

Home Living

INSTRUCTOR: MICHELLE KRUSE

List instructor's phone number and email address

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COURSE DESCRIPTION

Summarize what will be taught over the course of the trimester

Home Living class takes place in a laboratory kitchen setting and throughout the Next Step Transition Program facility. The course begins with an overview of basic nutrition and the development of good nutritional habits based on the USDA Center for Nutrition Policy and Promotion *MyPyramid* guidelines. Students then progress to learning how to plan, shop for, and cook simple meals using recipes. They also learn and practice kitchen safety skills. Later in the course, students learn basic clothing care skills, household cleaning skills, and household safety and maintenance skills. Reading comprehension skills and the use of basic math skills are integrated daily into instruction. Students will be involved in several field trips within the community such as Farmers' Markets, apple orchards and farms, restaurants, grocery stores, thrift shops, food shelves, and local businesses. A variety of curriculum resources will be used. These include Glencoe McGraw Hill *Food for Today*, Goodheart-Wilcox *Housing Decisions*, Glencoe McGraw Hill *Clothing*, and Remedia Publications *Life Skills Math at Home*.

COURSE OUTCOMES AND OBJECTIVES

List outcomes and objectives of course

The students will:

1. Learn to identify healthy food choices, understand nutrition, and apply this knowledge to the planning of nutritionally balanced meals.
2. Learn to plan, shop for, and use recipes to make simple meals, ranging from little to no cooking to the preparation of more complex meals.
3. Demonstrate an understanding of the ability to apply the basics of household maintenance, including cleaning skills, repair skills, and how to handle emergencies.
4. Demonstrate a general understanding of clothing care skills, including laundering, ironing, and repairing clothing.

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GRADING SYSTEM

List what student will be graded on; weight of activities; explanation of pass/fail

Students will be graded on class assignments (80%), participation (10%), and attendance (10%). Since all assignments take place in class, it is essential that students be present on a daily basis. Each assignment will be given a point value of 1-5. A "pass" will require 60% or higher on all assignments. Scores lower than 60% will result in a "fail".

Students will be expected to complete a portfolio which will include a class cookbook and examples of their work throughout the trimester.

COURSE OUTLINE

Weekly listing of topics/activities of course

1. Nutrition Basics
2. Kitchen Principles
3. Grocery Shopping
4. Meal Planning
5. Group Cooking
6. Individual Cooking
7. Basic Household Maintenance Skills
8. Clothing Care Skills
9. Special Topics
10. Field Trips—intermittently throughout trimester
11. Kitchen Math—integrated throughout instruction

GRADUATION PLAN REQUIREMENTS

GRADUATION PLAN REQUIREMENTS:

X Obtain Paid Work Experience

X Maintain Paid Work Experience

X Volunteer/Non-paid employment

Meet & apply for DRS

X Speaker/Tour (Circle) Work force Ctr. MRC MCIL Govt. Center CTIC Fair Supported Employment

PACER Transitional Housing Century College St. Paul Tech

Other Agencies : _local businesses, food shelves, thrift stores_____

X Complete Self-Advocacy Skills Assessment
(Disability, strengths/weaknesses, IEP goals/objectives, resources available, etc.)

X Complete an Interest & Skills Inventory

Portfolio Components:

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| <input checked="" type="checkbox"/> Resume | <input checked="" type="checkbox"/> Cover letter |
| <input checked="" type="checkbox"/> Interview Experience | <input type="checkbox"/> Resources/Important phone numbers |
| <input type="checkbox"/> Completed sample W-2/W-4 form | <input type="checkbox"/> 2-3 Letters of Recommendation |
| <input type="checkbox"/> Possesses Social Security Card | <input type="checkbox"/> Possesses MN ID/Driver's License |
| <input type="checkbox"/> Work Site Evaluations | <input checked="" type="checkbox"/> Certificates of completion-awards, etc. |
| <input checked="" type="checkbox"/> Interest Inventories (SERVE, DRS) | <input type="checkbox"/> Other: _____ |