

Health & Human Services Advisory Committee Curriculum Discussion

CURRENT COURSES TAUGHT

Day Care Aide

This class's curriculum follows the S.T.A.R.S. for the High School classroom

- Ages & Stages
- Learning & Play
- Activities
- Communication
- Guidance 1 & 2
- Problem Solving
- Clean/Healthy
- Feeding
- Safety
- Professionalism
- CPR/First Aid/Food Handler Card
- Practicum

Effective Parenting (& GRADS)

- Choosing to Parent
- Development/Theories Term 1
- Birth Defects
- Child Care Options
- Communication/Nurturance/Families
- Play/Toys/Stress
- Emergencies/Problem solving/Resources
- Health/Illness/Safety
- Children's Rights/Abuse
- Positive Discipline/Guidance
- Nutrition/Meal Planning
- TV & Video Games / Special Needs
- Healthy/Unhealthy relationships
- Cultural Diversity / Reading /Learning

Family Health/Family Living

- Wellness Plan/Stress
- Human Relationships
- Clothing/Sewing
- Housing
- Violence/Drug Prevention
- STD/HIV/Pregnancy
- Nutrition/CPR
- In depth research on a health topic/oral presentation

Foods 1

- Kitchen and Food Safety/Sanitation
- Cooking Basics
- Nutrition
- Fruits/Vegetables
- Breads
- Foreign Cooking

Foods 2

- Nutrition
- Kitchen Design and Set-up
- Grocery Shopping Basics
- Menu Planning
- Food Preservation
- Ethnic Food
- Garnishing
- Cooking Show Reviews
- Cookbook Creation
- Weight Management
- Party Planning

GRADS

This class is part of the GRADS Program which is a support group to those students who have started their families (teen parents/pregnant students).

Individualized curriculum as to their specific needs (adoption, 1st/2nd/3rd trimester pregnancy, teen father issues, paternity rights, support enforcement agency speakers, nutritionists, etc. are included). Community resources are emphasized and networked if they are needed. Licensed day care center is on location. Their curriculum follows the Effective Parenting already listed but is individualized according to their needs.

Health

- Making Healthy Choices
- Personality and Self-Esteem
- Managing Stress
- Mental Disorders And Suicide
- You and Your Family
- Building Healthy Relationships
- Preventing Violence
- Reproduction and Heredity
- Pregnancy and Birth
- The Human Life Cycle
- Food and Nutrition
- Making Healthy Food Choices
- Exercise, Rest, and Recreation
- Alcohol

Health cont.

- Tobacco
- Preventing Drug Abuse
- Infectious Diseases
- Aids and Sexually Transmitted Diseases
- Noninfectious Diseases and Disabilities

Human Relationships

- Communications Techniques
- Understanding your Self Image
- Relating to Other People
- Love and Marriage
- Dating Risks
- Nurturing the Family Unit
- Understanding Families
- Families and Careers

Independent Living

- Personal Responsibility
- Career Exploration
- Money Management
- Housing
- Relationships
- Nutrition and Food Preparation
- Clothing
- Careers

PROPOSED COURSES