

**USD #294**  
**Family & Consumer Science Curriculum**  
**Family & Consumer Science I**

**Course Description:** A one-semester course to introduce topics of Family and Consumer Science. This course is recommended for ninth graders planning to enroll in other areas of FACS.

Content:

A. Career Opportunities in Family and Consumer Science

- various Family and Consumer Science careers
- work ethic and general employability skills
- communication and interpersonal skills for the workplace
- life-long learning and leisure opportunities
- personal knowledge, skills, and attitudes desirable in the impact of social, economic, and technological change on work and family

Objectives

1. Discover career opportunities in the areas of competencies of Family and Consumer Science.
2. Identify the traits of a desirable employee.
3. Explain the importance of communication skills, teamwork, and interpersonal skills in the workplace.
4. Identify the importance of refreshing and updating career skills.
5. Develop a variety of leisure skills to enhance one's enjoyment of life.
6. Evaluate the role of social, economic, and technological change on work and family.

B. Safe and Sanitary Preparation of Nutritious Meals and Snacks

- a. basic dietary guidelines
- b. safety and sanitation in food handling and preparation
- c. food preparation for nutrition and appetite appeal
- d. budgeting and financial resources to meet nutritional and wellness demands

## Objectives

1. Select and follow recipes.
  2. Identify and use basic cooking principles
  3. Describe and demonstrate the safe use of kitchen appliances and utensils
  4. Explain how nutrient intake affects physical fitness and wellness.
  5. Cite reasons for including a variety of foods in a family's diet
  6. Describe the digestion and absorption process
  7. Relate the importance of diet in athletic performance
  8. Analyze the label information of food products
  9. Plan labs so all students share in the work experience
  10. Measure ingredients accurately
  11. Prepare a variety of food products successfully
  12. Preserve food for future needs by a variety of methods
- C. Management of individual and family resources to purchase and care for clothing
- a. buying decisions that satisfy needs and wants
  - b. impact of media and finances on buying decisions
  - c. sewing skills for clothing and leisure arts
  - d. clothing care technology
  - e. resources, rights, and responsibilities of the clothing consumer

## Objectives:

1. Interpret a stain removal chart
2. Correctly use laundry equipment
3. Prepare a list of guidelines to use when preparing clothes for washing
4. Sort clothing into appropriate groups for the laundry
5. Demonstrate the difference between pressing and ironing
6. Complete a sewing project using a variety of sewing skills and the sewing machine
7. Analyze current wardrobe and project future clothing needs
8. List the check points of quality to consider before buying garments
9. Associate the effect fiber content has on fabric characteristics
10. Correctly thread and use a sewing machine
11. Demonstrate the proper use of a paper pattern
12. Demonstrate the safe and correct use of an iron
13. Sew on a button, make a buttonhole, and patch a garment
14. Alter the length of a garment

Approved By The Board Of Education  
May 9, 2005