

**Work and Family**  
**FAMILY AND CONSUMER SCIENCE**  
**Middle School FCS 7-Week Course**

	<b>CONTENT</b>	<b>SKILLS</b>	<b>ASSESSMENT S</b>	<b>STANDARDS</b>
August/ Month 1	<p>I. Process Skills</p> <ul style="list-style-type: none"> <li>• Decision-making</li> <li>• Problem solving</li> <li>• Time Management</li> </ul> <p>II. Personal and Family Resource Management</p> <ul style="list-style-type: none"> <li>• Personal Home Safety</li> </ul>	<p>Learn steps in personal problem solving.</p> <p>Develop an understanding of the decision-making process.</p> <p>Evaluate how to manage time.</p> <p>Identify goals, values and priorities.</p> <p>Identify safety rules for the home and kitchen</p> <p>Identify and evaluate personal fire safety plans</p>	<p>Student will be able to create a schedule that provides time for schoolwork, recreation, exercise, family activity and adequate sleep.</p> <p>Use the Problem solving process to solve a problem and develop strategies for success (including managing stress/coping strategies)</p> <p>Use planner consistently and properly.</p> <p>Develop a fire safety plan for their home.</p>	<p>Family and Consumer Science Ohio Standards:</p> <p>Strand 1.1- Personal and Professional Skills</p> <p>Strand 5: Health and Wellness</p> <p>Strand 2-A Safe and Healthy Environment</p> <p>Strand 7-Living Environment 7.5</p>

		Analyze and interpret diagrams.	Demonstrate fire safe practices in the classroom.	
SeptemberMonth 2	<p>III. Nutrition and Food Preparation</p> <ul style="list-style-type: none"> <li>· Food Safety and Sanitation</li> <li>· Meal Planning</li> <li>· Food Nutrient Identification</li> <li>· Laboratory</li> </ul>	<p>Identify and use safe food handling practices.</p> <p>Learn measurement, food preparation techniques and the proper use of tools.</p> <p>Develop ability to work in groups and perform a self evaluation.</p> <p>Follow and interpret a recipe.</p> <p>Develop the ability to plan</p>	<p>Prepare a recipe, handling food safely to avoid contamination.</p> <p>Participate in food lab using appropriate equipment, techniques and safe practices.</p> <p>Plan a nutritious menu/foods, based on the MyPlate.gov standards</p> <p>Identify good food sources of nutrients.</p> <p>Kitchen Math</p>	<p>Strand 1-Personal and Professional Skills</p> <p>Standard 2-A Safe and Healthy Environment/Food safety and sanitation</p> <p>Standard 3-Food and Nutrition 3.1, 3.2, 3.3, 3.4 and 3.5</p> <p>Strand 5-Health and Wellness 5.1, 5.2</p>

		<p>a day's menu based on the MyPlate guidelines</p> <p>Research nutrients and their effect on the body.</p> <p>Evaluate individual diets.</p>	<p>Plan and prepare foods in a school kitchen lab. (Cake Decorating Contest/Cultural Foods)</p> <p>Nutrition Research</p> <p>Evaluate advertising and food labeling while preparing luncheon and informational flyer</p>	<p>Continued from above</p>
<p>October/ Month 3</p>	<p>IV. Personal Development</p> <ul style="list-style-type: none"> <li>• Conflict Resolution</li> <li>• Career Values and Exploration</li> <li>• Financial Literacy</li> </ul>	<p>Identify positive personal traits.</p> <p>Identify strategies to improve self-esteem.</p> <p>Develop good communication skills.</p>	<p>Prepare a visual of personal traits</p> <p>Brainstorm solutions to real life self-image problem situations.</p> <p>Complete Interest Survey/ Analyze Results</p> <p>Participate in SOS Training Program</p> <p>Identify and create a budget based on previous identified career related goals.</p> <p>Practice good communication</p>	<p>Strand 1.2- Career Exploration 1.3- Communications</p> <p>Strand 4- Personal Finance and Consumerism 4.1, 4.2, 4.3 and 4.5</p> <p>Strand 5- Health and Wellness 5.4- Mental Health</p>

			skills in lab and group work activities.	
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