



NT Family and Consumer Sciences

Culinary Arts, Fashion, and Child Development

Courses Currently Offered:

Creative Cuisine (Northfield—Freshmen)

- This class is offered to Freshmen and teaches the basic techniques used in the preparation of food.
- Various units are discussed including appetizers, breads, soups, sauces, egg, poultry, meat and many more!
- Favorites of the class include pizza, baked Alaska, calzones, biscotti, macaroni and cheese and so much more!

Fashion Construction (Northfield & Winnetka—open to all grades)

- Learn how to sew! This hands-on lab course introduces students to the world of fashion and construction.
- Students work throughout the year completing multiple projects.
- Lab work includes various aspects of clothing design to pattern selection to clothing construction.

Gourmet (Winnetka—Sophomores & Juniors)

- This student-driven course is offered to sophomores and juniors and examines how different heating techniques alter food and taste.
- Student input is an invaluable component of the course as they research recipes to add to the course curriculum. Students are in the lab preparing and serving food on a daily basis.
- Favorites of this class include steak tacos, homemade pasta, brownie parfait, barbecue pot stickers and so many more!

International Foods (Winnetka—Seniors)

- This course is offered to seniors and takes them around the world learning about various cultures and their food.
- Students will “visit” countries including Italy, Germany, Scandinavia, Spain, Israel, China, Argentina, Turkey and Mexico to name a few.
- Students will complete this class with a unit on college cooking, preparing recipes that can be prepared easily in a dorm room or small kitchenette.

Human Growth and Child Development 1 (Winnetka)

- Open to sophomores, juniors and seniors this course explores the social, emotional, physical and intellectual development of young children.
- Students study human growth and development through the use of technology, including programmable baby simulators and an empathy belly.

Human Growth and Child Development 2 (Winnetka)

- This two-period course explores the social, emotional, physical and intellectual development of children from ages five to thirteen.
- Students will have hands on experiences with children in local preschool/elementary school settings throughout the course of the year.





Family and Consumer Sciences at New Trier teach life skills that:



- Promote critical thinking
- Apply core academics to real life situations
- Demonstrate management of financial resources to meet the goals of individuals and families across the life span
- Encourage development of teamwork, leadership and technology skills
- Develop practical skills for employment
- Demonstrate the importance of nutrition and wellness
- Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families



Family and Consumer Sciences Classes @ New Trier:	Level Options	9th	10th	11th	12th
Creative Cuisine	Elective Credit, 9	X			
Fashion Construction	Elective Credit, 9	X	X	X	X
Gourmet Foods	Elective Credit, 9		X	X	
International Foods	Elective Credit, 9				X
Human Growth and Child Development 1	Elective Credit, 9		X	X	X
Human Growth and Child Development 2	Elective Credit, 9			X	X