Courses of Study
For
Family and Consumer Science

1. Principles of Food [Everyday Cooking] 091205
2. Global Foods [Gourmet Foods] 091210
3. Food Science [Experience with Foods] 091215
4. Culinary Fundamentals [Creative Cooking] 091220
5. Principles of Nutrition and Wellness [Nutrition and Wellness] 091225
6. Child Development 091025
7. Transitions and Careers 091410
8. Career and College Readiness 091402
9. Textile Design, Construction, and Maintenance [Fashion Design] 091505

CTPD 023

WEST SHORE CAREER -TECHNICAL DISTRICT
LAKEWOOD, OHIO 44107

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Acknowledgements
Family and Consumer Science
West Shore Career - Technical District

Sincere appreciation goes to the following individuals for their assistance and cooperation in preparing this Family and Consumer Science program's course of study.

Lakewood Board of Education, Lakewood City Schools
Mr. Jeffrey Patterson, Superintendent, Lakewood City Schools
Mr. Keith Ahearn, Lakewood High School Principal
Mr. William DiMascio, Coordinator, West Shore Career and Technical
Mrs. Lynn Patton, Instructor, FCS
Mrs. Sharon Howat, Instructor, FCS
Mrs. Jen Manning, Instructor, FCS

And the Family and Consumer Science Advisory Committee:

Nancy Ralls, Career Development Coordinator
Donna Richmond, Retired Professor Kent State University
Linda Salipante, Retired FCS Teacher

Recommendation of Advisory Committee
Family and Consumer Science
West Shore Career & Technical District

The Career & Technical Advisory Committee of the Family and Consumer Science Program, West Shore Career & Technical District, has reviewed this course of study and recommends it for use as the foundation for instruction in classroom, laboratory, and cooperative occupational experiences.

The developers of the course of study have considered local labor market needs and the school district's ability to offer specialized programs. The competencies found on the Career Content Family and Consumer Science Standards for this program have been reviewed and accepted as being congruent with our school district's philosophy and student outcome measures.

We believe that this course of study adequately and correctly focuses upon the development of technical competencies, attitudes, values, and appreciation is critical to successful employment in the business realm.

After reviewing this document, we recommend that the Family and Consumer Science of Study be approved and adopted on 8/15/16.
(Date)

Linda Salvante

Connie Bellini

Kristen Roberts

Lynn Platt

Sharon Harvat

Resolution
Family and Consumer Science
West Shore Career & Technical District

WHEREAS, the Family and Consumer Science advisory Committee of the Lakewood City Schools has reviewed the *Family and Consumer Science* Course of Study, and WHEREAS, the course of study is based upon the Career Content Standards Competencies for Family and Consumer Science

WHEREAS, the Family and Consumer Science Advisory Committee has reviewed these competencies and has edited competencies to address local labor market needs, and to acknowledge the school district's ability to offer specialized programs,

NOW, THEREFORE, BE IT RESOLVED, in accordance with the superintendent's recommendation, that the *Lakewood City Schools* adopt the *Family and Consumer Science* Course of Study.

Approval date: 8/15/2016

Superintendent

Board President

MISSION STATEMENT
Family and Consumer Science
WEST SHORE CAREER AND TECHNICAL EDUCATION DISTRICT

Mission of Lakewood City Schools

In partnership with our families and community, Lakewood City Schools will develop responsible citizens, who are critical and creative thinkers, committed to lifelong learning, invested in a diverse society, and prepared for technological and global opportunities.

West Shore Career Technical District Mission Statement

The many enhancements to the West Shore Career-Technical District facility, technology, and curriculum support the ongoing mission of our teachers, administration, and staff to provide excellent educational opportunities and meaningful real-world experiences while preparing students for success in the global marketplace of the 21st century.

CAREER AND TECHNICAL EDUCATION GOALS
Family and Consumer Science
WEST SHORE CAREER AND TECHNICAL EDUCATION DISTRICT

- Offer relevant, hands-on learning opportunities which align with student career interests and regional workforce development needs
- Prepare career-tech student for post-secondary opportunities or to directly enter the workforce.
- Maintain active advisory committees which offer overall curriculum direction and specific occupational knowledge of competencies required for each industry specific committee
- Offer career exploration opportunities to expose students to career
- Upgrade career-technical labs to align with industry standards
- Provide on-going industry training and development opportunities for career-tech staff to stay abreast of industry advancements and teaching methods.

