

Introduction

Nutrition & Wellness

Process Skill Competency List	Missouri Show-Me Standards Goal Cross-reference	National Standards for Family & Consumer Sciences Education Cross-Reference
PS/A. Manage Work & Family Life		
1. Define practical problems families and individuals may face in everyday work and family life	1.1, 1.2, 1.3, 1.4, 1.6, 1.9	2.1, 4.2
2. Identify the types of practical problems families and individuals frequently face	1.5, 1.7, 1.9	2.2, 2.3, 2.4
3. Apply individual values and goals to decision-making	1.2, 1.3, 1.4, 1.6, 1.7, 1.8, 1.10	3.1, 3.3, 3.6, 4.1, 4.3, 4.6, 4.9, 4.10, 4.12, 4.13
PS/B. Develop Effective Communication Skills		
1. Identify characteristics of a respectful relationship	2.3, 2.6	3.5, 3.6, 4.2, 4.6, 4.8, 5.1
2. Demonstrate effective communication skills	2.1, 2.2, 2.4, 2.5, 2.6, 2.7	2.4, 3.1, 3.2, 3.5, 3.6, 4.3, 4.4, 4.7, 4.9, 4.10, 4.12, 5.3
3. Examine the consequences of actions for self and others	2.2, 2.3, 2.7	1.4, 2.3, 2.4, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.5, 4.13, 5.2, 5.3, 5.4, 5.5, 5.6
4. Apply conflict resolution techniques when needed for consensus	2.1, 2.4, 2.6	1.1, 1.3, 1.4, 2.2, 2.3, 2.4, 3.1, 3.3, 3.4, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.10, 4.11, 4.12, 4.13
PS/C. Identify Solutions to Practical Problems		
1. Demonstrate practical problem-solving skills	3.1, 3.2, 3.3, 3.5, 3.6	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13
2. Evaluate consequences of possible solutions for self and others	3.4, 3.5, 3.6, 3.7, 3.8	1.4, 2.3, 3.3, 3.4, 3.6, 4.5, 4.8, 4.13, 5.4, 5.5, 5.6
3. Compare and contrast practical problem-solving techniques to other problem-solving strategies	3.2, 3.3, 3.4, 3.8	1.1, 1.2, 2.4, 3.1, 3.4, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6
PS/D. Accept a Leadership Role		
1. Define the roles of a responsible family member and citizen	4.2, 4.3, 4.4, 4.6, 4.7	2.2, 3.3, 3.5, 4.5, 5.1
2. Demonstrate positive leadership skills	4.2, 4.4, 4.5, 4.6, 4.7, 4.8	1.2, 2.1, 2.2, 2.3, 3.3, 3.6, 4.1, 4.2, 4.6, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 5.2, 5.3, 5.4, 5.5, 5.6
3. Compare and contrast the duties of a responsible family member and citizen	4.2, 4.3, 4.5	1.2, 1.4, 2.1, 2.3, 2.4, 3.1, 3.4, 3.6, 4.1, 4.4, 4.6, 4.8, 4.9, 4.10, 4.11, 4.12, 4.13, 5.2, 5.3, 5.4, 5.5