

KANE AREA SCHOOL DISTRICT



High School Family and Consumer Sciences Courses

Reviewed and revised by Breia Heferle, KAHS Family and Consumer Science Teacher, 2023

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Experimental Foods

Statement of Organization:

This course is a comprehensive study designed to expose students to a variety of ways to prepare foods. The science of foods is studied in detail by conducting experiments with specific foods. Changing original recipes as well as writing new recipes are part of class routine.

Expected Levels of Achievement:

All students will be expected to achieve mastery of the skills and concepts taught by obtaining at least eighty percent (80%) on all graded materials and projects.

Methods of Evaluation:

Student competence will be evaluated through the use of one or more of the following methods:

- Experimentation
- Observation
- Oral Presentation
- Performance
- Projects
- Tests
- Written Presentation
- Lab evaluation rubrics

Estimated Instructional Time:

Experimental Foods is a one-half credit, elective course that meets for eighty minutes every other day for 91 days.

Technology Integration:

Power-Point student create PowerPoints during the class.

Power-Point teacher made PowerPoints for instruction

Teacher will use the internet to show videos that correspond to the information that we are learning about.

Internet- Students will use the internet to do research projects throughout the class.

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Tools and Terms	Identify kitchen tools	Identifying kitchen tools and equipment and their proper use Defining terms related to cooking Understanding and following recipes		11.3.9G 11.3.12A
	Cooking terms	Demonstrate safe and efficient cutting techniques Demonstrate different ways to mix foods Compare different methods and ingredients for coating foods Explain the purpose of specialized techniques Explain how foods can be cooked successfully by various methods Describe how different cooking methods affect food quality and nutrition Explain how food-related factors affect cooking rates Compare different heat transfer processes	Arcing Conduction Dry-heat cooking Radiation Sear Coating Cutting Mixing Taring Chop Mince Cube Dice Pare Score Slice Sliver Grind Bread Caramelize Clarify Braise Poach Broil Stew Steep Dredge Glaze Dot Dust	11.3.9.G 11.3.12A 11.3.12B 11.3.12G
Measuring	Identify different ways to measure items and changing the yield in recipes	Compare different units and systems of measurement used in recipes Explain how and why a recipe might be modified	Weight Volume	M11.1A 11.2.12C 11.2.12B 11.2.12A
Ingredients used in cooking	Flour and Flour products	Ranking gluten content of various kinds of flour Understanding how flour batter is affected by additional ingredients	Gluten Wheat Grains	11.3.9.G 11.3.12A 11.3.12G 11.3.12B

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Demonstrating the relationship between manipulation and the finished product Applying knowledge to create an original muffin recipe Observing the physical and chemical changes that occur in food preparation	Bran Endosperm Hull Flour	
	Eggs	Identifying the qualities of an egg and its parts Evaluating the role of the government agencies safeguarding eggs Comparing and contrasting the physical changes that occur during hard cooking eggs Describe the physical changes that occur while experimenting with egg white foam stages Analyzing and comparing the results of additional ingredients to egg white foam Applying knowledge to create an original omelet recipe	Albumen Bind Leavening Emulsify Tempering	11.3.9.G 11.3.12A 11.3.12G
	Cheese	Analyze the relevance of scientific principles of cheese processing, preparation, and packaging Identifying the classifications of cheese Comparing how heat and length of cooking time affects various kinds of cheese Applying knowledge to create an original cheese dip recipe Evaluating the role of the government agencies safeguarding cheese	Rennin Curd Whey Curdle Hoops	11.3.9.G 11.3.12A 11.3.12G
	Milk	Identifying different forms of milk Analyzing the relevance of scientific principles to milk processing, preparation, and packaging Evaluating the results of pudding made with different forms of milk Recognizing the problems related to the addition of acidic foods to milk Evaluating the role of the government agencies safeguarding milk	Fortified	11.3.9.G 11.3.12A 11.3.12G 11.3.9A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Applying knowledge to create an original milkshake recipe		
	Seasonings	Differentiating between herbs, spices, and other seasonings Compare and analyze the consequences of using various seasonings on certain foods Researching and summarizing information on spices and herbs Analyze the relevance of scientific principles to process, prepare and package spices, herbs, and seasonings Applying knowledge to create an original stuffing recipe using seasonings	Herbs Spices Seasonings	11.3.9.G 11.3.12A 11.3.12G

Family Living

Statement of Organization:

This course is designed to help students build appropriate relationships presently with parents, siblings, peers and teachers, as well as those in the future as a spouse, parent and employee.

Expected Levels of Achievement:

Students are expected to demonstrate the use of oral and written communication, understand self and how to relate responsibility to others, to understand and differentiate between individual, family, and community and world-wide relations. Students will assess how family dynamics and changes in societal condition affect individuals and family. Students will apply the process of practical reasoning skills to resolve conflicts. The students will be able to analyze how marriage and having children will affect the family and its dynamics.