PROGRAM DESIGN
Family and Consumer Science
WEST SHORE CAREER AND TECHNICAL EDUCATION DISTRICT

PROGRAM PHILOSOPHY:

We believe Family and consumer science education empowers individuals and families across the lifespan to manage the challenges of living and working in a diverse, global society. The ultimate goal of this program is to help individuals become productive and contributing members of society who are able to achieve self-sufficiency, participate in lifelong learning, and adapt to change.

Program Goals

In the Work and Family Life program we stress the following goals:

1. Strengthen the well-being of individuals and families across the lifespan.
2. Become responsible citizens and leaders in family, community, and work settings.
3. Promote optimal nutrition and wellness across the lifespan.
4. Use critical and creative thinking skills to address problems in diverse family, community, and work environments.
5. Balance personal, home, family, and work lives.
6. Appreciate human worth and accepting responsibility for one's actions and success in family and work life.
7. Provide the opportunity for individuals to obtain additional academic skills to enhance the Work and Family Life curriculum.
8. Teach individuals to develop pride in their work and their chosen occupation.
9. Teach individuals to develop respect for other persons and their property, and to teach them to be able to live and work cooperatively with others.
10. Encourage individuals to continue lifelong learning in the areas of Work and Family Life.
11. Strengthen the character of individuals through the development of sound moral values, including tolerance, respect of law and order, and appreciation of the cultural differences of others.

Overview of Program

Family and Consumer Sciences (FCS) is a set of courses that draws from a range of disciplines and contexts (education, business, social, economic, cultural, technological, geographical, political) to achieve optimal and sustainable living for individuals, families and communities

Population Served

Family and Consumer Science semester courses are open to all grades 9 through 12 students who meet grade level requirements for individual courses, as long as they are not a safety hazard to self and others in the class. Class sizes have a limit of 24 students per class, due to safety and classroom space. **It is strongly suggested that entering freshmen take College and Career Readiness. It is recommended that students take Experience with Foods prior to taking Nutrition and Wellness, Creative Cooking and Global foods.**

Housing of the Program

Family and Consumer Science Food Lab Courses: Nutrition & Wellness, Everyday Foods, Global Foods, Experience with Foods and Creative Cooking require a foods lab with at least 6 individual kitchen areas where students can prepare foods safely. The kitchens need to be equipped with sinks, counters, stoves, microwaves, and proper equipment needed to prepare, serve, and store the foods. It is recommended that there be a class set of Chromebooks/laptops for research and class projects. The classroom needs to be equipped with tables and chairs accommodate 24 students, and classroom aids that may be needed for any special needs of students

College and Career Readiness and Transitions and Careers both have a variety of needs. They need to use a foods lab for part of the course, so the needs are the same as Nutrition and Wellness for that section of the course. They also have a sewing component and would need tables, chairs and sewing machines in a separate or adjacent classroom. Adequate storage space is needed for supplies. At least 4 computers and a teacher computer are needed in the classroom, as well as a screen or Promethean Board, DVD/VCR combo player, and a whiteboard. **It is strongly suggested that entering freshmen take College and Career Readiness.**

Child Development [Exploring Childhood] can be taught in a standard classroom with desks and chairs or tables and chairs. It would also need storage space, a sink, a whiteboard, at least 4 computers and a teacher computer, DVD/VCR player with cable hookup, and Promethean board.

Textile Design, Construction, and Maintenance [Fashion Fundamentals] needs tables, chairs and sewing machines, iron and ironing board, hanging storage space, as well as cupboards and drawers for storage, a mirror, changing area, a sink, a whiteboard, at least 4 computers and a teacher computer, Promethean Board, and DVD/VCR player with cable hookup.

Supervisor of the Program

The teachers of the Family and Consumer Program report directly to the West Shore Career and Technical Director

Occupations Addressed

The Family and Consumer Science classes prepare students for career advancement in other programs and life skills for the world of work.

Basic Program Operation

The courses are taught five days per week in forty-minute class periods. Each course is one semester in length. Program activities include classroom instruction, laboratory experience, guest speakers, cooperative learning, technology, projects, and possible field trips.

Articulation Agreements

Family and Consumer Science courses assist students in preparation for transferring skill necessary to the world of work. These courses provide an opportunity for advancement to other programs.

