

FAMILY AND CONSUMER SCIENCE CURRICULUM STANDARDS

- Understand the family as the basic unit of society.
- Understand the impact of the family on the well being of individuals and society.
- Understand important concepts and skills related to careers in family services.
- Understand how knowledge and skills related to consumer and resources management affect the well being of individuals, families, and society.
- Understand important concepts and skills related to careers in consumer science.
- Understand how knowledge and skills related to living environments affect the well being of individuals, families and society.
- Understand important concepts and skills related to careers in facilities management and maintenance.
- Understand important concepts and skills related to careers in hospitality, tourism, and recreation industries.
- Understand important concepts and skills related to careers in the housing, interiors, and furnishings industry.
- Use skills and techniques related to building, maintaining, and repairing structures.
- Understand important concepts and skills related to careers in early childhood education and services.
- Understand how knowledge and skills related to child development affect the well being of individuals, families and society.
- Understand important concepts and skills related to careers in food production and services.
- Understand how knowledge and skills related to nutrition and food affect the well being of individuals, families and society.
- Understand important concepts and skills related to careers food science, dietetics, and nutrition industries.
- Uses basic mechanical skills related to the manufacturing industry.
- Understand how knowledge and skills related to clothing and textiles affect the well being of individuals, families and society.
- Understand important concepts and skills related to careers in the textiles and apparel industries.

FOODS I

Subject: Foods I

Grades: 9, 10, 11, 12

Length of Course: First Semester

Prerequisites: None

CURRICULUM BENCHMARKS:

1. Understands basic nutritional needs and dietary practices (understands classification, sources, and functions of nutrients and their relation to illness and disease).
2. Knows the nutrient requirements for individuals across the life span.
3. Understands the impact of food and diet fads, food addictions, and eating disorders on wellness.
4. Understands alternative meal plans for persons with special nutritional needs (diabetic, pregnant, teen, convalescent, athlete).
5. Knows community resources available for helping those with dietary needs.
6. Uses criteria to evaluate sources of nutritional information (food label, advertising, etc.).
7. Knows safety and sanitation techniques to be practiced in food handling and use of equipment.
8. Uses recipe directions in food preparation.
9. Knows a variety of food preparation techniques and knows how to serve a variety of foods.
10. Knows meal preparation techniques (basic food preparation that preserves nutritional value; types and safe use of equipment, tools, and utensils; correct measuring techniques).
11. Selects, prepares, and serves nutritious and aesthetically pleasing foods from all food groups.

COURSE DESCRIPTION:

This course will develop introductory food preparation and kitchen management skills. The students will gain an understanding of individual nutritional needs during the life span. Students will examine food and diet fads, food addictions, and eating disorders and specialized nutritional needs. Students will learn principles of food safety and handling, basic food preparation techniques, use of kitchen equipment, and preparation of food from all food groups. The class will consist of both class work and lab work.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read textbook assignments.
2. Complete daily written assignments and projects.
3. Participate in class discussions.
4. Complete tests and quizzes
5. Participate in and evaluate food labs.
6. Make up food lab absences.

FOODS II

Subject: Foods II

Grades: 9, 10, 11, 12

Length of Course: Second Semester

Prerequisites: Foods I

CURRICULUM BENCHMARKS:

1. Understands basic nutritional needs and dietary practices.
2. Understands the effects of scientific and technical advances on meeting nutritional needs (effects on food selection, preparation, home storage, nutrient content, availability, safety, processing, product development, and distribution).
3. Knows factors that affect food safety, from production to consumption.
4. Knows cost effective practices for food purchasing.
5. Knows methods used to store surplus foods (refrigeration, freezing, drying, canning).
6. Selects, prepares, and serves nutritious and aesthetically pleasing foods from all food groups.
7. Plans, prepares, serves and evaluates a meal.
8. Knows appropriate meal services and table etiquette to be practiced in a variety of situations.
9. Locates and/or utilizes food and nutrition resources.
10. Understands that family food choices are influenced by culture, traditions, and socioeconomic factors.
11. Identifies various cultural and regional cuisines.
12. Examines food related occupations.

COURSE DESCRIPTION:

This course is the second semester of an introductory nutrition, food preparation and kitchen management skills class. The students will increase their understanding of the nutritional needs of individuals. Students will look at advances in technology and science and their relationship to food preparation and nutrition. Food purchasing, storing and preservation will be examined. Students will expand their knowledge of food preparation techniques and learn basic meal planning and food purchasing skills. An emphasis will be placed on the effects of culture, traditions, and geography on food choices. Students will prepare regional and international dishes. Food related occupations will be examined.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read textbook assignments.
2. Complete daily assignments and participate in class discussions.
3. Complete tests and quizzes
4. Participate in and evaluate food labs.
5. Research and write a report on a foreign cuisine.
6. Plan, prepare, and serve foods from the foreign country researched.