Methods of Evaluation:

Student competence will be assessed through the use of one or more of the following methods:

- Demonstration
- Observation
- Presentation
- Projects
- Rubrics
- Teacher-made tests

Estimated Instructional Time:

Family Living is a ½ credit course. This class is for 80 minutes every other day for 91 days

Technology Integration:

Power Point- student create PowerPoints during the class

Power Point- teacher made Power Points for instruction

Internet- Students will use the internet to do research projects throughout the class

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Families, Society and the individual	Learn how to appreciate families Learning about Yourself Strengthening Families	Explain what you can gain by studying families Identify skills that contribute to successful family life Describe a helpful attitude to have when learning about families	Functions Values	11.2.9C 11.2.12C 11.2.9F 12.2.12F
	The need for Strong families	Evaluate why society is concerned about families Summarize the impact that family laws can have on individuals and families Identify who is responsible for making families strong	Pessimist Optimist	11.2.9C 11.2.12C
	Solving Problems Conflict Resolution Skills	Identify skills that contribute to successful family life	Conflict resolution Problem solving	11.2.9A 11.2.12A 11.2.9H 11.2.12H
	Families in Society Family Law	Explain why society needs strong families Describe a helpful attitude to have when learning about families		11.1.9G 11.1.12G
Family Characteristics	Comparing different family types Combination of Qualities that a family might have The stages of family development including starting out as a couple, the parental stage, the middle years, and retirement years.	Explain why the images of people often have of family are not always realistic Describe various family patterns and advantages and concerns of each Describe characteristics that contribute to a family's personality Summarize ways that families make decisions Discuss the role of interdependence, dependence, and independence in healthy families	Images Ideal Nuclear family Blended families Extended families Adoptive family Legal guardian	11.1.9C 11.1.12C 11.2.9A 11.2.12A 11.2.9C 11.2.12C 11.4.12D 11.1.9C 11.1.12C 11.2.9A 11.2.12A 11.2.9C 11.2.12C 11.4.12D
	What items affect the family and their personality	Describe characteristics that contribute to a family's personality	Autocratic style Democratic style	11.1.9D 11.1.12D 11.2.9A 11.2.12A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Summarize ways that families make decisions Discuss the role of interdependence, dependence, and independence in healthy families	Interdependence Dependent Goal	11.2.9C 11.2.12C
	Understanding the stages of family development	Analyze the stages of family development common to many families Identify the concerns and challenges of each stage of development Identify exceptions to the typical pattern of family development	Launching Empty nest	11.2.9F 11.2.12F
Families in a changing World	Changes in Society Changes within the family Changes in the workplace	Evaluate trends in society that affect families Explain the effects of trends on families	Trend Service Industries Global Workplace Diversity Culture	11.1.12A 11.2.9A 11.2.12A 11.2.12B 11.2.9F 11.2.9G 11.2.12G
	What is culture Families teaching culture Blending cultures Cultural pride	Demonstrate the awareness of and respect for cultural diversity Define culture and give examples of cultural qualities, similarities, and differences Describe and tell how to avoid the dangers of ethnocentrism	Diversity Culture Enculturation Subculture Ethnic Identity Culture Shock Assimilation Cultural Heritage Ethnocentrism	11.2.9F 11.2.9G 11.2.12G
Improving Communication	Communication as an important skill Elements of communication Becoming a skilled communicator	Analyze the work communication and what it means Explain the importance of communication in relationships	Communication Communication Channel Verbal communication	11.2.9H 11.2.12H

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Relate the four basic elements of communication to success in communicating	Nonverbal communication	
	Learning listening skills and speaking skills Problems in communication Written communication	Demonstrate good active and passive listening skills Demonstrate techniques for effective speaking Identify and correct problems in communication.	Passive listening Active listening Assertive Feedback	11.2.9H 11.2.12H
Resolving Conflicts and Solving Problems	What is conflict and the types of conflict Outcome of conflict Resolving conflict Negotiating Advoiding conflict	Define conflict and explain its causes Distinguish between constructive and destructive conflict Show how defining the problem, setting limits, and following up are used for successful conflict resolution Demonstrate a process of negotiation and compromise Recognize ways to avoid conflict	Conflict Power Control Negotiate Compromise Mediator	11.2.9A 11.2.12A 11.2.9B 11.2.12B 11.2.9C 11.2.12C 11.2.9H 11.2.12H
	Knowing self-control Respecting others Using teamwork Practice understanding Setting an example	Relate the use of communication skills to resolve conflicts Explain why self-control is essential to effective conflict resolution Explain the importance of teamwork to finding lasting solutions Determine when is the right time to deal with conflict	Respect Competition	11.2.9A 11.2.12A 11.2.12B 11.2.9H 11.2.12H
Managing Technology	Convenience of technology Improving communication through technology Health and Medical advances over the years Safety and security while using technology	Describe ways that technology adds convenience to living Explain how technology benefits many aspects of life	Technology Telecommute Futurists Obsolete Intrusive	11.2.9E 11.2.12E