Technology

Technology is an integral part of the Family and Consumer Science courses. Chromebooks are utilized to enhance the delivery of instruction and to demonstrate students' comprehension of course standards.

Student Leadership

The program encourages student participation in FCCLA (Family, Career, and Community Leaders of America) as an integral part of the in-school instructional program. Service Opportunities outside of school are an option.

Critical Thinking and Decision Making

Develops the use of critical thinking skills in making wise decisions as an integral part of classroom instruction and laboratory learning activities
Teaches decision-making techniques through problem solving, case studies, and real life

experiences

Statement of Modifications

Significant academic accommodations and/or modifications of competency to the Family and Consumer Science curriculum may limit or prevent successful training and/or future employment options in this area. Also accommodations and/or modification necessary for physical limitations and/or social work behaviors may also limit or prevent successful training and/or future employment options in this area.

Disclaimer Statement

This Course of Study conforms to all federal, state and local laws and regulations including Title IX and non-discrimination against any student because of race, color, creed, sex, religion, citizenship, economic status, married status, pregnancy, handicap, other physical characteristics, age or national origin. This policy of nondiscrimination shall also apply to otherwise qualified handicapped individuals.

Scope and Sequence
Principles of Foods
[Everyday Cooking]
091205

In this course, student will gain knowledge in food selection criteria and apply preparation methods to promote a healthy lifestyle. Students will apply cooking methods, ingredients selection and nutritional information in the context of selected food dishes. Throughout the course, basic food safety and sanitation techniques will be emphasized.

It is recommended that this course be taken prior to Creative Cooking, Nutrition and Wellness, and Global Foods

Scope and Sequence
Principles of Foods
[Everyday Cooking]

Strand 6 Ensure Food Safety

6.4 Intermediate Benchmark A: Demonstrate safe food-handling practices related to food-borne pathogens

6.4.2 Model personal hygiene behaviors to prevent food-borne pathogens by:
a. Washing Hands;
b. Covering cough or sneeze and washing hands;
c. Using gloves if open sore or cuts;
d. Avoiding tastes with utensils used to prepare foods.

6.4.3 Model safe kitchen behaviors to avoid food-borne pathogens including:
a. Refrigerate food promptly;
b. Keep hot foods hot;
c. Avoid eating raw food (e.g., raw cookie dough; raw eggs; partially cooked meat, eggs, fish);
d. Thaw frozen foods in refrigerator overnight or in microwave;

6.4.4 Demonstrate kitchen sanitation when handling food, to prevent cross contamination and foodborne pathogens by:
a. Using clean utensils and containers;
b. Washing tops of can;
c. Washing counters and cutting boards with chlorine bleach solution;
d. Disposing garbage properly;
e. Washing dishcloths and sponges daily.

6.4.5 Examine the effects that food-borne pathogens have on the body

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.1. Nutritional Information
Analyze nutritional information to guide food choices.

Competencies
3.1.1. Describe the sources of nutrients and their contributions to dietary needs.
3.1.3. Identify symptoms of nutrient deficiencies and toxicity.
3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.
3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.

Outcome 3.2. Weight Management
Manage weight throughout the lifecycle.

Competencies
3.2.5. Explain the importance of portion control and eating behaviors in weight management.
3.2.6. Calculate the energy output needed to balance caloric input.

Outcome 3.3. Food Selection
Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.1. Determine factors that influence product selection while considering preparation.
3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.
3.3.3. Evaluate meat and poultry based on cuts and grading standards.
3.3.4. Identify quality standards used to select food products.
3.3.5. Select nutritious food choices at home and when dining out.
3.3.6. Describe the impact of social and cultural influences on dietary patterns.
3.3.7. Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.

Outcome 3.4. Food Safety and Sanitation
Promote food safety and sanitation using proper food handling and storage.

Competencies
3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.
3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.
3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.
3.4.5. Regulate food temperatures throughout purchase, storage, and handling, cooking and serving.
3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.

Outcome 3.5. Food Preparation
Prepare foods through different cooking methods to preserve nutrient values.

Competencies
3.5.2. Develop recipes that preserve nutrient values and promote healthy eating patterns.
3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.

3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.
3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.
3.5.7. Adjust cooking time and temperature based on convention, convection and microwave ovens.
3.5.8. Prepare sauces and gravies using thickening agents.

