

FAMILY AND CONSUMER SCIENCES
Central City Community Schools
February 2000

Housing

Standard: Integrate knowledge, skills, and practices required for personal use and /or careers in housing, interiors, and furnishings.

Benchmarks

1. Identify recent trends in housing.
2. Explain basic financial and legal aspects of housing in various demographic situations.
3. Evaluate housing alternatives (i.e., floor plans, structure and maintenance of a residence, safety, energy, lifestyles and populations with special needs.)
4. Examine design principles and elements in relationship to housing.
5. Identify qualities of home furnishings and appliances (i.e., performance, safety, cost, quality, efficiency, space and cleanability.)
6. Examine home furnishings-home management related occupations.
7. Locate and /or utilize housing, home furnishing management and equipment resources for assistance.
8. Demonstrate safety, sanitation, and security in light of housing, furnishings and floor plans.
9. Use equipment and supplies with proper procedures.

ON YOUR OWN

Standard: Integrate multiple life roles and responsibilities in family, work, and community settings.

Benchmarks

1. Recognize that one's roles and responsibilities change during one's lifetime.
2. Develop short and long-term planning, goal-setting and decision-making skills.
3. Identify the ways to balance work, and individual needs.
4. Demonstrate alternative ways of effective communications. (i.e., body language and image in relationship to others' impressions of one in the workplace and socially.)
5. Identify sex-role stereotyping and harassment and means of dealing with them.

Standard: Evaluate management practices related to human and economic resources.

Benchmarks

1. Identify procedures in planning for expenses, saving and managing finances.
2. Apply the principles of management in the home (e.g., prioritizing, planning, delegation, evaluation, time allocation, etc.)
3. Determine the decision-making process in for expenses, savings and managing finances (i.e., insurance retirement).
4. Recognize the relationship between appearance and image.
5. Implement decisions about purchasing and maintaining a wardrobe.
6. Use equipment and supplies with proper procedures.

Standard: Integrate knowledge, skills, and practices required for being an educated consumer.

Benchmarks

1. Identify consumer rights and responsibilities
2. Evaluate advertising, warranties, written contracts and quality of goods and equipment (i.e., consumer fraud schemes).
3. Examine consumer education related occupations.
4. Locate and/or utilize consumer education recourses for assistance.
5. Recognize advertising techniques.

Foods and YOU Foods and Others Foods and the World of Work

Standard: Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Benchmarks

1. Analyze nutritional needs and select foods for good health throughout life.
2. Prepare foods from the basic food groups.
3. Identify the seven dietary guidelines.
4. Analyze fad diets and eating disorders.
5. Locate and / or utilize food nutrition resources.
6. Evaluate consumer information (e.g., interpret labels).

Standard: Integrate knowledge, skills, and practices required for food preparation.

Benchmarks

1. Utilize basic kitchen skills in food preparation and storage.
2. Follow recipes.
3. Plan menus, prepare shopping list and purchase food.
4. Plan, prepare, serve and evaluate a meal.
5. Apply the principles of sanitation, recycling and safety when working with food and equipment.
6. Identify and use kitchen utensils correctly.
7. Identify safety hazards in the kitchen.
8. Operate and clean kitchen equipment.
9. Identify various cultural and regional cuisines.

Standard: Integrate knowledge, skills and practices required for careers in food science, dietetics, and nutrition, food production and services.

Benchmark

1. Examine food related occupations.
2. Set a correct table.
3. Present foods pleasing to the eyes.
4. Use food preparation terminology correctly.
5. Calculate food supply needs.
6. Receive, inspect, arrange, rotate and stock inventory.
7. Organize work area for efficiency of time and motion.
8. Discuss merchandising technique.
9. Identify customer service skills.
10. Compute basic customer billing.
11. Identify laws and statues dealing with food service establishments.
12. Use proper customer thank you.
13. Handle and report complaints as directed.

