

**Family Studies** is the core content of the Family Career Pathways, which includes Food and Nutrition, Nutrition and Wellness, Parenting, Housing and Family and Consumer Science.



FCCLA is a national career and technical student organization for students in the Family Studies program. Involvement offers members the opportunity to expand their leadership potential and develop skills for life.

### **Non-Discrimination Statement**

Birmingham City Schools does not discriminate on the basis of race, ethnicity, color, religion, national origin, sex, disability, age, or homeless status in its programs, activities or employment and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding non-discrimination policies: Ms. Maria Lyas, 504 Coordinator, 2015 Park Place N. Birmingham, AL 35203, (205)231-9874, [myoung2@bhm.k12.al.us](mailto:myoung2@bhm.k12.al.us); and Mrs. Amanda Cross, Esq., Title IX Coordinator & ADA Coordinator, 2015 Park Place N. Birmingham, AL 35203, (205)231-4308, [titleIX@bhm.k12.al.us](mailto:titleIX@bhm.k12.al.us) (Title IX); [across@bhm.k12.al.us](mailto:across@bhm.k12.al.us) (ADA).  
2015 Park Place North, Birmingham, Alabama 35203, (205) 231-4600.

# **FAMILY STUDIES**

**Empowering Individuals,  
Strengthening Families and  
Enabling Communities**



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Conference times:

M-F 8:30-9:30



## FOOD AND NUTRITION

**Food and Nutrition** enables students to assess the components and lifelong benefits of sound nutrition and fitness practices and to apply these principals to their everyday lives. The course content provides opportunities for students to explore factors that impact lifelong individual health and wellness; laws and legislation; nutrition across the lifespan; fad diets; food preparation; recipe evaluation; food safety; manners and table setting; community resources; technology; and career options in the field of Food and Nutrition.

## PARENTING

**PARENTING** gives students the opportunity to focus on parenting roles and responsibilities. This course allows students to focus on family structures and stages of the family life cycle. Factors influencing the decision to become a parent. Preparation for parenthood. The challenge of teen pregnancy and teen parenting. Signs and changes in pregnancy and prenatal development. Caring for infants, toddlers, and the pre-school child. This course provides opportunities for students to understand children at each developmental stage of life.



## HOUSING AND INTERIOR DESIGN

**Housing and Interior Design** is a semester course designed to help students make important decisions about their housing with assurance and competence? Students will learn about homes as an environment for human growth and development, the selection of a house, the components and systems within a house, the process of furnishing and maintaining a house, trends in housing, and careers in Housing and Interior Design.