1.22.1 Evaluate how kitchen equipment influences food choices and management of resources
1.22.2 Select, use, clean, and maintain food preparation utensils
1.22.3 Compare kitchen equipment with respect to cost, time utilization, safety, storage, maintenance, and environmental concerns
1.22.4 Demonstrate different types and sizes of measuring equipment
1.22.5 Review abbreviations and equivalents for measuring
1.22.6 Demonstrate ways to measure special ingredients
1.22.7 Develop criteria for selection and using kitchen equipment

Outcome 3.6. Dining Etiquette
Analyze dining etiquette, settings and service styles that enhance the food experience.

Competencies
3.6.1. Compare formal and informal dining settings.
3.6.2. Identify the components of place settings.
3.6.4. Decorate or garnish plated foods to enhance presentation.

Outcome 3.7. Sustainable Food Practices
Analyze key components of local, healthy, sustainably-grown foods.

Competencies
3.7.2. Use seasonal foods to support local economies and help reduce carbon footprints.
3.7.3. Plan a food garden.
3.7.4. Identify the role of local producers, food distributors and current farm practices to support sustainable agriculture.
3.7.7. Compare community-based food systems and resources.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer.

Outcome 4.5. Purchasing Decisions
Apply strategies to make purchasing decisions.

Competencies
4.5.1. Compare products based on features, costs and benefits.
4.5.4. Describe the impact of supply and demand on product availability and pricing.
4.5.5. Determine how purchasing decisions are influenced by brand identity and marketing techniques.

Outcome 4.6. Ethics, Law and Consumer Issues
Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.

Competencies
4.6.4. Access and implement safety compliance measures (e.g., recommended manufacturer's guidelines, product safety data sheets [MSDSs], United States Environmental Protection Agency [EPA], United States Occupational Safety and Health Administration [OSHA], American Association of Poison Control Centers) to maintain product warranty and protect the consumer.

Strand 5. Health and Wellness
Develop wellness practices that promote a healthy lifestyle.

Outcome 5.1. Lifespan Wellness
Adopt wellness practices at each stage of the lifespan.

Competencies
5.1.10. Explain the effect allergies and sensitivities have on overall health.

The following competencies are taught extensively in Career Connections, however re-taught and reinforced in this class where needed.

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies
1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4. Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.2. Identify business opportunities and develop a plan to produce a competitive product or service.

Scope and Sequence
Global Foods
[Gourmet Foods]
Subject Code: 091210

In this course, students will compare cuisines, ingredients and preferred cooking methods of various cultures. The influence of traditions and regional and cultural perspectives on food choices and culinary practices will be emphasized. Students will examine the issues and conditions that affect the availability and quality of food in the global market, and apply advanced cooking techniques, including the use of specialty and advanced equipment in the preparation of food dishes.

It is recommended that this course be taken as a Junior or Senior.

Scope and Sequence
Global Foods
[Gourmet Foods]

Strand 6 Ensure Food Safety

6.4 Intermediate Benchmark A: Demonstrate safe food-handling practices related to food-borne pathogens

6.4.2 Model personal hygiene behaviors to prevent food-borne pathogens by:
a. Washing Hands;
b. Covering cough or sneeze and washing hands;
c. Using gloves if open sore or cuts;
d. Avoiding tastes with utensils used to prepare foods.

6.4.3 Model safe kitchen behaviors to avoid food-borne pathogens including:
a. Refrigerate food promptly;
b. Keep hot foods hot;
c. Avoid eating raw food (e.g., raw cookie dough; raw eggs; partially cooked meat, eggs, fish);
d. Thaw frozen foods in refrigerator overnight or in microwave;

6.4.4 Demonstrate kitchen sanitation when handling food, to prevent cross contamination and foodborne pathogens by:
a. Using clean utensils and containers;
b. Washing tops of can;
c. Washing counters and cutting boards with chlorine bleach solution;
d. Disposing garbage properly;
e. Washing dishcloths and sponges daily.

6.4.5 Examine the effects that food-borne pathogens have on the body

Strand 2. Family Development
Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.

Outcome 2.1. Family Units
Examine the effects of family units on individuals and society.

Competencies
2.1.3. Explain the importance of cultural traditions in a family unit.

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.1. Nutritional Information
Analyze nutritional information to guide food choices.

