

Introduction to Family and Consumer Sciences 1
Academic Standards
Course Code: 2857

Introduction to Family and Consumer Sciences 1 is a project-based course that empowers students by equipping them with skills that lead to improvements in the following areas: interpersonal relationships, education and early childhood procedures, textiles, fashion, and apparel principles, nutrition and wellness practices, financial literacy skills, housing and interior design processes, and career exploration opportunities. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), enhances this curriculum.

Recommended Grades	7
Class Size	24
Prerequisite	None
National Certification(s)	Babysitting, First Aid/CPR, Microburst Employability, ServSafe® Food Handler
Instructional Material Information	<u>Comprehensive Listing of State Adopted Instructional Materials for Middle and High Schools</u>

Work/Volunteer Opportunities for Tweens:

Babysitting	Camp counselor	Charity drives
Entrepreneurship	Family business	Food banks
Gardener assistant	Homeless shelter	Mail assistant
Meal service	Media center assistant	Retirement/Nursing home
Recycling programs	Teacher aide	Tutor

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Standards Revision Committee

Middle School Representatives

Christen Legette Thomas White Knoll Middle School

Postsecondary Representatives

LaToya Johnson, PhD South Carolina State University

Anna Sumabat Turner Bob Jones University, Retired

South Carolina Department of Education Representatives

Dana Depew Office of Career and Technical Education

Eleanor Glover Gladney, PhD Office of Career and Technical Education

Academic Alignment Key

ELA – English Language Arts

NS – Number System

RP – Ratios and Proportional Relationships

EEL – Expressions, Equations, and Inequalities

GM – Geometry and Measurement

DSP – Data Analysis and Statistics

P – Physical Science

S – Science and Engineering

L – Life Science

EC - Ecology

GW – Geography of World Regions-
North America

ISTE – International Society for
Technology in Education

Depth of Knowledge (DOK) concepts are integrated throughout the standards, indicators, and learning strategies to lead to demanding cognition and high expectations in instruction and assessment. The indicators follow the Five E Instructional Model which is a five-stage teaching sequence that helps students build their own understanding and new ideas.

Five E Instructional Model

Engage is designed to pique student interest and get them personally involved in the instruction and adding a mechanism to pre-assess prior knowledge.

Explore gets students involved in the topic and provides an opportunity to build their own understanding.

Explain involves opportunities to communicate and describe what is learned at different intervals of the instruction.

Elaborate allows students to use their new knowledge and go beyond to explore implications of the new knowledge.

Evaluate is an opportunity to determine how much learning and understanding has taken place for the students and the teachers.

Students will demonstrate Personal Qualities and Abilities and 21st Century Workplace Readiness Skills.

Personal Qualities and Abilities

- 1. Creativity and Innovation:** Employs originality, inventiveness, and resourcefulness in the workplace
- 2. Critical Thinking and Problem-Solving:** Uses sound reasoning to analyze problems, evaluate potential solutions, and implement effective courses of action
- 3. Initiative and Self-Direction:** Independently looks for ways to improve the workplace and accomplish tasks
- 4. Integrity:** Complies with laws, procedures, and workplace policies; demonstrates honesty, fairness, and respect
- 5. Work Ethic:** Consistently works to the best of one's ability and is diligent, dependable, and accountable for one's actions

Interpersonal Skills

- 6. Conflict Resolution:** Negotiates diplomatic solutions to interpersonal and workplace issues
- 7. Listening and Speaking:** Listens attentively and asks questions to clarify meaning; articulates ideas clearly in a manner appropriate for the setting and audience
- 8. Respect for Diversity:** Values individual differences and works collaboratively with people of diverse backgrounds, viewpoints, and experiences
- 9. Customer Service Orientation:** Anticipates and addresses the needs of customers and coworkers, providing thoughtful, courteous, and knowledgeable service
- 10. Teamwork:** Shares responsibility for collaborative work and respects the thoughts, opinions, and contributions of other team members

Professional Competencies

- 11. Big Picture Thinking:** Understands one's role in fulfilling the mission of the workplace and considers the social, economic, and environmental impacts of one's actions
- 12. Career and Life Management:** Plans, implements, and manages personal and professional development goals related to education, career, finances, and health
- 13. Continuous Learning and Adaptability:** Accepts constructive feedback well and is open to new ideas and ways of doing things; continuously develops professional skills and knowledge to adjust to changing job requirements
- 14. Efficiency and Productivity:** Plans, prioritizes, and adapts work goals to manage time and resources effectively

Professional Competencies (cont.)