WELLNESS I and 2

Standard: Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Benchmarks

- 1.Explain the basic skills necessary to maintain personal, physical, social and mental health.
- 5.Identify personal safety and survival skills.
- 3.Identify substance abuse, use and non-use.
- 4.Describe procedures for prevention and control of diseases (i.e., sexually transmitted diseases and acquired immune deficiency).
- 5.Identify the needs, concerns and resources of populations with special needs.
- 7.Locate and/or utilize family/ individual health resources.
- 8.Analyze strategies for developing a positive self-concept.
- 9.Formulate a personal physical fitness program.
- 10.Identify the causes, dangers and solutions of pollution in the environment.
- 11.Develop short and long-term planning, goal-setting and decision-making skills.

Standard: Create awareness of the knowledge, skills, and practices required for careers in family and community services.

Benchmarks

Examine family-individual health related occupations.

PARENTING AND CHILD DEVELOPMENT

Standard: Integrate multiple life roles and responsibilities in family, work, and community settings.

Benchmarks

- 1.Examine parenting responsibilities.
- 2.Evaluate the impact of parenting roles and responsibilities on strengthening the well-being of individuals and families.
- 3.Identify the additional risk of teen pregnancy and parenting.
- 4.Identify ways to deal with peer pressure.
- 5.Discuss health concerns and needs at various stages of prenatal and postnatal development.
- 6.Select toys, equipment, food and materials appropriate for the developmental stage of a child.
- 7.Analyze the importance of play on the development of children.
- 8.Identify types of child abuse, neglect and intervention options.
- 9.Discuss childhood diseases and immunization procedures.
- 10.Identify ways to provide a safe environment for a child.
- 11.Locate and/or utilize child development resources for assistance.
- 12.Identify and demonstrate response to family problems and crisis.
- 13.Identify sex-role stereotyping and means of dealing with them.
- 14.Describe ways to strengthen family and relationships.
- 15.Identify the ways to balance work, family and individual needs.
- 16.Examine various child care options.

Standard: Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

Benchmarks

- 1.Examine child development related occupations.
- 2.Examine family living/parenthood related occupations.
- 3.Locate and/or utilize family living and parenthood resources.
- 4.Identify personal qualities required of a childcare provider (referring to nurturing and caring).
- 5.Identify basic elements (principles)of child development with emphasis on age appropriate behaviors/expectations of physical,emotional,intellectual,and social development.
- 6.Assess a child in the four developmental areas:Physical,social,intellectual,and emotional.
- 7.Observe and record a child 's developmental progress.
- 8.Plan and implement appropriate activities to promote development in children in the following areas: Outdoor/indoor, gross/fine motor, language development, creativity, visual, auditory and tactile stimulus, cognitive, nutrition, and social development.
- 9.Explain the impact of caregiver practices on a child 's self-esteem.
- 10.Use appropriate and effective methods of guidance.
- 11.Identify issues that relate to the care of school-age children.

**Sewing and Clothing
Clothing and Textiles
Clothing and Marketing**

Standard: Integrate knowledge, skills, and practices required for personal use in textiles and apparel.

Benchmarks

- 1.Recognize the relationship between appearance and self-concept.
- 2.Plan a wardrobe and prepare a clothing budget.
- 3.Identify fibers, fabrics, fabric construction, finishes and care.

4. Identify elements and principles of clothing design.
5. Demonstrate use and care of sewing machine and equipment in a safe manner.
6. Interpret pattern instructions, prepare fabric, and select notions for construction of a textile product.
7. Read tape measure/ruler.
8. Follow preparation procedures for constructing and evaluating a garment project.
9. Demonstrate repair, alteration and recycling methods.
10. Read, interpret and follow care labels accurately.
11. Evaluate clothing and accessory purchases (i.e., construction, cost and care).
12. Locate and/or utilize textiles and clothing resources for assistance (e.g., extension service, labeling, references and manufacturers).

Standard: Integrate knowledge, skills, and practices required for careers in textiles and apparel.

Benchmarks

1. Examine textile and clothing related occupations.
2. Compute prices.
3. Use proper customer thank you.
4. Handle and report complaints as directed.
5. Follow application state and federal agencies laws and regulations.
6. Select, receive, inspect, sort and stock inventory of textile products.
7. Discuss merchandising techniques.
8. Arrange, select and prepare items for merchandising display.