Competencies
3.1.1. Describe the sources of nutrients and their contributions to dietary needs.
3.1.3. Identify symptoms of nutrient deficiencies and toxicity.
3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.
3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.
3.1.6. Compensate for nutritional deficiencies.

Outcome 3.2. Weight Management
Manage weight throughout the lifecycle.

Competencies
3.2.1. Identify factors that influence body weight.

Outcome 3.3. Food Selection
Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.
3.3.4. Identify quality standards used to select food products.
3.3.6. Describe the impact of social and cultural influences on dietary patterns.
3.3.8. Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.

Outcome 3.4. Food Safety and Sanitation
Promote food safety and sanitation using proper food handling and storage.

Competencies
3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.
3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.
3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.
3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.
3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.

Outcome 3.5. Food Preparation
Prepare foods through different cooking methods to preserve nutrient values.

Competencies
3.5.0 Prepare foods that meet healthy dietary guidelines and contribute to healthy eating patterns by:

a. Choosing foods for a range in income and preference demands;
b. Choosing and cooking with whole grains(e.g., whole wheat muffins, granola, brown rice);
c. Preparing food combinations to increase nutrient absorption;
d. Preparing foods without fats and preservatives;
e. Preparing foods low in fat and simple carbohydrates or use substitutions;
f. Using dry (e.g., sauté', broil, bake) and moist (e.g., steam, simmer) heat cooking methods that maintain nutrients;
g. Avoiding harmful fats;
h. Choosing and/or preparing food, beverages, and snacks with less added sugar, highly caloric sweeteners, and/or salt;
i. Choosing high protein foods with low fat, lean, and/or fat-free meat, poultry, nuts and beans;
j. Using basic food preparation knowledge (e.g., following a recipe, equivalents, measurement, cooking and preparation terms, equipment operation and care).

3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.
3.5.2. Develop recipes that preserve nutrient values and promote healthy eating patterns.
3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.
3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.
3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.
3.5.7. Adjust cooking time and temperature based on convention, convection and microwave ovens.
3.5.8. Prepare sauces and gravies using thickening agents.
3.5.9. Adjust to weather and altitude conditions when preparing baked products.
3.5.10. Prepare a variety of confections, pastries and baked products.

Outcome 3.6. Dining Etiquette
Analyze dining etiquette, settings and service styles that enhance the food experience.

Competencies
3.6.1. Compare formal and informal dining settings.
3.6.2. Identify the components of place settings.
3.6.4. Decorate or garnish plated foods to enhance presentation.
3.6.5. Apply social and dining etiquette rules that reflect the setting.

3.6.6. Serve foods according to the selected serving style.
3.6.8. Explain the responsibilities of a host and guest.

Outcome 3.7. Sustainable Food Practices
Analyze key components of local, healthy, sustainably-grown foods.

Competencies
3.7.1. Identify available resources that ensure adequate, secure food supplies.
3.7.4. Identify the role of local producers, food distributors and current farm practices to support sustainable agriculture.
3.7.5. Explain research findings on current and emerging trends in the food industry.
3.7.7. Compare community-based food systems and resources.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer.

Outcome 4.1. Financial Goals
Achieve financial goals to establish financial stability.

Competencies
4.1.1. Identify the economic principles that affect the cost of living.

Outcome 4.2. Financial Services
Analyze financial institutions and services.

Competencies
4.2.4. Identify the impact of government regulations, global economics and environmental conditions on investment and retirement plan.

Outcome 4.5. Purchasing Decisions
Apply strategies to make purchasing decisions.

Competencies
4.5.3. Explain the effects of economic trends and conditions on purchasing decisions.
4.5.4. Describe the impact of supply and demand on product availability and pricing.

Outcome 4.6. Ethics, Law and Consumer Issues
Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.

Competencies
4.6.8. Identify ways to advocate for public policies, legislation and government regulations.

The following competencies are taught extensively in Career Connections, however re-taught and reinforced in this class where needed.

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies
1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.
1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4. Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.

Outcome 1.5. Global Environment

Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.
1.5.7. Identify how multicultural teaming and globalization can foster recognition of new opportunities.
1.5.8. Compare multigenerational characteristics.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.2. Identify business opportunities and develop a plan to produce a competitive product or service.