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
	The challenges that technology brings Attitudes towards change in technology over the years Tips for staying positive while using technology	Describe different attitudes towards technology Explain ways that people can manage technology effectively Suggest tips that can help people focus on the positive aspects of technology	Futurists Obsolete Intrusive	11.2.9E 11.2.12E
Balancing Work and Family Life	The value of work Different types of work Who does the work Careers and family life	Describe two kinds of work that families do. Explain how attitudes about who does the work in a family have changed over the years Summarize ways in which jobs affect family life, and vice versa	Work ethic Household work Income-producing work	11.2.12B 11.2.9C 11.2.12C 11.2.9F 11.2.12F 11.2.9G 11.2.12G
	Employer support Alternative work schedules Work distribution at home Tools for managing the home The need for childcare Building support systems	Explain how employers can support the family Describe the tools for managing family-life Identify ways that family can manage child-care responsibilities Describe a family support system and explain its value Devise and implement a plan for work distribution at home	Leave of absence Rotation Delegate Reimbursements	11.2.9A 11.2.12A 11.2.9C 11.2.12C 11.2.9F
Managing Money	Attitudes about money Spending styles Handling everyday expenses Types of credit Applying for credit Using credit wisely	Explain what money means to people Describe two basic approaches to spending money Explain methods for handling everyday expenses Describe credit options and explain their wise use Explain the function and importance of saving accounts	Debit card Credit Interest Down payment Balance Loan	11.1.12A 11.1.9B 11.1.12B 11.1.9C 11.1.9D 11.1.12D 11.1.9E 11.1.9F 11.1.12F

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
	Saving your money			
	Creating a financial plan The family financial plan	Explain what a financial plan is Identify and describe the five basic steps in creating a financial plan Explain specific concerns when working out a family financial plan	Financial plan Fixed expenses Flexible expenses	11.1.12A 11.1.9B 11.1.12B 11.1.9D 11.1.12D 11.1.9E 11.1.12F 11.1.12F
Consumer Skills	Traits of skillful consumers Judging quality and price Comparison shopping Impulse buying Analyzing advertising Consumer rights Consumer responsibilities Consumer complaints Resources for consumers	Explain how skillful consumers judge quality and price Explain what “comparison shopping” means Describe impulse buying Give tips for saving money Recognize and explain different ways advertisers try to get you to buy their products.	Consumer Bargain Comparison shopping Warranty Impulse buying Unit price Direct advertising Indirect advertising	11.1.12A 11.1.9F 11.1.12F
	Learning about Consumer Rights, responsibilities and different resources available	Describe the four major rights of consumers Explain the responsibilities consumers have Describe effective ways of making consumer complaints Identify resources consumers can use	Better Business Bureaus Consumer action and advisory panels Small claims court	11.1.12A 11.1.9D 11.1.12D 11.1.9F 11.1.12F 11.1.9G 11.1.12G
Selecting a Partner	Theories of attraction The signs that you are ready for a relationship	Compare theories of partner attraction Explain the value of knowing about theories of attraction	Homogamy Complementary needs Propinquity	11.2.9A 11.2.12A 11.2.9H 11.2.12H

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
	Signs of readiness Warning signs of abuse A belief in marriage	Relate readiness factors to success in marriage Predict potential marital problems based on certain factors in a relationship Evaluate whether an attitude toward marriage is realistic Explain why belief in the institution of marriage is important.	Readiness Institution of Marriage	11.2.9A 11.2.12A 11.2.9H 11.2.12H
Choosing Marriage	Purposes of engagement Learning about each other Developing teamwork Establishing new relationships Seeking advice Broken engagements	Describe the purpose of an engagement period Determine when breaking an engagement is a wise choice	Engagement Premarital counseling	11.2.9A 11.2.12A 11.2.12C 11.2.9H 11.2.12H
	Ceremony ideas Contracts and customs Wedding concerns	Explain the societal significance of weddings Compare the types of contracts people make when they marry Explain laws and customs connected to weddings Suggest ways to handle common concerns when planning a wedding	Contract Prenuptial agreements	11.2.9A 11.2.12A 11.2.12C 11.2.9H 11.2.12H
Building a Strong Marriage	What makes a marriage strong? The marriage satisfaction curve	Distinguish characteristics of a strong marriage Explain the pattern of marriage satisfaction	Marriage Commitment U-shaped Curve	11.2.9A 11.2.12A 11.2.9H 11.2.12H
	Skills for marriage Resources for married couples Making your marriage last	Explain how certain relationship skills contribute to a strong marriage Recommended resources that can help keep a marriage strong	Mutual Common values	11.2.9A 11.2.12A 11.2.9H 11.2.12H

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Parenting	Choosing parenthood Challenges and rewards of parenting Choices and infertility Choosing adoption	Evaluate reasons for and against having children Compare challenges and rewards of parenthood Explain the options available to infertile couples	Parenting Genetic Diseases Infertility Adoption Fertility Closed Adoption Open Adoption	11.2.9A 11.2.12A 11.2.9G 11.2.12G 11.2.9H 11.2.12H
	Looking for readiness Preparing yourself Resources for parents	Assess your personal readiness for parenthood Predict what might happen to mothers, fathers, infants who are not ready for parenting Suggest ways to learn about children and parenting in preparation for parenthood Distinguish measures that contribute to a healthy pregnancy	Parenting readiness Child development Authoritarian style authoritative Style Permissive Style Discipline	11.2.9A 11.2.12A 11.2.9G 11.2.12G 11.2.9H 11.2.12H

Family and Consumer Science I

Statement of Organization:

This course is designed to be a comprehensive study of three areas of Family and Consumer Sciences that include: Foods and nutrition, housing and home furnishings and consumer education.

