

## CONSUMER STUDIES & HEALTH

<http://whs.rocklinusd.org/Academics/Health/index.html>

This course meets the WHS Health graduation requirement (5 credits).

### HEALTH AND DRIVERS ED./FAMILY LIFE

**Grade Level:** 9-10

**Prerequisite:** Mandatory enrollment in Drivers Education segment. Students who possess a California Driver Education Completion Certificate issued before the first day of school will be exempt from some assignments. Enrollment in the family life segment is automatic unless exemption is requested by parent.

<b>Requirements Met:</b>	<b>WHS Health</b>
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In this course, the student obtains, interprets, and understands basic health information and services. The following content areas are addressed: driver education, comprehensive sex education, nutrition and physical activity, mental and emotional health, alcohol, tobacco, and other drugs, injury prevention/safety, and personal/community health. Emphasis is placed on the development of lifelong positive health-related attitudes and behaviors.

## CONSUMER ELECTIVES

The following courses will meet the WHS elective requirement (50 credits).

### CULINARY I (BEGINNING FOODS)

**Grade Level:** 9-12

**Prerequisite:** None

**Project ownership requires monetary contribution. TBA (To be arranged)**

<b>Requirements Met:</b>	<b>WHS Elective</b>
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This is a comprehensive course designed to introduce students to the nutrient value, appetite appeal, social significance and cultural aspects of food. Students will participate in cooking labs, as well as a variety of classroom activities. Emphasis will be on reading recipes, measuring accurately, and food preparation. Basic food science principles will be introduced. Kitchen safety and sanitation; proper use of equipment; and essential job skills in the food industry will be reinforced as well.

### CULINARY II (FOOD SERVICES AND HOSPITALITY OCCUPATIONS – WILDCAT CAFÉ)

**Grade Level:** 10-12

**Prerequisite:** Culinary I and teacher approval

**Project ownership requires monetary contribution. TBA**

<b>Requirements Met:</b>	<b>WHS Elective</b>
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This advanced culinary course teaches skills in food production, preparation, customer service, and teamwork. Instruction includes planning, selecting, storing, purchasing, preparing, testing, serving and selling of quality food and food products. Additional study areas will include nutritive values, safety and sanitation, use and care of commercial equipment, management of food establishments, cost and profitability analysis, handling customer orders, and food service standards, regulations and laws. Working in the Wildcat Café periodically during lunch is required.

### LIVING ON YOUR OWN (LOYO)

**Grade Level:** 11-12

**Prerequisite:** None

<b>Requirements Met:</b>	<b>WHS Elective</b>
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Living On Your Own (LOYO) is an elective course designed to prepare juniors and seniors for life after high school. Topics covered will include personal finance, household management, basic meal planning and preparation, hand-sewing, goal setting and more.

**WORK EXPERIENCE**

**Grade Level: 11-12**

**Prerequisite: Students must have a valid Work Permit issued through the Work Experience Office and work at least 10 hours per week in a job covered by Worker's Compensation.**

<b>Requirements Met:</b>	<b>WHS Elective</b>
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Work Experience is an elective class which combines supervised, paid employment in any occupational field with related classroom instruction. Classroom instruction will focus on developing productive work habits, self-confidence and successful employment skills which can be used to locate, secure and retain employment. Awareness of the career exploration process and basic economic principles related to employment will also be taught. Students attend their jobs during the week, and attend a class session once a week at school. Students must have an approved, legally paid job while enrolled in this class. Regular visitations will occur at the jobsite by the Work Experience Coordinator.