

Introduction to Family and Consumer Sciences 2
Academic Standards
Course Code: 2858

Introduction to Family and Consumer Sciences 2 is a project-based course that focuses on the changes and challenges faced by young teens today. Topics include interpersonal relationships, education and early childhood, textiles, fashion, and apparel, nutrition and wellness, financial literacy, housing and interior design, and career exploration. Integration of Family and Consumer Science co-curricular student organization, Family Careers and Community Leaders of America (FCCLA) concepts, greatly enhances this curriculum.

Recommended Grades	8
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 Middle School Students:

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

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Academic Alignment Key

ELA – English Language Arts	P – Physical Science
NS – Number System	S – Science and Engineering
RP – Ratios and Proportional Relationships	L – Life Science
EEL – Expressions, Equations, and Inequalities	EC - Ecology
GM – Geometry and Measurement	GW – Geography of World Regions- North America
DSP – Data Analysis and Statistics	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 Social and Emotional Middle Level Readiness Skills and 21st Century Workplace Readiness Skills.

Social and Emotional Skills for Middle Level Readiness Skills

1. **Self-Awareness:** independence, self-awareness, and self-advocacy
2. **Creativity:** imaginative, inventive, divergent, and resourceful
3. **Problem Solving:** investigator, researcher, and decision maker
4. **Integrity:** equitable, helpful, accountable, and courageous
5. **Motivation:** self-motivated, collaborative, focused, and purposeful
6. **Communication Skills:** articulate, persuasive, audience-aware
7. **Information and Media Literacy:** researcher, analyzer
8. **Career Awareness:** proactive, career-minded, and career-connected

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
- 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 factors that influence healthy relationships.

1. Engage - Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
2. Explore - Describe conflict resolution and problem solving skills and the effect on interpersonal relationships.
3. Explain - Explain the effects of personal standards and behaviors on interpersonal relationships.
4. Extend - Describe the effects of stress on interpersonal relationships.
5. Evaluate - Evaluate societal role expectations in various relationships.

B. Education and Early Childhood

B1. Evaluate age-appropriate activities for young children.

1. Engage - Identify ways to avoid stereotypical behaviors when selecting age-appropriate activities.
2. Explore - Explore age-appropriate activities for different cultures.
3. Explain - Explain the importance of age-appropriate activities.
4. Extend - Demonstrate methods of delivery for different age-appropriate activities.
5. Evaluate - Evaluate activities for age-appropriateness.

C. Nutrition and Wellness

C1. Analyze methods for promoting nutrition and wellness.

1. Engage - Examine malnutrition and eating disorders.
2. Explore - Demonstrate nutritious strategies in food selection.
3. Explain - Justify safe and sanitary kitchen and food handling practices.
4. Extend - Demonstrate food planning, preparation, and presentation techniques.
5. Evaluate - Assess nutritious meals and wellness principles.

D. Textiles, Fashion and Apparel

D1. Demonstrate procedures for the production, use, and care of textile, fashion, and apparel products.

1. Engage - Identify how textile, fashion, and apparel influence interpersonal relationships.
2. Explore - Determine the cultural impact of various fashion and design influencers on society.
3. Explain: -Explain clothing care techniques for various textiles and apparel.
4. Extend - Design and create unique apparel.
5. Evaluate - Analyze the science of color on textile, fashion and apparel products.

E. Financial Literacy

E1. Analyze components of financial literacy.

1. Engage - Explain how personal standards and preferences influence motivation for earning potential. (Earn)
2. Explore - Justify the selection of various products that protect one's personal finances. (Protect)
3. Explain - Develop a plan that incorporates financial goals. (Spend)
4. Extend - Assess the strategies can be used to save and invest earnings. (Save & Invest)
5. Evaluate - Predict the financial consequences of borrowing money. (Borrow)

F. Housing and Interior Design

F1. Evaluate methods to maintain and enhance living spaces.

1. Engage - Examine interior design applications.
2. Explore - Explore the selection and function of furniture.
3. Explain - Explain the role elements of art and principles of design have in housing and interiors.
4. Extend - Evaluate the components of a floor plan.
5. Evaluate - Analyze the architectural structure and interior design of a home.

G. Career Exploration

G1. Examine careers in Family and Consumer Sciences.

1. Engage - Identify personal and professional goals.
2. Explore - Differentiate between professionalism, work ethic, and skills.
3. Explain - Describe the employment seeking process.
4. Extend - Differentiate employment skill sets for various careers.
5. Evaluate - Analyze the impact of community service projects.