

Discovering Family Consumer Science (Junior High)

Student Learning Objectives

Linked to the
National Standards for Family and Consumer Sciences Education

Program Type 0604

Course Code 096800

CIP Code: No Follow-Up

Course Rational:

To improve the quality of life for Missouri’s children, performance competencies in Discovering Family Consumer Science course taught in Family Consumer Sciences and Human Services Education programs at the middle school level enable students to:

- a. experience the broad spectrum of content areas and careers contained in Family Consumer Sciences curriculum
- b. develop the social, emotional and character maturity to be able to act responsibly
- c. synthesize knowledge from multiple sources
- d. work cooperatively as responsible members of society
- e. discover the importance of family in our individual lives and in our society

Course Description:

This course is designed to help prepare students for multiple roles as individuals and family members. Emphasis is placed upon values clarification, decision making, consumer skills, personal and family relationships, parenting, nutrition, and health and career exploration. Students should begin to develop leadership skills for family, career and community life.

Objectives/Categories:

- A. Career, Community and Family Connections
- B. Consumer and Family Resources
- C. Examine Self-Development Skills
- D. Family
- E. Parenting/Human Development
- F. Nutrition and Wellness
- G. Housing and Interior Design
- H. Apparel, Textiles and Fashion

Student Learning Objectives	NASAFACS (National Standards)
A. Career, Community and Family Connections	
Demonstrate Leadership and Goal Setting	
Explore multiple life roles and responsibilities in family, work and community settings	1.1
Demonstrate the knowledge and skills to make decisions and act as responsible members of society	1.3.2
Investigate ways individual career goals can affect the families capacity to meet goals for all family members	1.1.3
Cooperate with others to achieve group goals	1.2.4
Explore FCCLA benefits, opportunities and purposes.	FCCLA Programs

B. Consumer and Family Resources	
Investigate Management Practices	
Investigate management practices related to the human, economic and environmental resources	2.0
Investigate the relationship of the environment to family and consumer resources	2.2
Explore the effects of technology to solve problems related to individual and family resources.	2.4
Explore the management of financial resources to meet the goals of individuals and families across the life span.	2.6
Examine the need for personal and family financial planning	2.6.1
Investigate financial resources and how they can be beneficial to the family	2.6.3
Investigate career paths within Consumer and Family Resources	Missouri Connections
Utilize FCCLA programs related to Family Consumer Sciences	FCCLA Programs

C. Interpersonal Relationships	
Examine Self Development Skills	
Examine (Analyze) functions and expectations of various types of relationships. (Examine physical, emotional, social and intellectual development and their relationships.)	13.1
Demonstrate communication skills that contribute to healthy and unhealthy relationships.	13.1.4
Explore personal needs and characteristics and their effects on interpersonal relationships.	13.2
Apply character education in the family, workplace, and the community.	
Demonstrate effective conflict prevention and management techniques.	13.4
Demonstrate teamwork and leadership skills in the family, workplace, and community.	13.5
Apply critical thinking and ethical standards when making judgments and taking action.	13.6.3
Demonstrate ethical behavior in family, workplace, and community settings.	13.6.4

D. Family	
Analyze Family Systems	
Explain the significance of Family Consumer Science	
Examine different family structures	6.1.1
Examine the impact of diversity on individuals and families	6.1.3, 6.2.1
Analyze the influence of family on individuals and society	6.1.4, 6.1.5, 6.1.6, 6.1.7
Utilize FCCLA programs to prepare for multiple roles.	FCCLA Programs

E. Parenting / Human Development	
Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families.	
Analyze roles and responsibilities of parenting/child care	15.1
Identify expectations and responsibilities of parenting/child care	15.1.2
Identify activities to promote physical development of the child	4.2.1, 4.2.4, 4.2.5
Demonstrate activities that promote large and small motor skills	4.2.1, 4.2.4
Demonstrate how to interact appropriately with the child's physical activities.	4.2.1, 4.2.4
Explore developing social skills of the child	4.2.1
Investigate the principles of human growth and development	4.2.1, 12.1
Explore the effect of heredity and environment on human growth and development	12.2.2
Explore the physical, emotional, social, spiritual and intellectual aspects of human growth and development	12.1.1
Demonstrate communication skills that contribute to positive relationships	12.3.2
Investigate career paths within Early Childhood and Human Development areas of study	4.1
Utilize FCCLA programs to prepare for multiple roles and explore opportunities with the Child Development field of work	FCCLA

F. Nutrition and Wellness	
Examine Aspects of Nutrition, Health and Wellness	
Describe factors that influence nutrition and wellness practices across the life span	14.1
Investigate the physical, emotional, social, psychological, and spiritual components of individual and family wellness.	14.1.1
Examine the effect of nutrients on health, appearance, and peak performance.	14.1.2
Investigate the effects of global and local events and conditions on food choices and practices	14.1.4
Investigate the relationship of nutrition and wellness to individual and family health throughout the life span.	14.2.2
Explore the effects of food and diet fads, food addictions, and eating disorders on wellness.	14.2.3
Analyze sources of food and nutrition information, including food labels, related to health and wellness.	14.2.4
Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	14.3
Explore factors that affect food safety from production through consumption.	14.4
Investigate food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.	14.4.5
Demonstrate food safety and sanitation procedures.	8.2, 8.2.7, 2.1.3
Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.	8.3.6
Demonstrate menu planning principles and techniques based on standardized recipes to meet family needs	8.4
Demonstrate menu-planning and time management principles to develop and modify menus.	8.4.2
Demonstrate food preparation methods and techniques to produce a variety of food products.	8.5
Analyze career paths within the food production and food services industries.	8.1
Utilize FCCLA programs related to Nutrition, and Wellness, Food Production and Services	FCCLA Programs

G. Housing and Interior Design	
Examine Aspects of Housing and Interior Design	
Evaluate housing and design concepts and theories, including green design, in relation to available resources and options.	11.2
Demonstrate the use of elements and principles of design in housing and residential interiors.	11.2.1
Investigate design and development of architecture, interiors, and furnishings through the ages.	11.5
Investigate consumer skills necessary to make decisions about housing, utilities, and furnishings.	2.1.5
Analyze career paths within the Housing and Interior Design industries	11.1
Utilize FCCLA programs related to Housing and Interior Design	FCCLA Programs

H. Apparel, Textiles, and Fashion	
Examine Aspects of Textiles, Fashion and Apparel	
Evaluate fiber and textile products and materials.	16.2
Analyze policies that support consumer rights and responsibilities.	2.3
Apply consumer skills to providing and maintaining clothing.	2.1.4
Demonstrate skills needed to produce, alter, or repair fashion, apparel, and textile products.	16.4
Apply elements and principles of design to assist consumers and businesses in making decisions.	16.3.6
Analyze career paths within the Textiles, Fashion and Apparel Industries	16.1
Utilize FCCLA programs related to Textiles, Fashion and Apparels	FCCLA Programs