

Family and Consumer Science

The Family and Consumer Science Pathway is a great program for students who have an interest in culinary arts, nutrition, childcare, and interior design. Snohomish County is expecting strong demand for workers in the Family and Consumer Science field over the next 10 years. The demand for restaurant cooks is expected to grow by 4% annually over the next 10 years, and Snohomish County is considered a childcare desert – only 64% of childcare demand is able to be met by our current workforce. Students who complete at least two credits in this pathway will meet CTE graduation pathway requirements.



Students in this pathway will:

- ➔ Obtain a food handler's permit, an industry recognized credential.
- ➔ Earn dual credit through one of our local college partners.
- ➔ Be able to learn how to use Chief Architect, an industry standard design program, to design the interior of a house.
- ➔ Be able to work directly out of high school with the training they receive in their high school classes, or go to work with additional post-secondary training.

What high-demand careers are related to an a Family and Consumer Science Pathway?

High-demand careers	Annual salary in Washington	Required training after high school	Schools offering degrees or certification
Restaurant cooks	\$39,000	High school diploma	Edmonds College Lake Washington Institute of Technology
Bakers	\$38,000	High school diploma	Lake Washington Institute of Technology Edmonds College
Preschool teachers	\$36,000	Associates degree	Everett Community College Lake Washington Institute of Technology University of Washington
Dietitians and nutritionist	\$73,000	Bachelor's degree	University of Washington Central Washington University Washington State University

* Information from Washington State Employment Security Department, 2023

What high-demand careers are related to the Family and Consumer Science Pathway?

Middle school courses in this pathway	College credit offered	Leads to a certification?	Equivalencies offered to meet graduation requirements
Family and Consumer Science (7th grade)	N/A	N/A	
Family and Consumer Science (8th grade)	N/A	N/A	
High school courses in this pathway	College credit offered	Leads to a certification?	Equivalencies offered to meet graduation requirements
Culinary Essentials 1 (0.5 credit)			
Culinary Essentials 2 (0.5 credit)	X	Food handler's permit	
International Cuisine (GPHS - 0.5 credit)			
Food for the Active Body (SHS - 0.5 credit)			0.5 science credit
Child Development (SHS - 0.5 credit)	X		
Interior Design (SHS - 0.5 credit)	X		0.5 art credit

Suggested course sequence - Family and Consumer Science Pathway:

Family and Consumer Science at Snohomish High School



Family and Consumer Science at Glacier Peak High School



Middle school course descriptions:

Family and Consumer Science (7th grade) – In this class, students have hands-on, project-based learning opportunities in interior design, sewing, basic cooking, nutrition, and gardening (spring semester only). At the end of each unit, students will produce a project that suits their interests and demonstrates their learning of required skills and techniques.

Family and Consumer Science (8th grade) – In this class, students learn the essential concepts in cooking and food preparation. Students learn how to cook as a team, create a variety of tasty foods, and have fun trying new things. Throughout the semester, students learn about nutrition, healthy meal planning, budgeting, and do research on various careers.

High school course descriptions:

Culinary Essentials 1 – This course is based in learning the fundamentals of scratch cooking. Students will explore the world of culinary arts by learning things like safety and sanitation, knife skills, vegetable-based dishes, the science of baking breads, and holiday meal preparation.

Culinary Essentials 2 – This course extends what was learned in Culinary Essentials 1 so students learn how to produce food products on a mass scale for restaurant and catering services. Students who take this class will leave with the knowledge needed to obtain an entry level job in the food service field and will earn a food handler's permit through the completion of the course. Two college credits of CTE dual credit are offered for this class.

International Cuisine – Students will learn about the local culture, customs, traditions, and cuisine from a variety of countries around the world. This is a fast paced, high energy, hands-on class where the students can't wait for the next new food to try.

Food for the Active Body – This course answers questions about how to fuel your body for physical activity, as well as the culinary fundamentals to a healthier lifestyle. 0.5 science equivalency credit is available.

Child Development – This course provides students with an in-depth study of how children develop from conception to age six. The emphasis of the course is on the physical, social, emotional, and cognitive development of children. Students will have an opportunity to practice the skills that they learn through a baby simulation project and monthly visits to the local elementary school. Five college credits of CTE dual credit available.

Interior Design – Students will dive into interior design by studying the elements and principles of design, color schemes, line and texture, and the effects these have on design choices. This is a hands-on class where students will be painting, drawing, and designing their own rooms. Students will also explore careers in the field of interior design and related professions. 5 college credits of CTE dual credit is offered for this class. 0.5 art equivalency credit is available.

What clubs are offered to practice career-related skills and leadership?

Family, Career, and Community Leaders of America (FCCLA) is the CTE co-curricular opportunity (called a Career and Technical Student Organization) that is related to the Family and Consumer Science Pathway. Members of FCCLA develop their leadership and potential for career success in family and consumer sciences through competitions, community service, and attending conferences. As FCCLA students progress through their high school years, they acquire essential life skills, communication abilities, and a strong sense of responsibility, setting them on paths toward a wide range of careers. Many FCCLA alumni go on to pursue professions in education, social work, healthcare, hospitality management, human services, and other fields that involve making a positive impact on individuals and communities.

The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator, Title IX Coordinator and ADA – Darryl Pernet, 1601 Avenue D, Snohomish, WA 98290, 360-563-7285, darryl.pernat@sno.wednet.edu; Section 504 Coordinator and Harassment, Intimidation and Bullying – Shawn Stevenson, 1601 Avenue D, Snohomish, WA 98290, 360-563-7282, shawn.stevenson@sno.wednet.edu.
