

Grade 7
Family & Consumer Sciences

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
13	1. Family Relationships	<ol style="list-style-type: none"> 1. Examine the family as the basic unit of society for families throughout the world. 2. Determine the role of family in transmitting society, cultural and family expectations, values and traditions across the life span. 3. Analyze the possible influence of family structure and size on family relationships. 4. Interpret the influence of changes in family structure related to adoption, birth, death, illness, marriage, divorce and remarriage on roles assumed by family members. 5. Examine processes for building and maintaining interpersonal relationships within the family. 6. Interpret the effects of various communication styles on relationships with others. 7. Analyze the impact of life cycle events and conditions such as 	<p>What are the purposes of a family?</p> <p>How do families adjust and adapt to a variety of influences?</p> <p>How do families become stronger?</p> <p>How does growth versus fixed mindset affect your relationships with others?</p> <p>What effective communication skills can improve relationships?</p> <p>How do effective conflict resolution skills strengthen relationships?</p>

		<p>births, deaths, marriages, adoptions and divorces on relationships within the family.</p> <ol style="list-style-type: none">8. Examine communication styles and their effects on relationships within the family.9. Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication within the family.10. Evaluate effective listening and feedback techniques that may be used in connection with communication within the family.11. Employ problem-solving approaches to manage conflict within the family system.12. Investigate nonviolent strategies that may be used to resolve conflict within the family.	
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8	2. Child Development	<ol style="list-style-type: none"> 1. Examine the interrelationships between physical, emotional, social and intellectual aspects of human growth and development. 2. Summarize the needs and challenges of individuals and families at each stage of human development. 3. Prepare to care for children. <ol style="list-style-type: none"> a. Identify age-appropriate activities for children from birth through adolescence. b. Investigate safety-related concerns for children from birth through adolescence including, c. Articulate state laws related to babysitting. Specifically the age at which a child may legally be left alone and the age at which a child may legally care for other children. d. Formulate criteria for the selection of a short-term babysitter for a child. 4. Communicate an awareness of multiple diversities and their impact on individuals within society 	<p>Why is it important to understand the areas of human development--how children learn and grow?</p> <p>What characteristics must a successful child care provider possess?</p> <p>What are the signs of child abuse and what do you do if you know of or suspect child abuse?</p> <p>What are the key developmental stages of children from birth to five? How are these developmental stages used to make decisions that impact children's well-being?</p> <p>What are the state laws that relate to babysitting?</p>
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15	Food Literacy	<ol style="list-style-type: none"> 1. Explain the interrelationships among nutritious food choices, physical activity and health/wellness. 2. Demonstrate the use of nutrition information and resources to determine healthy food choices. <ol style="list-style-type: none"> a. Describe the roles and functions of essential nutrients and give examples of nutrient dense foods including raw fruits and vegetables, low-fat dairy, whole grains and lean proteins. b. Identify the major food sources of essential vitamins and minerals and explain the benefits of consuming adequate amounts of these nutrients through a balanced diet. c. Discuss the importance of a balanced diet that limits the intake of and percentage of calories from food and beverages containing fats, sodium, and added sugars. d. Summarize the general trends related to Dietary Reference Intake recommendations from the U.S. Department of 	<p>What is the relationship between food choice, physical activity and overall health and wellness?</p> <p>What resources are available for me to use to help me make wise food choices?</p> <p>What factors do I consider as I examine foods for their nutrition?</p> <p>What are healthy food choices for me based on nutritional value, variety and moderation?</p> <p>How does food portion size impact health?</p> <p>How do I balance my diet?</p> <p>What are some factors to consider when planning meals for my family?</p> <p>How do the dietary guidelines relate to me?</p> <p>How can I make healthy fast food choices?</p> <p>What impacts the way families select and prepare food?</p>
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		<p>Agriculture.</p> <p>e. Explain the terms “variety” and “moderation” as related to daily food choices.</p> <p>3. Evaluate individual eating and activity habits using the MyPlate and the ABCs of the Dietary Guidelines for Americans.</p> <p>4. Explore the possible impact of the following factors on the nutrition and wellness practices associated with family life:</p> <ul style="list-style-type: none">a. Culture, religion and tradition.b. The family’s schedule and available time.c. The family’s socioeconomic status.d. Family values.e. Life cycle changes.f. Preferences and needs of individual family members.g. Allergies and medical conditions <p>5. Establish practices to select and prepare foods to conserve resources and optimize nutrition, health and wellness.</p> <ul style="list-style-type: none">a. Review kitchen safety practices, including fire and accident	<p>How can food labels help me to select and store food?</p>
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		<p>prevention and food storage in the preparation and service of food.</p> <p>b. Explore a variety of food preparation methods as foods are prepared to meet personal needs for nutrition and wellness.</p> <p>6. Use menu-planning skills (considering budgeting and food presentation), nutrition guidelines and food presentation, to plan meals for a family.</p> <p>7. Identify and use comparison-shopping skills, including unit pricing and labeling, to analyze food quality, quantity and value in the selection and procurement of food for families.</p>	
5	Career & College Readiness	<ol style="list-style-type: none"> 1. Students will examine the relationships among education, skills, career choices, economic conditions, and income. 2. Students will make and justify resource-based decisions considering individual needs. 3. Students will explore career related to individual, family and human development. <ol style="list-style-type: none"> a. Set and justify goals to meet individual needs <ol style="list-style-type: none"> i. Create an education 	<p>How is the goal setting process used throughout the lifespan?</p> <p>How do personal interests/aptitudes relate to career goals and decisions?</p> <p>How do education and career choice affect the well-being of the individual and family?</p> <p>How do personal behaviors contribute to employment</p>

		<p>career plan (5 year) to meet identified career interests and goals.</p> <ul style="list-style-type: none">b. Describe the skills and behaviors that contribute to employability and job success<ul style="list-style-type: none">i. Compare how needs, wants, values and standards impact priorities and goals.c. Describe how interests, skills, education and economic conditions affect career choices.d. Compare the benefits and trade-offs of a variety of careers including personal satisfaction.e. Describe the relationship of personal characteristics and career choice.f. Explore the concerns families face related to the interface between work, family goals and expectations.	<p>success?</p> <p>What courses will I need to take to reach my career goals?</p>
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