



**2025-2026**

**Success**

**Exit Ahead**

**Child  
Development**

**Life Planning**

**Nutrition &  
Wellness**

**Teachers  
for Tomorrow**

**Family and Consumer  
Sciences**

TODAY'S SPECIALS  
★ BUTTER CHICKEN  
★ CHICKEN MOGHAI  
★ CHICKEN TIKKA M  
★ FISH MASALA  
★ PRAWNS MASALA  
★ MUSHROOM MASALA  
★ PALAK PANEER  
★ MUSHROOM MASALA  
★ MALAI KOFTA  
★ ONION KULCHA  
★ STUFFED



# Nutrition & Wellness (Full Year)





- **10<sup>th</sup> – 12<sup>th</sup> Grade**
- **1 Credit Course**
- **Year-long Course (lots of Cooking!!)**
- **Favorite Cooking Labs:**
  - Skinny Fettuccine Alfredo
  - Chicken Tortilla Soup
  - Bar B Que Chicken Sliders
  - Pumpkin Chili
  - Ancho Chili Enchiladas





## Students will explore:

- food safety and sanitation
- food preparation
- presentation of foods
- **how to cook and clean in our kitchen labs.**
- a variety of careers related to the hospitality, tourism and the recreation industry.



**Great food and great fun!!!**



# Teachers for Tomorrow 1 & 2

**Dual Enrollment Course!**



# Teachers For Tomorrow 1 & 2 Dual Enrollment:

Students enrolled in this course are dual-enrolled as students at Northern Virginia Community College.

- NVCC Course Name:

EDU 200

EDU 207

\*Students must meet the Admissions requirements and application deadline.

## Benefits of Dual Enrollment:

- Earn 3 college credits from NVCC.
- Receive a 1.0 weight on their FCPS transcript.





- **11<sup>th</sup> - 12<sup>th</sup> Grades**
- **Year-long course**
- **1 credit + *College Credit!!***

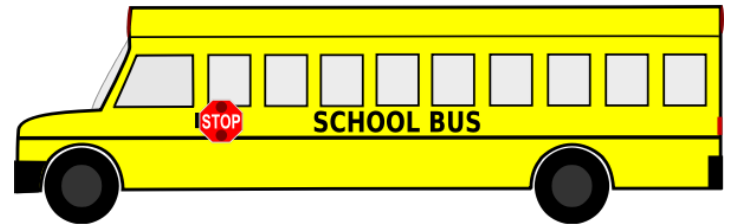
**Do you love kids?  
Do you want to be a teacher?**

**Now is your chance to find out!!**



# Students will explore:


- Students will have field experience...  
**Students will go to local schools!!**
- Students will learn about being a teacher and how classroom structures work.
- Students will learn about careers involving children
  - education
  - psychology
  - social work
  - child-care
  - medicine







# Child Development and Parenting

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- **10<sup>th</sup> – 12<sup>th</sup> Grade**
  - **Full Year Course**
  - **1 credit**
  - **Favorite Projects:**
    - Empathy Belly
    - Egg Babies
    - Real Care Babies

# Students will focus on:



- learning babysitter and parenting skills
- **hands-on experience taking care of a robot baby for the weekend!**
  - **Baby Think It Over Simulation Project**
- preparing for a healthy, emotional, and physical beginning for parent and child
  - **Empathy Belly Simulation Project**
- building positive parent-child relationships
- planning ways that families and society can share in nurturing children and adolescents

# Egg Babies



# Real Care Babies







# **Life Planning & Nutrition and Wellness**

**2 Great Courses in 1 Fun Class!**



# Life Planning

9<sup>th</sup> – 12<sup>th</sup> Grade

- ½ Semester Course
- Build skills to help students plan their futures.
- Helps students cope with stresses of teen life.
- Explore careers and effective communication skills needed for the workplace; including creating resumes and mock interviews.

# Why Life Planning?

This course is a student favorite!

Students learn about managing stress, their college/career path, and so much more, all in a fun classroom environment. Also, students usually leave with a room full of new friends.



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# Nutrition & Wellness (semester)





- **9<sup>th</sup> – 12<sup>th</sup> Grade**
- **1/2 Semester**
  - Pairs with Life Planning
- **Favorite Cooking Labs:**
  - Skinny Chicken Fettuccini Alfredo
  - Healthy Snack Taste Test
  - Omelettes



# Students will explore:

- choosing healthy foods and building cooking skills to be optimally healthy
- planning a menu, shopping within a budget and cooking within a busy schedule
- finding time for fitness and developing a fitness plan



# Family & Consumer Sciences:

Empowers students to become contributing family members, productive problem solvers, responsible citizens, quality workers, and continuing learners.

...and these courses are a lot of fun!!