Expected Levels of Achievement:

Students will be expected to achieve mastery of the skills and concepts taught by obtaining a minimum of eighty percent (80%) on all graded materials and projects.

Methods of Evaluation:

Student competence will be assessed through the use of one or more of the following methods:

- Projects
- Demonstrations
- Drill and practice
- Observation
- Teacher-made tests
- Lab evaluation rubrics
- Quizzes

Estimated Instructional Time:

Family and Consumer Science 1 is a one credit, elective course that meets for eighty minutes every other day for 182 days.

Technology Integration:

The students will use the internet to find products and their prices for the housing project

The teacher will use PowerPoint for notes during instruction

The teacher will use the internet for videos pertaining to the information being taught

The students will use digital video cameras to create a promotional dairy commercial

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Kitchen equipment	Kitchen tools	Identifying kitchen tools and equipment and their proper use Defining terms related to cooking Understanding and following recipes		11.3.9G 11.3.12A
Kitchen Basics	Food safety and Storage	Explain the relationship between microorganisms and foodborne illness Demonstrate practices that promote kitchen cleanliness Distinguish safe from unsafe food handling practices Explain storage principles that affect food safety Describe the roles of government agencies in protecting the food supply	Bioterrorism Contaminants Irradiation Recall Sanitation GRAS list Cross-contamination Food safety Foodborne illness	11.3.9A 11.3.9B 11.3.12B 11.3.9G 11.3.12G
Food preparation	Grain Products	Identify grain products and their uses Explain the value of grains in the diet Explain how to select and store grains Describe and demonstrate methods for preparing, cooking, and serving grains	Al dente Leavened bread Bran Germ Endosperm Grains Hull Kernels Pasta Rice Wheat Whole grain Whole wheat	11.3.9A 11.3.12A 11.3.12E 11.3.9G 11.3.12G
	Dairy products	Identify dairy products and their uses Explain the value of dairy products in the diet Explain how to select and store dairy products Describe and demonstrate methods for preparing, cooking, and serving dairy products	Curdling Curds Foam Fresh cheese Homogenized Nonfat milk solids Pasteurization Raw milk Ripened cheese Scalded milk Scorching Tempering Whey	11.3.9A 11.3.12A 11.3.12E 11.3.9G 11.3.12G

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
			Yogurt	
Food decisions	Meal planning	Explain the benefits of planning meals Explain how to create and manage a food budget Describe government food assistance programs Summarize ways to incorporate convenience and time savings into meal planning and preparation	Budget Bulk foods Commodities Convenience foods Multiple roles Scratch cooking Speed-scratch cooking Staples	11.1.9F 11.1.12F 11.1.9G 11.1.12G 11.2.9A 11.2.12A 11.3.12C 11.3.9F 11.3.12F
	Serving food	Demonstrate table settings for different occasions Compare different types of meal service Explain how to safely pack food for lunches Explain how to serve outdoor meals safely Plan a party, including invitations and menus	Appetizer Buffet Canapes Cover Family serve Flatware Formal service Open stock Place setting Reception Service plate Tableware Modified English service	11.3.9F 11.3.12F
	Etiquette	Demonstrate table etiquette guidelines Describe a respectful attitude toward cultural differences in table etiquette Explain rules of etiquette for eating in someone else's home Explain rules for etiquette for eating at restaurants	A la carte Gratuity Reservation Table etiquette	11.3.9F 11.3.12F
Housing	Housing and human needs	Evaluate the advantages and disadvantages of renting and home ownership Analyze the relationship among factors affecting consumer housing decisions	Utility Contract Duplex Multiplex Townhouse Apartment Lease Landlord	11.1.9A 11.1.9B 11.1.9C 11.1.12C 11.1.9D

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Evaluate the role of consumer rights and responsibilities in the resolution of a problem by using the practical reasoning process Delineate and assess the factors affecting the availability of housing	Mortgage Condominium Cooperative Insurance	
	Decorating Living space	Analyze the space requirements for a specific activity to meet a given need	Asymmetrical balance Symmetrical balance Background Functional furniture Traffic pattern	11.1.9A 11.1.9B 11.1.9C 11.1.12C 11.1.9D

Family and Consumer Science II

Statement of Organization:

This course is designed to cover food science and nutrition, consumer economics, and finance. This course is a comprehensive study of Family and Consumer Sciences. It is a continuation of the study begun in Family and Consumer Sciences 1, which is required before taking this course.

Expected Levels of Achievement:

Students are expected to achieve mastery of the skills and concepts taught by obtaining a minimum of eighty percent (80%) on all graded materials and projects.

