

# Curriculum – Grade 7 Family Consumer Science

	<b>Sewing</b>	<b>Foods</b>
<b>What your child will learn</b>	<ul style="list-style-type: none"> <li>• Parts of the Sewing Machine</li> <li>• Sewing Equipment names</li> <li>• Thread Machine</li> <li>• Sew Sample on Fabric</li> <li>• Sew Pillow on machine</li> <li>• Hand sew opening shut</li> </ul>	<ul style="list-style-type: none"> <li>• Read and interpret nutrition facts labels</li> <li>• Identify the importance of breakfast</li> <li>• Identify the importance of a healthy diet including the benefits of fiber and eating a variety of foods.</li> </ul>
<b>What your child will do</b>	<ul style="list-style-type: none"> <li>• Sew Sample on Fabric</li> <li>• Sew Pillow on machine'</li> <li>• Hand sew opening shut</li> </ul>	<ul style="list-style-type: none"> <li>• Complete a taste test while interpreting nutrition facts label.</li> <li>• Prepare recipes that stress the nutrition topics from above</li> </ul>
<b>What you'll see (products)</b>	<ul style="list-style-type: none"> <li>• Sample Stitch on Fabric</li> <li>• Pillow</li> </ul>	<ul style="list-style-type: none"> <li>• Recipes to try at home</li> </ul>
<b>How you can help</b>	<ul style="list-style-type: none"> <li>• Encourage Child</li> <li>• Monitor grades on HAC</li> <li>• Call with and questions</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss recipes and encourage them to help out in the kitchen.</li> <li>• Monitor grades on HAC</li> </ul>