal nutritional needs; managing food resources; maintaining good health; clothing and textile selection, care, and construction; contributing to satisfying and family life; career orientation and occupational information; work readiness skills; leadership development.</p> <p><i>*The ¼ credit option should be used only when this course is part of a rotation of courses designed to introduce students to new course options.</i></p> <p><i>**This course may include concepts of personal finance such as checkbook mechanics, saving for larger purchases, credit, earning power, taxation and paycheck withholdings, college costs, making and living within a budget, mortgages, retirement savings, and investments.</i></p>	<p>¼*, ½, or 1</p> <p><i>Max credit = 1</i></p>	<p>License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12</p>
09023	<p>Family and Consumer Sciences II</p> <p>◆ Prerequisite Family and Consumer Sciences I</p>	10-12	<p>To provide students with experiences in all areas of Family and Consumer Sciences at a more advanced level than in Family and Consumer Sciences I. The course may include: self-development; multiple roles of individuals in contemporary society; finances and economic interdependence**; housing to meet lifestyle and family goals; lifestyle and parenting decisions; family meal choices at home and away; influences of nutrition on health and disease; personal and family clothing needs; societal and environmental impacts of personal decisions; career information, exploration and planning; work readiness skills; leadership development.</p> <p><i>**This course may include concepts of personal finance such as checkbook mechanics, saving for larger purchases, credit, earning power, taxation and paycheck withholdings, college costs, making and living within a budget, mortgages, retirement savings, and investments.</i></p>	<p>½ or 1</p> <p><i>Max credit = 1</i></p>	

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09024	Family and Consumer Sciences III ◆ Prerequisite Family and Consumer Sciences II	11-12	To provide specialized experiences that will enable advanced students to plan and prepare for present and future personal and family needs. Course content should expand on the content areas from Family and Consumer Sciences II and should be determined by the needs and interests of the students enrolled. Note: Unless student needs call for an additional comprehensive course at this level, it is recommended that in-depth semester courses described below be offered instead.	½ or 1 Max credit = 1	
09025	Independent Living	9-12*	To prepare students for responsibilities involved in becoming self-sufficient young adults preparing for life away from the parental home during or immediately following high school. Course content may include: living independently; supporting oneself; making financial decisions**; making choices about housing, nutrition and food, clothing, transportation, health and wellness; using time to achieve personal goals; finding balance in life; current issues that affect personal decisions; societal and environmental impacts of personal decisions; sources of support and assistance in the community; leadership development. <i>*It is recommended that enrollment of students below grade 10 be limited to students with special needs who must develop basic living skills, and that the instructional topics be adjusted accordingly.</i> <i>**This course may include concepts of personal finance such as checkbook mechanics, saving for larger purchases, credit, earning power, taxation and paycheck withholdings, college costs, making and living within a budget, mortgages, retirement savings, and investments.</i>	¼, ½, or 1 Max credit = 1	License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12

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09026	Child Development	9-12	To increase students' knowledge of how children grow and develop, and to foster acquisition of skills that promote healthy development of the individual. Content may include: processes in individual development; cultural and ethnic differences and similarities in child care; how children learn; age-appropriate activities for children; family development and preparation for parenthood; prenatal development; changing relationships within the family; current issues relating to children and families; sources of support and assistance; related careers; leadership development.	¼, ½, or 1 <i>Max credit = 1</i>	License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12
09027	Clothing and Textiles I	9-12	This course introduces students to basic consumer skills regarding fabric, design, construction, and maintenance techniques. Instruction may include cost analysis, wardrobe planning, basic sewing and fiber terminology, equipment for hand and/or machine sewing, reading and using a pattern, and care and maintenance of fabrics and garments.	½ or 1 <i>Max credit = 1</i>	
09028	Consumer and Resource Management	9-12	To help students learn how to make intelligent choices in the use of resources in order to gain maximum personal and family satisfaction. Course content may include: interrelationships between the individual and the economy**; consumer behavior; consumer rights and responsibilities; evaluating consumer information; financial services; resource management techniques; consumer credit; developing financial plans to meet personal and family goals; financial security; societal and environmental impacts of decisions; current issues relating to consumerism and resource management; sources of consumer support and assistance; related careers; leadership development. <i>**This course may include concepts of personal finance such as checkbook mechanics, saving for larger purchases, credit, earning power, taxation and paycheck withholdings, college costs, making and living within a budget, mortgages, retirement savings, and investments.</i>	¼, ½, or 1 <i>Max credit = 1</i>	
09029	Clothing and Textiles II	9-12	This course provides students with knowledge and skills to identify and incorporate design details in garments or environmental textiles, assess and upgrade commercially produced patterns or products, and perform basic repairs and/or alterations. Lab experiences may include design and/or construction of one or more projects related to the concepts taught.	½ or 1 <i>Max credit = 1</i>	