Methods of Evaluation:

Student competence will be assessed through the use of one or more of the following methods:

- Projects
- Demonstrations
- Drill and practice
- Observation
- Teacher-made tests
- Lab evaluation rubrics
- Quizzes

Estimated Instructional Time

Family and Consumer Science II is a one credit, elective course that meets for eighty minutes every other day for 182 days

Technology Integration:

The teacher will use PowerPoint for notes during instruction

The teacher will use the internet for videos pertaining to the information being taught

The students will use the internet to explore careers

The students will use the internet to do a project based on small businesses

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Food and Nutrition	Preserving food at home	Describe the benefits of preserving foods at home Compare methods used to freeze different fruits and vegetables Explain home canning methods Explain principles of home food dehydration Summarize guidelines for using home-preserved foods	Blanching Boiling-water bath Dry-pack method Headspace Hot-pack method Preserve Pressure canning Raw-pack method Rehydrate Sugar-pack method Syrup-pack method Tray-pack method	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Soups, stews and sauces	Identify various soups, stews and sauces Explain ways to thicken a liquid Describe and demonstrate how to make soups, stews, and sauces Explain how to store soups, stews and sauces	Au jus Bisque Bouillon Broth Consommé Cornstarch Gelatinization Reduction Roux Sauce Soup Stew stock	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Cakes, cookies and candies	Describe different types of cakes, cookies, and candies Compare methods for the making cake batters Explain the impact of temperature and crystallization in candy making Describe and demonstrate how to make cakes, cookies, and candies	Cold water test Conventional method Crystallization Interfering agents	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Pies and tarts	Describe various pies and tarts Demonstrate how to make a pastry crust and pie Explain techniques for baking pies and tarts successfully	Crumb crust Docking Flan Fluted edge Galette lattice crust Pie Pie shell	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
			Streusel Tart turnover	
	Vegetables	Identify vegetables and their uses Explain the value of vegetables in the diet Explain how to select and store vegetables Describe and demonstrate methods for preparing, cooking, and serving vegetables	Aromatic vegetables Carrageen Cooking greens Salad greens Sea vegetables Solanine tuber	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Fruits	Identify fruits and their uses Explain the value of fruits in the diet Explain how to select and store fruits Describe and demonstrate methods for preparing, cooking, and serving fruits	Drupes Enzymatic browning Enzyme Fritters Fruit Immature fruit Pomes Produce Reconstituting Regreening Ripe fruit Savory Trifle Under ripe fruit Zest	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Legumes, Nuts and Seeds	Identify types of legumes, buts and seeds Explain the value of legumes, nuts, and seed in the diet Explain how to select and store legumes, nuts and seeds Describe and demonstrate methods for preparing, cooking, and serving legumes, buts and seeds	Dry legumes Fresh legumes Hilum Legumes Nuts Seeds tofu	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Creative Additions	Compare characteristics of different herb and spices Explain how to use, buy and store herbs and spices Choose seasonings that will add desired flavors to foods	Bouquet garni Condiments Garnish Herbs Herbs Seasoning blends Spices	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Use garnishes and other techniques to make dishes appealing Suggest creative ways to present foods as gifts		
Pathways to Careers	Work and you	Identify the four major reasons people work Describe the connection between school and work	Philanthropy Job Occupation Career Entrepreneur Lifelong learning	11.1.12A 11.1.12A 11.1.12B 11.1.12D 11.1.9E 11.2.9A 11.2.12A 11.2.12B 11.2.12C
	Investigating Careers	Summarize why it is important to consider skills, interests and lifestyle before choosing a career Identify five different strategies for researching career options Describe the benefits of experiencing a career firsthand Explain why some occupations will no longer exist in the future	Skill Aptitude Career cluster Exploratory interview Fringe benefit Mentor Job shadowing Internship Cooperative program	11.1.12A 11.1.12A 11.1.12B 11.1.12D 11.1.9E
Workplace Skills	Employment Skills	Distinguish task-specific skills from transferable skills Explain how academic skills are used in the workplace Identify the seven employability skills necessary for success in the workplace	Transferable skill Academic skill Implement Thinking skill Problem solving Teamwork Work ethic	11.1.12A 11.1.12A 11.1.12B 11.1.12D 11.1.9E 11.2.9H 11.2.12H
	Navigating the Workplace	Describe the personal characteristics of an ideal employee List four issues you may encounter in the workplace Explain why mastering employability skills is critical in today's job market	Discrimination Downsizing Harassment	11.1.12A 11.1.12A 11.1.12B 11.1.12D 11.1.9E 11.2.9H 11.2.12H