- 15. Information Literacy:** Locates information efficiently, evaluates the credibility and relevance of sources and facts, and uses information effectively to accomplish work-related tasks
- 16. Information Security:** Understands basic Internet and email safety and follows workplace protocols to maintain the security of information, computers, networks, and facilities
- 17. Information Technology:** Maintains a working knowledge of devices, resources, hardware, software, systems, services, applications, and IT conventions
- 18. Job-Specific Tools and Technologies:** Knows how to select and safely use industry-specific technologies, tools, and machines to complete job tasks effectively
- 19. Mathematics:** Applies mathematical skills to complete tasks as necessary
- 20. Professionalism:** Meets organizational expectations regarding work schedule, behavior, appearance, and communication
- 21. Reading and Writing:** Reads and interprets workplace documents and writes effectively
- 22. Workplace Safety:** Maintains a safe work environment by adhering to safety guidelines and identifying risks to self and others

[Workplace Readiness Skills for the Commonwealth](#) was developed by the Virginia Department of Education's Office of Career, Technical, and Adult Education, in cooperation with the University of Virginia's Weldon Cooper Center for Public Service, the Career and Technical Education Consortium of States and Virginia's CTE Resource Center.

A. Interpersonal Relationships

A1. Investigate strategies to promote positive and healthy character traits.

1. Engage - Describe personal characteristics that lead to successful relationships.
2. Explore - Identify importance of self-esteem in achieving one's potential.
3. Explain - Describe types of interpersonal relationships.
4. Extend - Analyze characteristics of quality relationships.
5. Evaluate - Evaluate processes for building and maintaining interpersonal relationships.

B. Education and Early Childhood

B1. Examine characteristics, needs, and activities of young children.

1. Engage - Describe how children learn through play.
2. Explore - Explore different activities and the effects on children.
3. Explain - Explain the basic needs of children.
4. Extend - Examine characteristics of children at different ages.
5. Evaluate - Evaluate practices for guiding young children.

C. Nutrition and Wellness

C1. Evaluate methods used to promote health and wellness.

1. Engage - Describe energy foods.
2. Explore - Explore nutrients used in dietary guidelines.
3. Explain - Demonstrate safe and sanitary kitchen and food handling practices.
4. Extend - Evaluate food preparation principles.
5. Evaluate - Analyze planning and purchasing for nutritious meals.

D. Textiles, Fashion and Apparel

D1. Analyze basic textiles, fashion, and apparel principles.

1. Engage - Analyze personal wardrobes.
2. Explore - Explore the science of color.
3. Explain - Explain how the elements and principles of design are used to design clothes.
4. Extend - Demonstrate basic construction skills.
5. Evaluate - Apply clothing care techniques.

E. Financial Literacy

E1. Analyze components of financial literacy.

1. Engage - Describe common factors associated with earning money. (Earn)
2. Explore - Examine the various ways to protect personal finances. (Protect)
3. Explain - Explain the importance of saving and investing earnings. (Save & Invest)
4. Extend - Assess strategies to establish financial goals. (Spend)
5. Evaluate - Evaluate factors to consider when borrowing money. (Borrow)

F. Housing and Interior Design

F1. Evaluate methods to maintain and enhance living spaces.

1. Engage - Examine housing styles.
2. Explore - Explore the steps in the home selection process.
3. Explain - Explain the elements of art (color, form, line, shape, space, and texture).
4. Extend - Evaluate the principles of design (scale, proportion, unity, variety, rhythm, mass, shape, space, balance, volume, perspective, and depth).
5. Evaluate - Analyze home maintenance and safety procedures.

G. Career Exploration

G1. Explore entrepreneurship and employment opportunities available to young people.

1. Engage - Describe career pathways within Family and Consumer Sciences.
2. Explore - Identify entrepreneurship opportunities.
3. Explain - Explain employment skill sets and job requirements.
4. Extend - Analyze employability skills.
5. Evaluate - Evaluate service-learning and civic engagement activities.