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09030	Fashion and Textile Trends	9-12	This project-oriented course introduces students to historical, current and futuristic aspects of the fashion industry including use of color and design principles, identifying fashions and fads, merchandising, apparel and environmental product production, entrepreneurship, and careers in the fashion industry. In this course, science, mathematics, management, communication skills, and team work are reinforced.	½ or 1 Max credit = 1	
09037	Current Topics in Textiles and Apparel	9-12	Students will explore areas of interest related to apparel, textiles and home furnishings. Students may expand their interest and/or expertise in a clothing or textiles area, to explore a topic in greater detail, or to develop more advanced skills.	½ or 1 Max credit = 1	License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12
09041	Teaching Professional (CTE)	9-12	Teaching Professional (CTE) courses introduce students to the principles underlying teaching and learning, the responsibilities and duties of teachers, and the techniques of imparting knowledge and information. These courses typically expose students to and train them in classroom management, student behavior, leadership and human relations skills, assessment of student progress, teaching strategies, and various career opportunities in the field of education.	½ or 1 Max credit = 2	
09042	Educational Methodology	9-12	Educational Methodology (CTE) courses prepare students to teach and guide others. These courses typically provide opportunities for students to develop their own teaching objectives, to design lesson plans, and to experience teaching in a controlled environment. Students examine and practice teaching strategies, learning styles, time management and planning strategies, presentations and questioning skills, classroom management, and evaluation techniques.	½ or 1 Max credit = 2	

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09129	Individual and Family Health	9-12	<p>To help students develop a holistic approach to “good health” and learn ways to maintain optimum levels of wellness. Course content may include: characteristics of a healthy person; maintenance of health (including nutrition, physical fitness, personal hygiene, accident prevention, protection against disease, effects of alcohol, tobacco, and other drugs, coping skills, “preventive maintenance”, home safety and sanitation, athletics); preparing for emergency situations; home care of the sick; pregnancy, community health services and programs; selecting and using health care products and services; current issues related to personal, family, and world health; related careers; leadership development.</p> <p>Note: This course can be taught for CTE credit only. For Physical Education credit, Health can be found under Physical Education and Health. For Science credit, Health can be found under Science. This course may also satisfy the health requirement for graduation.</p>	<p>$\frac{1}{4}$, $\frac{1}{2}$, or 1</p> <p><i>Max credit = 1</i></p>	<p>License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12</p>
09130	Parenting	9-12*	<p>To explore the parenting roles that most adults will assume at some time during their lives. Content may include: assessing readiness for parenthood; role clarification-mothers, fathers, and others; the finances of parenting; providing an environment for optimum child growth and development; family communication; stress and crisis in the family; special parenting situations — finding and assessing child care, the handicapped child, foster parenting, blended families, single-parent families, parenting as grandparents; current issues impacting on parents, children, and society; sources of support and assistance for parents and families; related careers; leadership development.</p> <p><i>*It is recommended that enrollment of students below grade 10 be limited to those with immediate need, such as pregnant or parenting teens.</i></p>	<p>$\frac{1}{4}$, $\frac{1}{2}$, or 1</p> <p><i>Max credit = 1</i></p>	
09131	Nutrition and Food Preparation I	9-12	<p>This introductory course will prepare students to make critical decisions about food that will contribute to their health and well-being of themselves, their families and their communities. The course may include basic food selection and storage, accurate and appropriate measuring, basic cooking terms and techniques, and working safely in the kitchen. Students will learn how to read food labels and how to apply them to their eating habits and their dietary needs. Lab experiences will focus on preparing and tasting a variety of foods.</p>	<p>$\frac{1}{2}$ or 1</p> <p><i>Max credit = 1</i></p>	