CHILD DEVELOPMENT I

Subject: Child Development I

Grades: 10, 11, 12

Length of Course: First Semester

Prerequisites: None

CURRICULUM BENCHMARKS:

1. Understands the responsibilities of parenting.
2. Understands the impact of parenthood on the individuals involved.
3. Understands various aspects of family planning.
4. Knows the factors affecting the decision to parent (personal goals and priorities, genetic history, resources, cultural and societal factors, individual readiness).
5. Understands parenting roles, expectations, and responsibilities across the life span and in different cultures and societies.
6. Understands the concepts and principles related to the physical, emotional, social, and cognitive development of children.
7. Knows the basics needs of children (food, clothing, shelter, safety, security, love, and acceptance).
8. Understands the components of prenatal development and care (stages of prenatal development, nutritional needs during pregnancy, environmental and genetic factors that affect prenatal development, the process of delivery).
9. Understands the various factors that impact human growth and development (heredity and environment, social, economic and technological forces; gender, ethnicity, and culture; life events).
10. Understands ways to guide the physical, social, emotional, and intellectual development of children (knows activities that promote healthy growth and development; knows procedures for handling safety, first aid, and emergency situations; select toys, equipment, food, and materials appropriate for the developmental stage of a child; knows childhood diseases and immunization procedures).
11. Knows nutritional needs and appropriate feeding practices for infants and children.

COURSE DESCRIPTION:

This course is focused on child development from the decision to parent through pregnancy, prenatal development, birth, and development of the child through age three. Social, physical, cognitive, emotional, and moral development will be studied at the appropriate developmental stages of the child. Students will be introduced to the guidance techniques that have proved to be successful in child rearing. Students who may be planning parenthood in their future or possibly considering a career related to children would find this course helpful in preparing them for one or both roles. This course is articulated with WITCC.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read the textbook assignments.
2. Complete daily assignments and projects.
3. Complete quizzes and tests.
4. Participate in class discussions and field trips.
5. View films, filmstrips, and videos.
6. Complete observations of children.

CHILD DEVELOPMENT II

Subject: Child Development II

Grades: 10, 11, 12

Length of Course: Second Semester

Prerequisites: Child Development I

CURRICULUM BENCHMARKS:

1. Understands the concepts and principles related to the physical, emotional, social, and cognitive development of children.
2. Knows factors influencing the child/parent relationship and knows how this relationship changes at different stages of the family life cycle.
3. Understands the causes, prevention, and treatment of child abuse and neglect.
4. Understands ways to guide the physical, social, emotional, and intellectual development of children (knows activities that promote healthy growth and development; knows procedures for handling safety, first aid, and emergency situations; select toys, equipment, food, and materials appropriate for the developmental stage of a child; knows childhood diseases and immunization procedures).
5. Understands various factors that influence human growth and development (heredity, environment, gender, ethnicity, culture; social, economic and technological forces; developmental disorders).
6. Understands the effect of play in the development of children (understands that play promotes physical, cognitive, emotional, and social development; knows strategies parents may use to encourage constructive play).
7. Knows activities that promote development in children and adolescents (visual, auditory, tactile; outdoor and indoor activities that promote motor skills, creativity, language development, cognitive development and social development).
8. Understands the needs of children with special conditions.
9. Knows family issues that affect the home environment of children (family structure, work, educational level, social mores, cultural traditions; history of child abuse, drugs).
10. Understands how various styles of parenting affect the development of children (authoritarian, democratic, permissive).
11. Knows external support systems that provide services for parents.
12. Knows various types of care giving services

COURSE DESCRIPTION:

This course introduces the student to the development and needs of the growing child from age four through puberty. The issues of play, discipline/parenting styles, childcare and abuse are examined. The class will also look at family community resources and careers focusing on the child and family. Students who may be planning parenthood in their future or possibly considering a career related to children would find this course helpful in preparing them for one or both roles. This course is articulated with WITCC.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read the textbook assignments.
2. Complete daily assignments and Assigned projects.
3. Complete quizzes and tests.
4. Participate in class discussions and field trips.
5. View films, filmstrips, and videos.
6. Observe children in various environments.