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Entering the World of Work	Job application Process	Outline the process of applying for a job Compare and contrast resumes and portfolios Summarize how to prepare for a job interview Explain how to follow up after a job interview	Networking Resume Chronological resume Skills resume Cover letter Interview Portfolio	11.1.12A 11.1.12A 11.1.12B 11.1.12D 11.1.9E
	Your new job	Describe basic responsibilities of a new employee Identify strategies for balancing work and family Recognize the factors that lead to job success Evaluate a I9 form and how to fill it out when you get a job.	Flextime Job sharing Telecommute Benefit I9 form	11.1.9B 11.1.12B 11.1.12D 11.1.9E 11.1.12E 11.1.9F 11.1.12F
	Income	Compare the influences of income and fridge benefits to make decisions about work Compare and contrast factors affecting annual gross and taxable income and reporting requirements. Compare and contrast a W2 form and a W4 form	W-2 form Income tax Income tax form W 4 form	11.1.9B 11.1.12B 11.1.12D 11.1.9E 11.1.12E 11.1.9F 11.1.12F
Responsible Consumer	Personal Finance	Identify factors that influence consumer choices Summarize the rights and responsibilities of consumers Outline the steps for creating a budget Describe procedures for using savings and checking accounts Recall the benefits and coasts of credit	Consumer Income Impulse purchase Warranty Budget Expense Interest Endorse	11.1.9B 11.1.12B 11.1.12D 11.1.9E 11.1.12E 11.1.9F 11.1.12F

Family and Consumer Science III

Statement of Organization:

This course is designed to cover food science and nutrition, consumer economics, and child development. This course is a comprehensive study of Family and Consumer Sciences. It is a continuation of the study begun in Family and Consumer Sciences II, which is required before taking this course.

Expected Levels of Achievement:

Students are expected to achieve mastery of the skills and concepts taught by obtaining a minimum of eighty percent (80%) on all graded materials and projects.

Methods of Evaluation:

Student competence will be assessed through the use of one or more of the following methods:

- Projects
- Demonstrations
- Drill and practice
- Observation
- Teacher-made tests
- Lab evaluation rubrics
- Quizzes

Estimated Instructional Time:

Family and Consumer Science III is a one credit, elective course that meets for eighty minutes every other day for 182 days

Technology Integration:

The teacher will use PowerPoint for notes during instruction

The teacher will use the internet for videos pertaining to the information being taught

The students will use the internet to explore careers

The students will use the internet to do a project based on small businesses

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Food and nutrition	Stir-fries and casseroles	Analyze what a stir fry and casserole is and explain the differences Describe how to prepare ingredients for a stir-fry dish Demonstrate how to cook a stir-fry dish Explain the roles of basic ingredients in a casserole Demonstrate how to make a casserole	Au gratin Binder Casserole Mise en place Stir-fry	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Meat	Explain the nutritional role of meats in the diet Explain the makeup of meat Describe cuts and other forms of meat Explain how to select and store meats Describe and demonstrate methods for preparing and cooking meats	Elastin Doneness Muscle Meat Processed meats Retail cuts Variety meats Wholesale cuts Marbling Cold cuts Collagen Connective tissue grain	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Poultry	Explain the nutritional role of poultry in the diet Describe the types and forms of poultry sold for food Explain how to select and store poultry Describe and demonstrate methods for preparing and cooking poultry	Giblets Myoglobin Poultry Truss	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Foods of Latin America and the Caribbean	Explain the impact of European explorations and geography on Latin American cuisines Identify typical ingredients used in dishes of Latin America and the Caribbean and explain how they are used. Describe and prepare dishes from Latin America and the Caribbean	Cassava Ceviche Chorizo Empanada Frijoles Jerk Masa Mole Salsa Sopas	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
	Foods of United States and Canada	Relate history and geographic location to cuisines in the United States and Canada Identify typical ingredients used in dishes of the United States and Canada and explain their uses Describe and prepare dishes from the United States and Canada	Bannock Cioppino Croquette Etouffee Goulash Gumbo Jambalaya Poke Scrapple Succotash Taro	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Foods of Western and Northern Europe	Relate history and geographic location to cuisines in Western and Northern Europe Identify typical ingredients used in dishes of Western and Northern Europe and how they are used Describe and prepare dishes from Western and Northern Europe	Baguette Colcannon Fool Haggis Haute cuisine Laverbread Lutefisk Sauerbraten Smorgasbord Stolen Torte Yorkshire pudding	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Foods of Southern Europe	Relate history and geographic location to cuisines of countries in Southern Europe Identify typical ingredients used in dishes of Southern European countries and explain how they are used Describe and prepare dishes from the countries of Southern Europe	Antipasto Baklava Biscotti Cannoli Dolmas Gnocchi Marzipan Moussaka Paella Pancetta Pesto Polenta Tapas	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
	Food of Eastern Europe and Russia	Relate history and geographic location to the cuisines of Easter Europe, Russia and the Independent Republics Identify typical ingredients used in dishes of Eastern Europe, Russia, and the Independent Republics Describe and prepare dishes from Eastern Europe, Russia, and the Independent Republics and explain how they are used	Bigos Blini Caviar Kielbasa Kolache Kringel Pelmeni Pierogis Pilaf	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Foods of Southwest Asia and Africa	Relate history and geographic location to the cuisines of Southwest Asia and Africa Identify typical ingredients used in dishes of Southwest Asia and Africa and explain how they are used Describe and prepare dishes from Southwest Asia and Africa	Injera Mezza Saffron Sumac Tagine Tahini	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Foods of South and Eastern Asia	Relate history and geographic location to the cuisines of South and Eastern Asia Identify typical ingredients used in dishes of South and Eastern Asia and explain how they are used Describe and prepare dishes from South and Eastern Asia	Chutney Curry Daikon Dal Dim sum Hoisin Kimchee Nori Sashimi Sushi tandoor	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
	Creative additions	Compare characteristics of different herbs and spices Explain how to use, buy, and store herbs and spices Use garnishes and other techniques to make dishes appealing Suggest creative ways to present foods as gifts	Bouquet garni Condiments Garnish Herbs Seasoning blends spices	11.3.9F 11.3.12F 11.3.9G 11.3.12G 11.2.12A
Child Development	Theories	Analyze physical, intellectual and social/emotional development in relation to theories of child development Analyze current research on existing theories in child development and its	Motor skill Hand-eye coordination Gene Developmental milestone Parallel play Conscience Cooperative play	11.2.9.A 11.2.12A

