

WARREN COUNTY SCHOOL DISTRICT

Planned Instruction

Course Title: FAMILY AND CONSUMER SCIENCE - 7

Course Number: 00706

COURSE DESCRIPTION:

Family and Consumer Science is a middle level required course providing a basic foundation for Family and Consumer Science at a higher level. This course includes a unit on Foods and Nutrition emphasizing healthy food preparation, safety and sanitations, recipe development, and resource conservation. The unit in Clothing and Textiles emphasizes basic sewing skills and reading and following instructions to construct a sewing project. Students are responsible for their individual project costs.

Suggested Educational Level: Grade – 7

Suggested Periods per Week: 5 **Length of Period:** 42 min.

Suggested Length of Course: 1 semester taught as a cycle class.

Units of Credit (If Appropriate): .02

Date Written: February 28, 2005 **Date Approved:** May 9, 2005

Date Reviewed: Winter 2005 **Implementation Year:** 2005-2006

Teacher Certification Required: Home Economics or Family Consumer Science Ed.

Standards Addressed: 11.2.6 C; 11.2.6 H; 11.3.6 B, C, D, E, F; 11.4.3 A; 11.4.6 B; 11.2.6 F; 11.1.9 A; 11.1.6 D; 11.2.6 B; 1.1; 1.4; 1.6; 2.1; 2.2; 2.3; 3.7.7 A, B; 3.7.10 B, E; 3.8.7 A, WCSD FCS 1, 2, 3, 4, 5, 6

Relationship to Other Planned Instruction: Introductory Level

Prerequisites: None

Required/Approved Textbooks and/ or Materials:**Book Title:****Publisher:****ISBN #:****Copyright:****Date of Adoption**

Special Requirements: Required course for all seventh graders with modifications for special needs students

Standards addressed:

- 11.1.6 D Analyze information in care instructions, safety precautions and the use of consumable goods as a demonstration of consumer rights and responsibilities.
- 11.1.9 A Analyze current conservation practices and their effect on future renewable and non- renewable resources
- 11.2.6 B Deduce the importance of time management skills
- 11.2.6 C Classify components of effective teamwork and leadership
- 11.2.6 F Explain practices to maintain and or repair consumer goods and services
- 11.2.6 H Describe positive and negative interactions within patterns of interpersonal communication
- 11.3.6 B Describe safe food handling techniques
- 11.3.6 C Analyze factors that affect food choices
- 11.3.6 D Describe a well-balanced daily menu using dietary guidelines and the food guide pyramid
- 11.3.6 E Explain the relationship between calories, nutrient and food input versus energy output, describe digestion
- 11.3.6 F Analyze basic food preparation techniques and safe food handling procedures.
- 11.4.3 A Identify characteristics in each stage of child development, late childhood and adolescence
- 11.4.3 B Identify ways to keep children healthy and safe at their stage of child development

- 1.1 Word recognition, vocabulary development, comprehension and interpretation.
- 1.4 Writing; informational
- 1.6 Reading; listening skills
- 2.1 Equivalent forms
- 2.2 Basic functions
- 2.3 Types of measurements, units, and tools or measurement
- 3.7.7 A Describe the safe and appropriate use of tools, materials, and techniques to answer questions and solve problems
- 3.7.7 B Use appropriate instruments and apparatus to study materials
- 3.7.10 B Apply accurate measurement knowledge to solve everyday problems
- 3.7.10 E Apply basic computer communications systems
- 3.8.7 A Identify and explain improvements in health and sanitation and how they affect our lives.

- WCSD FCS 1. Students demonstrate accountability by completing hands on learning projects.
- 2. Students demonstrate responsibility by providing all materials/supplies/tools needed to complete projects.
 - 3. Completion of “hands on” projects (both foods and sewing) fosters a sense of independence and contributes to positive self-esteem.
 - 4. Students use/operate equipment/technology in a safe environment and in a safe manner.
 - 5. Students participate in active learning to demonstrate consistency in all skill building areas.
 - 6. Students develop an awareness and appreciation for the time, skill and creativity necessary to hand craft an item.

Outline of Content Sequence and Recommended Time:

Personal Development (10 – 12 days)

Characteristics that make people unique individuals
Emotions and physical changes of adolescence
Positive self-concept
Creating a good impression
Effective communication

Foods and Nutrition (45 – 50 days)

Kitchen safety
Recipe Formats
Cooking Terms
Measuring Techniques
Basic Tools and Equipment
Kitchen Appliances
Table Manners
Table Setting Serving Styles
Conserving Resources
Basic Nutrients and Food Sources
Food Guide Pyramid
Food Safety and Food Borne Illnesses
Food Preparation Skills

Sewing Skills (28 – 30 days)

Basic Hand Sewing Skills
Basic Sewing Tools
Operation and Care of Sewing Machine
Reading Instructional Information
Practice and Master Machine Sewing Skills

Specific Educational Objectives to be Taught:

- The students will explore individuality, self-concept, and communication skills. 11.2.6 C, H; 11.4.3 A, B; 1.1, 1.4, 1.6; WCSDFCS 6
- The student will demonstrate safe food handling techniques and basic food preparation skills 11.1.9 A; 11.3.6 B, C, F; 1.1, 1.4, 1.6; 2.1, 2.2, 2.3; 3.7.7 A, B; 3.8.7 A; WCSDFCS 3, 4, 5
- The students will identify guidelines of good nutrition 11.3.6 C, D, E
- The students will demonstrate time management skills and proper use technology to construct a sewing project 11.1.6 D; 11.2.6 B, C; 1.1, 1.4, 1.6; 2.2, 2.3; 3.7.7 A, 3.7.10 B; WCSDFCS 1, 2, 3, 4, 5, 6

Formative Assessment:

Completed work projects/samples

Food products as muffins, biscuits, etc.

Completed sewing projects as pillows, stuffed animals, etc.

Summative Assessments:

- Objective tests
 - Written assignments
 - Lab planning and evaluations
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- Food product as result of lab (muffins, biscuits, etc)
 - Completed sewing project (pillow, stuffed animals, etc)

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I. WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? _____ Yes ☒ No
2. Does this course issue a mark/grade for the report card?
☒ Yes ___ No
3. Does this course issue a Pass/Fail mark? _____ Yes _____ ☒ No
4. Is the course mark/grade part of the GPA calculation? ☒ Yes ___ No
5. Is the course eligible for Honor Roll calculation? ☒ Yes _____ No
6. What is the academic weight of the course?
_____ No weight/Noncredit ☒ .2 @ Standard weight
_____ Enhanced weight