

Grade 6
Family & Consumer Sciences Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
5	1- Relationships	<ol style="list-style-type: none"> 1. Determine factors that contribute to healthy and unhealthy relationships with peers. 2. Examine personal values related to interpersonal relationships. 3. Explore the impact on relationships of the Growth mindset vs. Fixed mindset. 	<p>How does the growth mindset impact relationships? Why are friendships important? What are the characteristics of a healthy friendship? What do you look for in a friend?</p>
11	2- Healthy Food Choices	<ol style="list-style-type: none"> 1. Summarize the interrelationships among nutritious food choices, physical activity and health/wellness. 2. Identify reliable sources of nutritional information. <ol style="list-style-type: none"> a. Identify and explain each component of the USDA nutrition facts label. 3. Explain how nutritious food choices enhance personal health. 4. Explore personal food values, attitudes and beliefs related to food and nutrition. 	<p>How do food choices impact my health? How do I read a food label to make healthy food choices? What is healthy food? How can I improve my eating habits to better meet the MyPlate guidelines? How do food choices now impact future health?</p>

		<p>5. Interpret and apply the recommendations of national resources including My Plate.</p> <p>6. Evaluate individual eating and activity habits using My Plate</p>	
14	3- Food Preparation	<p>1. Establish practices to select, store, prepare and serve foods to conserve resources and optimize nutrition, health and wellness.</p> <p>a. Demonstrate kitchen safety practices, including fire and accident prevention and food storage in the preparation and service of food.</p> <p>i. Demonstrate and practice the safe and effective use of microwave ovens (e.g., how they cook, cooking containers, cooking time, standing time, ways to promote even cooking.)</p> <p>ii. Explain the prevention of burns, cuts, fires and falls in the kitchen.</p> <p>iii. Demonstrate the safe use of kitchen equipment and tools, including electrical appliances.</p> <p>b. Demonstrate a variety of food</p>	<p>How do I select and use the appropriate measuring tools to measure ingredients accurately?</p> <p>What do I need to know to prepare food that is safe to eat?</p> <p>How do I use kitchen equipment safely in the kitchen?</p> <p>What are food borne illnesses and how do I prevent them?</p> <p>When working with others in the kitchen what do I need to know to be safe?</p> <p>What are the keys to organizing and preparing a recipe?</p>

		<p>preparation methods as foods are prepared to meet personal needs for nutrition and wellness.</p> <ul style="list-style-type: none">c. Demonstrate the proper use of equipment, tools and technology used in the preparation of food.d. Demonstrate how to properly measure ingredients and adjust recipe yield.e. Demonstrate the use of appropriate recipe abbreviations, equivalencies, food preparation and cooking terms.f. Model appropriate behaviors for serving and consuming foods. <p>2. Establish practices that prevent food-borne illness.</p> <ul style="list-style-type: none">a. Practice good personal hygiene/health procedures.b. Interpret food product dating practices related to food safety and food shelf life.c. Practice proper sanitation procedures when working in the kitchen.d. Practice proper dishwashing,	
--	--	---	--

		<p>sanitizing, rinsing and drying techniques.</p> <p>3. Apply principle of resource management to maintaining a healthy, balanced diet.</p> <p>a. Explain how food labels, unit pricing, open dating, and government grading are used in food shopping.</p>	
10	4- Career Readiness	<p>1. Set and justify goals to meet individual needs.</p> <p>a. Analyze how needs, wants, values and standards impact priorities and goals.</p> <p>b. Classify goals into categories such as short-term and long-term goals.</p> <p>2. Describe how interests, skills, career choices, and economic conditions affect education choices.</p> <p>3. Compare the benefits and trade-offs of a variety of careers including personal satisfaction.</p> <p>4. Describe the relationship of personal characteristics (qualities and skills) to a career choice.</p>	<p>How do personal interests relate to career goals and decisions? Why set goals? What is the relationship between career choice and one's well-being? How can I invest in my own human capital, transferable skills and education to be qualified for a variety of job opportunities that create well-being?</p>
2-3	5- Financial Literacy	<p>1. Differentiate sources of</p>	<p>What is the financial impact of</p>

		<p>consumer protection and assistance, including public institutions and private organizations (professionals, publications, and internet).</p> <p>2. Students will make and justify resource-based decisions considering individual needs.</p>	<p>effective clothing care/repair? What do I need to know about clothing care labels? How can I use basic sewing techniques to repair clothing?</p>
--	--	---	---