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		impact on parenting (e.g., Piaget, Erikson and prior findings versus new brain development research).		
	Health and safety	Evaluate health and safety hazards relating to children at each stage of child development Analyze current issues in health and safety affecting children at each stage of child development.	Childproof Poison control center Safety Concussion Shock CPR Vaccine	11.2.9.B 11.2.12B
	Learning environment	Evaluate various environments to determine if they provide the characteristics of a proper learning environment. Analyze practices that optimize child development (e.g., stimulation, safe environment, nurturing caregivers, reading to children).	Cooperative Play Sharing Belonging Stimulation	11.2.9.C 11.2.12C
	Family responsibilities	Analyze the roles, responsibilities and opportunity for family involvement in schools. Analyze plans and methods to blend work and family responsibilities to meet the needs of children.	Parenting Finances Accommodate Fidelity Nurturing Discipline	11.2.9.D 11.2.12D
	Children and their learning	Explain how storytelling, story reading, and writing enhance literacy development in children. Identify practices that develop the child's imagination, creativity and reading and writing skills through literature.	Literacy Creativity Development Literature	11.2.9.E 11.2.12E

General Family and Consumer Science

Statement of Organization:

This course is designed to learn the basic principles of Family and Consumer Science as they apply to food and nutrition.

Expected Levels of Achievement:

Students are expected to understand nutrition and its relationship to wellness. The students will be able to understand how to plan, prepare and serve a variety of foods using various techniques. The students will be able to critique diet modifications to improve nutritionally-related health conditions. The students will be able to analyze the breakdown of foods, absorption of nutrients and their conversions to energy by the body. The students will be able to evaluate the application of nutrition and meal planning that meet specific nutritional needs of individuals. The students will be able to justify solutions developed by using practical reasoning skills.

Methods of Evaluation:

Student competence will be assessed through the use of one or more of the following methods:

- Demonstration
- Observation
- Presentation
- Projects
- Rubrics
- Teacher-made tests

Estimated Instructional Time:

General Family and Consumer is a ½ credit course. This class is for 80 minutes every other day for 91 days.

Technology Integration:

Power Point- student create PowerPoints during the class (nutrition unit)

Internet- Students will use the internet to do research projects on vitamins and minerals

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
The world of food	What does food do for you?	Explain what makes food powerful Explain the connection between careers and the world of food Summarize the food challenge humanity faces globally	Comfort foods Nutrients Nutrition Verbal communication Management	11.3.9F
Diversity at the table	International foods and their impact on the global world	Explain how a culture is defined Describe how various influences shape a culture's food customs Explain similarities among food from different countries Explain why some food customs carry on over time, yet some change	Cuisine Culture Custom Ethnic Fasting Fusion cuisine Staple foods	11.3.9F 11.3.12F
The food Supply	How the food chain has been effected by different developments	Describe the process that provides food to the people in the U.S. Assess possible impacts of human activities on food supplies Describe threats to the global food and water supply	Biodiversity Famine Hydroponic farming Food additive Food chain Sustainable living Industrialized nations	11.3.9A 11.3.12A 11.3.9B 11.3.12B 11.3.9G 11.3.12G
Food science and technology	Scientific and technological developments and the food supply	Relate the technological advances to their impact on food production and availability Compare the potential positive and negative impacts of genetically modified foods. Explain how science and technology have led to improve nutrition Assess the usefulness of technology in meal preparations	Genetic engineering MAP packaging Technology Formed products Enrichment Fortification Aseptic packages	11.3.9A 11.3.12A 11.3.9B 11.3.12B
Keeping a healthy weight	Maintaining a healthy weight	They will be able to explain the causes for the rising number of people that are overweight and obese. Understand methods for determining a healthy weight Distinguish between fad diets and weight-loss plans Describe how a person can keep a healthy weight	Aerobic exercise Anaerobic exercise Behavior modification Body fat percentage Body Mass Index Fad Diet	11.3.9C 11.3.12C 11.3.9D 11.3.12D

