

Family & Consumer Sciences

PURPOSE: *This is a comprehensive course designed to expose students to several areas of family and consumer sciences. Topics include: human relations, foods and nutrition, employability, interior design, fashion merchandising, and consumerism.*

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome I: *Managing in Today's World* **Components:**

Unit 1–Managing in Today's World

- 2.1.2 Examine how individuals and families make choices to satisfy needs and wants.
- 2.3.3 Examine skills used in seeking information related to consumer rights.
- 2.4.2 Examine how media and technological advances impact family and consumer decisions.
- 2.5.1 Examine the use of resources in making choices that satisfy needs and wants of individuals and families.
- 2.6.1 Examine the need for personal and family financial planning.
- 2.6.2 Apply management principles to individual and family financial practices.
- 2.6.3 Apply management principles to use of credit for individuals and family.
- 2.6.4 Apply management principles in the use of savings, investments, and insurance for individual and family financial practices.
- Explain and apply the management process.
- Explain the importance of time management.
- Describe how to use a budget, as well as adjust a budget for actual use.

Outcome II: *Planning and Preparing Meals* **Components:**

Unit 2–Planning and Preparing Meals

- 14.6.4 Analyze the reliability of wellness information and sources.
- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
- 14.4.1 Determine conditions and practices that promote safe food handling.
- 14.4.2 Appraise safety and sanitation practices throughout the food chain.

Outcome III: *Meeting Your Clothing Needs* **Components:**

Unit 3–Meeting Your Clothing Needs

- 2.1.4 Implement Decisions about Clothing.
- Explain the care and maintenance of clothing and other fabric items.

Outcome IV: *Careers in Family and Consumer Sciences* **Components:**

Unit 4—Careers in Family and Consumer Sciences

- 6.1.7 Explore the ways family and consumer sciences careers impact the family.

Outcome V: Today's Families

Components:

Unit 5---Today's Families

- Determine goals for life-long learning and leisure opportunities for all family members.

Outcome VI: Healthy Living

Components:

Unit 6—Healthy Living

- 2.1.6 Examine information about procuring and maintaining health care to meet the needs of individuals and family members.
- 14.2.1 Assess the effect of nutrients on health, appearance, and peak performance.
- 14.2.2 Research the relationship of nutrition and wellness to individual and family health throughout the lifespan.
- 14.2.3 Assess the impact of food and diet fads, food addictions, and eating disorders on wellness.
- 14.2.4 Appraise sources of food and nutrition information, including food labels, related to health and wellness.
- 14.3.1 Apply various dietary guidelines n planning to meet nutrition and wellness needs.
- 14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.
- 14.3.3 Demonstrate the ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

Outcome VII: Personal Leadership Skills

Standard: Personal Leadership Skills

- I.2 Display courtesy, tactfulness, and patience.
- II.1 Evaluate personal traits (including initiative, self-esteem, creative thinking, adaptability, and motivation).
- III.1 Value diversity, practice tolerance and acceptance, and work cooperatively toward common goals.
- III.3 Use the following communication techniques to achieve personal and professional goals: active listening; body language/nonverbal communication, correct verbal expressions; eye contact; reflection of feelings; silence when appropriate; prepared speaking.
- III.7 Ask appropriate questions to clarify another's communications.
- IV.3 Apply one or more problem-solving processes to a given situation(s).
- VIII.1 Define goals, identify priorities, and establish objectives for a project.
- VIII.2 Accept responsibility for personal decisions and actions.
- IX.1 Cooperate and comprise through teamwork and group participation.
- X.2 Recognize and celebrate the accomplishment of others.
- X.3 Utilize the resources and talents of all organization members.
- X.5 Demonstrate cooperative behaviors to contribute to one another's success.
- VI.1 Establish and examine personal short- and long-term goals, including resources needed to reach these goals.

Outcome VIII: Career Development Skills

Standard–Career Development Skills

- II.2 Prepare and deliver a presentation appropriate to subject matter, purpose, and audience.
- I.4 Analyze a speaker’s point of view.
- II.4 Participate in group communication activities
- III.1 Estimate, apply, and solve problems involving fractions, decimals, percentages, and real numbers
- III.2 Decide whether a problem situation is best solved using computer, calculator, paper and pencil, or mental arithmetic/estimation techniques.
- IV.2 Check, edit, and revise for correct information, appropriate emphasis, grammar, spelling, and punctuation.
- IV.4 Compile and maintain records, logs, lab notebooks, and other documentation.
- V.2 Compose, organize, and edit information using a computer.
- V.5 Select and use subject-specific and industry-specific software.
- VI.1 Perform a self-assessment:
 - a. Personal goals
 - b. Standards and values
 - c. Needs/wants
 - d. Strengths/weaknesses
 - e. Interests/talents
- VI.5 Demonstrate interpersonal skills:
 - a. Tact and diplomacy
 - b. Respect for others
 - c. Respect for diversity
 - d. Recognition of others’ strengths
 - e. Positive assertiveness
 - f. positive attitude