

* **FOODS I** (grades 9-12) Tuesday, 12:30 - 2:30 PM 1 credit of high school occupational ed
Learn the basics of cooking, table service, etiquette, and meal management. Curriculum:
A Beka Family & Consumer Sciences Student Book: *The New Betty Crocker Cookbook*

* **HEALTH** (high school level) Tuesday, 2:30 - 4:00 PM (Second Semester)
This class meets the requirement for high school students. Covers body systems, fitness, nutrition, communicable and non-communicable diseases as well as social, emotional and spiritual health. Text: *Total Health* by Susan Boe

SEWING (age 8-18) Tuesday, 4:00 - 6:00 PM
Learn the basics of sewing or build your skill level; Construct several items and learn to read patterns. Sewing machine and sewing kit with basic supplies is required. Materials cost is determined by projects chosen. Curriculum: *Reader's Digest Complete Guide to Sewing*

COOKING (ages 10-13) Taught by Sabrina Hansen, Wednesday, 12:00 - 1:30 PM
Learn the basics of baking and cooking; including proper ways to measure, kitchen safety, selecting quality/fresh food, and making healthy food choices. Students will create a notebook of recipes using various ingredients and cooking methods. Curriculum: 4H Cooking and other recipe sources. \$100 supply fee

LIFE SKILLS (ages 14-18) Taught by Sabrina Hansen, Wednesday, 2:00 - 3:00 PM
Learn and practice skills most adults had to learn as they encountered new situations. Students will learn financial, phone, laundry/cleaning, and meal planning skills, home and auto maintenance, and what to do in an emergency.

CRAZY CONTRAPTIONS (age 9-13) Taught by Melanie Neal Thursday, 1:00 - 2:30 PM
Introduction to the world of physics, including force, motion, and work, simple machines (inclined planes, levers, wheels, axles, wedges, screws, and pulleys), and Rube Goldberg contraptions. Students learn about the engineering vocabulary and world as they build increasingly complex contraptions.

OCEANOLOGY (age 10-14) Taught by Melanie Neal Thursday 4:00 - 5:00 PM
Discover the mystery of the geology, chemistry, physics, and biology of the world's oceans. This course will introduce students to the important physical and biological processes in the oceans in a way that relates to the rest of our earth's systems. We will study the creatures of the sea, the rotation and revolution of the planet, plate tectonics, waves, tides, currents, and the large-scale ocean circulation and weather patterns. Marine biology study includes estuaries, sandy beaches, coral reefs, intertidal zones, and hydrothermal vents. Class includes labs.

ELEMENTS IN WATERCOLOR (age 10 - 18) Taught by Melanie Neal Thursday, 2:30 - 4:00 PM
Learn the fundamentals of color theory and watercolor technique. Students will learn to transfer an image proportionally to their paper without tracing and add in color in both a realistic and whimsical fashion. Students will build their own artist portfolios as they complete unique works of art, each building on the skills of previous projects. Various types of watercolor, pencil, ink, and masking will be incorporated

CLASS FEES: 1 hour class: \$50/month 1.5 hr. class: \$55/month 2 hr. class: \$60/month
All art, cooking and science classes have a lab fee of \$100/student.

For more information or to register, contact: Carrie Patterson 360-573-0857
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