

DEPARTMENT: FAMILY AND CONSUMER	COURSE TITLE: FAMILY AND CONSUMER SCIENCES GRADE SEVEN
GRADE(S): 7	PRE-REQUISITES (IF ANY): NONE

UNIT	LENGTH	CONTENT	SKILLS	METHODS OF ASSESSMENT	FRAMEWORK STRAND(S) & STANDARD(S)
Nutrition and Food Choices	5 to 8 weeks	<ul style="list-style-type: none"> USDA Food Guide Pyramid and Dietary Guidelines emphasizing concepts of balance, variety, moderation, and serving size Decision/choice making process Importance of good nutrition to a healthy body and mind Six types of nutrients and basic functions The concept of “nutrient dense foods” Basic food preparation methods Kitchen and household safety and sanitation Communication with family Integration with academic areas and other integrated studies (health, art, and technology education) 	<p>Students will:</p> <ul style="list-style-type: none"> Evaluate nutritional content of food eaten for 1-2 days. Identify the six types of nutrients. Interpret food labels. Investigate the functions of at least one specific nutrient and food sources. Investigate the nutritional content of at least one favorite food. Practice basic principles of safety and sanitation in foods lab. Demonstrate basic food preparation skills, including measuring, use of equipment, following directions (recipes), and cleaning up. Prepare nutrient dense foods. 	<ul style="list-style-type: none"> Class participation Homework Reports/projects Quizzes/tests 	<p>Physical Health Strand LS 1.3, 1.9, 2.13, 3.2, 3.8, 3.9, 3.10, 3.11, 3.12, 3.17, 3.18, and 3.21.</p> <p>Safety and Prevention Strand LS 8.3., 8.9, and 9.13.</p> <p>Consumer Health and Resource Management Strand LS 12.6</p>
Sewing and Care of Clothing	1 to 4 weeks	<ul style="list-style-type: none"> Developing independence, self confidence and responsibility for self Following directions Exploring new areas of interest Communicating with family Integration with academic content and other integrated studies Basic clothing care 	<p>Students will:</p> <ul style="list-style-type: none"> Demonstrate ability to hand stitch and sew on a button. Thread and use a sewing machine. Demonstrate understanding of laundry techniques and care of clothing. 	<ul style="list-style-type: none"> Class participation Homework Projects and assignments 	<p>Consumer Health and Resource Management Strand LS 12.6</p>