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09135	Nutrition and Food Preparation II	9-12	This course will examine the nutritional needs of the individual, emphasizing the relationship of diet to health. Enhanced cooking terms and techniques, kitchen and meal management, time and resource management and food preparation techniques will be explored. This course may include food trends and lifestyle options such as organic foods, vegetarian diets, and convenience foods, eating out, lactose and gluten intolerance and nutrition supplements. Lab experiences will align with and enhance the course content using a variety of foods and preparation methods.	½ or 1 <i>Max credit = 1</i>	License Code: 09025-Home Economics ♦ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ♦ 5-12 or 9-12 OR 09040-Family & Consumer Science ♦ 5-12 or 9-12
09136	Cultures and Cuisine	9-12	This course will explore cultures in various parts of the world in relation to ethnic foods, food supply, preparation methods and traditions. Current, historical and futurist issues related to food patterns and the global society will be an integral component of the course which may include such topics as famine, contamination, religious rites and practices, celebrations and cultural cuisine. Labs will combine the familiar with the exotic to create foods of the world	½ or 1 <i>Max credit = 1</i>	
09137	Nutrition and Fitness	9-12	This course is designed for all students concerned about nutrition and fitness and will explore such topics as sports nutrition in relation to performance, decision making and personal goal setting and stress management in relation to personal needs. Meal planning, fast foods, restaurant dining, family practices, genetically altered foods, weight loss and gain and current nutrition guidelines may be components of this course. Students will learn to read and interpret labels in relation to their dietary needs. Personal wellness and a healthy lifestyle will be the basis for lab experiences.	½ or 1 <i>Max credit = 1</i>	
09138	Food Science and Technology	9-12	This course will examine food and the food industry along the producer to table continuum. Topics that may be addressed include production, processing, preparation, preservation, and packaging principles. This course may integrate the application of basic food science principles, government regulations, emerging trends, sustainability, biotechnology, packaging and marketing, transportation and distribution, and career opportunities as related to the world of food science and technology. Lab experiences can demonstrate how food technology affects the consumer.	½ or 1 <i>Max credit = 1</i>	

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09132	Family Living (CTE)	9-12	<p>To assist students in preparing for adult roles that support and strengthen family life. The course may include: lifestyle and role options for adult life; forms and functions of the family; processes in making and evaluating decisions; readiness for adult roles and responsibilities, including marriage and parenthood; customs and laws relating to marriage and family life; emergency preparedness; coping with crises affecting family life; the family throughout the life cycle; interactions between family and community; sources of support and assistance for individuals and families; current issues related to home and family life; related careers; leadership development.</p> <p>Note: This course can be taught for CTE credit only. For Physical Education credit, Family Living can be found under Physical Education and Health.</p>	<p>¼, ½, or 1</p> <p>Max credit = 1</p>	<p>License Code: 09025-Home Economics ◆ 5-12 or 9-12</p> <p>OR</p> <p>09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12</p> <p>OR</p> <p>09040-Family & Consumer Science ◆ 5-12 or 9-12</p>
09133	Housing and Living Environments	9-12	<p>To explore the impacts housing has on families and the variety of ways in which individuals and families meet their needs for shelter. Content may include: the meaning of home; determining personal housing needs; selecting housing to meet needs; legal and financial aspects of housing; housing for individuals with special needs; the home as work site; personal expression through home decoration; household equipment selection, care, and use; maintaining safe environment; home repairs and improvements; energy and resource consumption and conservation; technology for home and family life; societal and environmental impacts of decisions; sources of support and assistance for individuals and families; current issues related to family housing; related careers; leadership development.</p>	<p>¼, ½, or 1</p> <p>Max credit = 1</p>	
09140	Individual Family and Consumer Sciences Studies	9-12	<p>To provide students in Family and Consumer Sciences additional opportunity to expand their knowledge and explore the fields of home and family life, related careers, leadership, citizenship, and personal development on an individual basis. Instructor and student will cooperatively develop specific goals and learning activities to achieve these goals.</p>	<p>¼, ½, or 1</p> <p>Max credit = 1</p>	