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Health Challenges	Health problems that can occur over a person lifespan	Explain the relationship between stress and nutrition Suggest the eating guidelines for stressful times Describe various ways to cope with stress Explain the role of nutrition in recovery from illness or injury Summarize how eating plans can be adapted for people with chronic health conditions Describe the causes, signs, health effects, treatment, and preventions for eating disorders	Anorexia nervosa Binge eating disorder Bulimia nervosa Chronic diabetes Eating disorders Food allergy Food tolerance	11.3.9C 11.3.12C
Life-span Nutrition	Nutrition for a lifetime which includes pregnancy, infancy, childhood, adolescence, and adulthood	Describe nutrition needs during pregnancy and lactation Evaluate food choices for infants and children Explain nutritional challenges related to special needs Explain nutrition challenges of adolescence Describe the nutrient needs of teen athletes Relate changes in older adults to their nutrition needs	Colostrum Fetus Lactation Life span Miscarriage Obstetrician Pediatrician Peer pressure	11.3.9E 11.3.12E 11.3.12C
Nutrients	The digestive Process and how nutrients are absorbed and transported	Explain the impact of nutrients on your body and health Describe standards and guidelines that provide information about nutrient requirements Summarize the steps in the digestive process Explain how nutrients are absorbed, transported, and stored in the body Discuss the role of metabolism in the body	Absorption Anemia Basal metabolism Calorie Dietary reference intakes Digestion Metabolism Malnutrition Pancreas Recommended dietary allowances	11.3.12C 11.3.9D 11.3.12D 11.3.9E 11.3.12E
Carbohydrates	What carbohydrates are and how the effect the body	Explain how carbohydrates are made Compare simple and complex carbohydrates and relate them to sugars and starches Describe how carbohydrates are digested in the body	Added sugars Carbohydrates Chlorophyll Complex carbohydrates Dietary fiber Disaccharides Monosaccharides	11.3.12C 11.3.9D 11.3.12D

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
		Identify what type of carbohydrate is provided by different plant foods Explain the roles of each type of carbohydrate in the diet	Photosynthesis	
Proteins and fats	How proteins and fats are digested and their impact in the human body	Describe the structure of proteins and fats Explain how proteins and fats are digested Compare HDL and LDL cholesterol Compute recommended amounts of protein and fats based on caloric intake	Adipose cells Amino acids Compete proteins HDL LDL Saturated fats Unsaturated fats Polyunsaturated fatty acids Omega-3 fatty acids	11.3.12C 11.3.9D 11.3.12D
Vitamins and Minerals	The functions of vitamins and minerals	Identify vitamins and minerals needed by the body Explain the functions of various vitamins and minerals Suggest good sources for specific vitamins and minerals Describe conditions that can result from certain vitamin and mineral deficiencies	Major minerals Osteoporosis Pica Toxicity Fat soluble vitamins Water-soluble vitamins Iron-deficiency Anemia Antioxidants	11.3.12C 11.3.9D 11.3.12D
Eating Patterns	What influences you food choices Eating patterns Choices for eating out Evaluating your food choices Decision making	Describe influences on food choices Relate changes in family eating patterns to change in American society Explain what affects people's eating patterns Explain ways to eat healthfully when eating out Create a food record to use in analyzing on personal food habits Summarize the decision-making process	Eating pattern Entrée Grazing Resources Values	113.9F 11.3.12F

Quilting

Statement of Organization:

This course is designed to have the student acquire knowledge about the steps of quilting.

Expected Levels of Achievement:

Students are expected to know how to thread a sewing machine. The student will be able to fill a bobbin with thread. The students will be able to demonstrate purchasing decisions based on sound criteria. The students will demonstrate how to create a budget and use this skill when purchasing the required quilting items. The learner will be expected to demonstrate accurate measuring, cutting, pressing, and constructing techniques. The students are expected to calculate the yardage of fabric required for the designs they created.

Methods of Evaluation:

Student competence will be assessed through the use of one or more of the following methods:

- Drill and Practice
- Observation
- Projects
- Self-Evaluations
- Rubrics

Estimated Instructional Time:

Quilting is a ½ credit course. This class is for 80 minutes every other day for 91 days.

Technology Integration:

Students will use the internet to find different quilting patterns. This will be at the beginning of the class. The students will use the sewing machines to assemble the quilt. The students will use the sewing machines almost on a daily basis. After the quilt is done the students will take a picture of their quilt and download it onto a PowerPoint slide show.

Big Idea (Objectives)	Concepts	Competencies	Vocabulary	Standard
Purchase their fabric and notions	A mathematical equation to figure out yards of fabric they need Recognize responsible consumer strategies	The students need to figure out how many squares of each color they have. Then they use a mathematical equation to figure out how many yards of each fabric they need The students will discuss several options on purchasing their fabric. They will establish a budget.		11.1.12F 11.1.9F 11.2.9A 11.2.12.A 11.2.9E 11.2.12C, 11.2.12B, 11.2.12A, 11.2.12E M11.A.1, M11.A.2, M.11.A.3, M.11.B.2
To assemble a Quilt	The process of assembling a quilt such as cutting and sewing the fabric	The students will need to know how to measure and cut the fabric The students will need to be able to thread the sewing machine and know how to sew a straight line.		11.2.9A 11.2.12A 11.2.12B 11.2.9E 11.2.12.H