MARRIAGE AND FAMILY

Subject: Marriage and Family

Grades: 10, 11, 12

Length of Course: One Semester

Prerequisites: None

CURRICULUM BENCHMARKS:

1. Understands the functions of the family (providing for economic, emotional, and physical needs of its members).
2. Describe ways to build good interpersonal relationships with other.
3. Knows different types of families (nuclear, blended, extended, single parent, foster, adoptive).
4. Knows experiences that characterize and contribute to family unity (traditions, leisure activities, goal setting) and how to balance work, family and individual needs.
5. Knows the influence of cultural differences on the division of family roles and responsibilities.
6. Understands how changes and transitions over the life cycle influence the individual and the family.
7. Understands the role of the family in transmitting societal expectations, culture, and traditions.
8. Knows crisis situations that may affect families (divorce, marriage, job loss, substance abuse, catastrophic illness).
9. Knows communication skills that enhance family living.
10. Understands the reciprocal impact of individual and family participation in the community (knows the community resources and systems of formal and informal support available to families; understands the importance of family participation in community and civic responsibilities).
11. Understands the principles of nutrition, health, stress management, safety, and first aid for individuals and family members.
12. Understands the economics of the family household and the need for personal and family financial planning.
13. Understands options in family planning and the impact of the decision to parent on family roles, responsibilities, and resources.
14. Selects and uses appropriate child guidance techniques.
15. Examines family living/parenthood related occupations.

COURSE DESCRIPTION:

This course allows students to better understand themselves and develop the social skills needed to build good interpersonal relationships with others. It encourages positive attitudes, actions, and needed adjustments to enrich single years, dating, and marriage relationships and possibly parenthood. The course will address current topics that are of major concern to today's family planning such as divorce, remarriage, single parenting, blended families, spouse abuse, child abuse, dual income families, aging, and death. Improving family relationships through improving communication, developing coping skills, using family crisis support systems and counseling hot line information centers will be studied and evaluated.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read textbook assignments.
2. Complete daily assignments.
3. View media presentations.
4. Complete tests and quizzes.
5. Complete projects dealing with content areas

INDEPENDENT LIVING

Subject: Independent Living

Grades: 11, 12

Length of Course: One Semester

Prerequisites: None

CURRICULUM BENCHMARKS:

1. Explains the basic skills necessary to maintain personal, physical and mental health.
2. Understands strategies for developing a positive self-concept and good interpersonal relationships.
3. Develops short and long-term planning, goal setting, problem-solving, and decision-making skills.
4. Understands how to budget personal resources (time, money, energy) and the need for personal financial planning.
5. Knows types, sources, advantage, and disadvantage of using credit.
6. Understands consumer rights and responsibilities and appropriate procedures for exercising those rights.
7. Knows shopping techniques used to make good consumer decisions (comparing quality, features, and costs of similar products, evaluating warranty and contracts).
8. Understands the importance of cleanliness, organization, safety, and maintenance of the household environment.
9. Know how to organize and decorate space in the home to ensure a safe environments.
10. Understands general nutritional principles and how to plan, prepare, and serve simple meals that reflect dietary guidelines.
11. Knows basic food safety and sanitation techniques and proper use of equipment.
12. Understands principles to follow when planning a wardrobe and preparing a clothing budget.

13. Knows clothing care procedures (clothing care labels, laundry procedures, packing and storing clothing, care procedures for various fabrics).

COURSE DESCRIPTION:

This course is designed to provide students with introductory skills that will allow them to successfully live on their own. Some of the topics students will study include: personal growth, developing relationships, budgeting and resource management, consumer decision-making, finding and furnishing a place to live, meal planning and preparation, clothing selection and care, and providing for insurance needs.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read textbook assignments.
2. Complete daily assignments.
3. View media presentations.
4. Complete tests and quizzes.
5. Complete projects dealing with content areas.

HOUSING

Subject: Housing

Grades: 10, 11, 12

Length of Course: One Semester

Prerequisites: None

CURRICULUM BENCHMARKS:

1. Identifies recent trends in housing and home furnishings and factors that affect these trends.
2. Knows various types of housing and understands the basic financial and legal aspects of housing in various demographic situations.
3. Understands the financial and legal considerations in selecting housing (realtors, mortgages, contracts, abstracts, etc.)
4. Evaluates housing alternatives (flow plans, structure, and maintenance of a residence, safety, energy, lifestyles, and populations with special needs).
5. Understands the differences between renting and owning personal living space.
6. Knows that housing laws and knowledge of housing information provide protection for consumers.
7. Understands the design principles and elements as they apply to living environments.
8. Knows factors that influence the selection of home furnishings and appliances. (performance, safety, cost, quality, efficiency, space, ability to be cleaned.)
9. Examines home furnishing/home management related occupations.

COURSE DESCRIPTION:

This course is designed to give students a basic understanding of selecting, purchasing (or renting), furnishing, and maintaining a home or living space. Emphasis will be on housing alternatives, financial and legal considerations, basic housing terminology, housing styles past to present, design principles, household furnishings, care and maintenance, and careers in the housing industry.

WHAT STUDENTS ARE EXPECTED TO DO:

1. Read textbook assignments.
2. Complete daily assignments.
3. View media presentations.
4. Complete tests and quizzes.
5. Complete projects dealing with content areas