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09211	Early Childhood Care and Education Services	10-12	To prepare the student for employment in child care centers under the supervision of a director or for self-employment in home-based child care. Content may include: opportunities in child care occupations; career maturity skills; child care facilities; stages of child growth and development; planning for children's needs; protecting the child's health and safety; children with special needs; working with parents; working with other child care related agencies; current issues in child care; community work experience and/or laboratory simulation; balancing work and family; leadership development.	1 or 2 <i>Max credit = 2</i>	License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12
09212	Clothing and Textile Services	11-12	To prepare the student for employment in occupations concerned with the design, manufacture, or care of clothing and other textiles. Content may include: opportunities in clothing and textile occupations; career maturity skills; equipment and facilities; developing skill in construction and use of equipment; visual design; color; textile characteristics and implications for use; safety; working with customers; financial management; current issues in clothing and textiles; community work experience and/or laboratory simulation; balancing work and family; leadership development.	1 or 2 <i>Max credit = 2</i>	
09213	Food Service/ Culinary Arts	10-12	To prepare students for occupations concerned with the preparation and service of food. Content may include: opportunities in the food service industry; career maturity skills; legislation affecting the industry and its workers; safety and sanitation; organization of food preparation and service areas; developing skill in quantity food preparation; menu planning and recipe selection; food purchasing; financial management; current issues in food service; community work experience and/or laboratory simulation; balancing work and family; leadership development.	1 or 2 <i>Max credit = 2</i>	
09214	ProStart I	10-12	ProStart I provides an opportunity for the students with an interest in food to learn about culinary skills and entering the culinary/food service industry by introducing students into the world of professional cooking. Training in safety and sanitation (ServSafe), kitchen basics, food service equipment, nutrition, cost control, accounting, marketing, and customer service relations are taught. Lab experiences will be provided throughout in order to reinforce these skills. The ProStart Program is a two-year, industry-based program that is approved by the National Restaurant Association.	1 or 2 <i>Max credit = 2</i>	

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09215	ProStart II	10-12	ProStart II provides a further opportunity for the students with an interest in food to learn about culinary skills and entering the culinary/food service industry by introducing students into the world of professional cooking. Training continues in safety and sanitation (ServSafe), kitchen basics, food service equipment, nutrition, cost control, accounting, marketing, and customer service relations are taught. Lab experiences will be provided throughout in order to reinforce these skills. The ProStart Program is a two-year, industry-based program that is approved by the National Restaurant Association.	1 or 2 <i>Max credit = 2</i>	License Code: 09040-Family & Consumer Science ◆ 5-12 or 9-12
09250	Occupational Exploration	10-12	To allow students with special needs to develop basic employability skills and explore several occupational clusters in preparation for moving into a more specific training program. Course content may include: opportunities in Family and Consumer Sciences occupations; career maturity skills; employability assessment; career exploration and job shadowing; leadership development.	½ or 1 <i>Max credit = 1</i>	
09299	Cooperative Work Experience	11-12 (see note)	Provides students with a regularly scheduled, supervised employment opportunity related to Family and Consumer Sciences Occupations in order to develop and improve work skills. The employment must be preceded by, or concurrent with, classroom instruction related to the work experience, consistent with the student's occupational goals, and related to the Family and Consumer Sciences program area. There shall be a training agreement among all partners to the work experience (school, employer, student, and parents/guardians) outlining the expectations of each party. The instructor shall also develop a specific training plan with the employer for each student placed. The training plan shall include provisions for assessment of student progress and for on-site visits by the instructor during the student's placement. Note: Students must be a minimum of 16 years old and may be paid a wage by the employer.	Maximum of 1 credit per semester, not to exceed 4 credits while in high school <i>Max credit = 4</i>	License Code: 09025-Home Economics ◆ 5-12 or 9-12 OR 09035-CTE Family & Consumer Sciences ◆ 5-12 or 9-12 OR 09040-Family & Consumer Science ◆ 5-12 or 9-12

* High school curricular requirements are spelled out in NDCC 15.1-21-02 and High school unit - instructional time is NDCC 15.1-21-03. Maximum credit refers to the maximum units of credit a student may earn for a course over four years of high school. (Example: Band - a student may be enrolled in band all four years of high school -- earning a possible total of four units of credit.)

** Please refer to the second page of the teacher's North Dakota Educator's Professional license to verify which subject areas a teacher is qualified to teach. Licenses and endorsements are obtained on a teaching license from the Education Standards and Practices Board (ESPB).

Credentials are obtained from the Department of Public Instruction (DPI) and are issued to individuals holding a current teaching license.