Scope and Sequence
Food Science
[Experience with Foods]
Subject Code: 091215

Course Description:
In this course, students will apply basic culinary practices and understand how flavor, texture and appearance are affected during food preparation. Students will evaluate chemical reactions as they occur in cooking methods and assess how to control high-risk food safety situation. Food safety and sanitation techniques will align to industry-recognized certifications.

It is recommended that this course be taken prior to Creative Cooking, Nutrition and Wellness, and Global Foods.

Scope and Sequence
Food Science
[Experience with Foods]

Strand 6 Ensure Food Safety

6.4 Intermediate Benchmark A: Demonstrate safe food-handling practices related to food-borne pathogens

6.4.2 Model personal hygiene behaviors to prevent food-borne pathogens by:
- e. Washing Hands;
- f. Covering cough or sneeze and washing hands;
- g. Using gloves if open sore or cuts;
- h. Avoiding tastes with utensils used to prepare foods.

6.4.3 Model safe kitchen behaviors to avoid food-borne pathogens including:
- e. Refrigerate food promptly;
- f. Keep hot foods hot;
- g. Avoid eating raw food (e.g., raw cookie dough; raw eggs; partially cooked meat, eggs, fish);
- h. Thaw frozen foods in refrigerator overnight or in microwave;

6.4.4 Demonstrate kitchen sanitation when handling food, to prevent cross contamination and foodborne pathogens by:
- f. Using clean utensils and containers;
- g. Washing tops of can;
- h. Washing counters and cutting boards with chlorine bleach solution;
- i. Disposing garbage properly;
- j. Washing dishcloths and sponges daily.

6.4.5 Examine the effects that food-borne pathogens have on the body

Strand 3 Food and Nutrition

Outcome 3.4. Food Safety and Sanitation
Promote food safety and sanitation using proper food handling and storage.

Competencies
3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.
3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.
3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.

3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.
3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.

Outcome 3.8 Appropriate Measuring and Preparation of Ingredients
Prepare foods by following a recipe and using the appropriate techniques and utensils.

Competencies
3.8.1 Sequentially follow directions and steps in a written recipe using the appropriate techniques and utensils.
3.8.2 Use the appropriate measuring techniques, depending on the ingredient, when preparing a recipe.
3.8.3 Use the appropriate kitchen tools, appliances, and utensils when preparing food.

Outcome 3.5. Food Preparation
Prepare foods through different cooking methods to preserve nutrient values.

Competencies
3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.
3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.
3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein, dairy, quick breads, yeast breads, soups, sauces, and pastries.

Outcome 3.1. Nutritional Information
Analyze nutritional information to guide food choices.

Competencies
3.1.1. Describe the sources of nutrients and their contributions to dietary needs.
3.1.2. Identify the role of the digestive system in nutrient absorption.
3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.
3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.
3.1.6. Utilize the My Plate visual when meal planning and making healthy food choices.

Outcome 3.2. Weight Management
Manage weight throughout the lifecycle.

Competencies
3.2.6. Calculate the energy output needed to balance caloric input.
3.2.7. Compare the benefits and detriments of nutrient supplements used in weight management.

Outcome 3.3. Food Selection

Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.1. Determine factors that influence product selection while considering preparation.
3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.
3.3.7. Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.
3.3.8. Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.

Outcome 3.7. Sustainable Food Practices
Analyze key components of local, healthy, sustainably-grown foods.

Competencies
3.7.1. Identify available resources that ensure adequate, secure food supplies.
3.7.2. Use seasonal foods to support local economies and help reduce carbon footprints.
3.7.4. Identify the role of local producers, food distributors and current farm practices to support sustainable agriculture.
3.7.5. Explain research findings on current and emerging trends in the food industry.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer.

Outcome 4.5. Purchasing Decisions
Apply strategies to make purchasing decisions.

Competencies
4.5.1. Compare products based on features, costs and benefits.
4.5.2. Compare the effects of a direct cost versus an indirect cost on a purchase.

Outcome 4.6. Ethics, Law and Consumer Issues
Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.

Competencies
4.6.1. Describe how regulatory compliance affects the consumer.
4.6.2. Use ethical character traits consistent with personal and professional standards.
4.6.4. Access and implement safety compliance measures (e.g., recommended manufacturer's guidelines, product safety data sheets [MSDSs], United States Environmental Protection Agency [EPA], United States Occupational Safety and Health Administration [OSHA], American Association of Poison Control Centers) to maintain product warranty and protect the consumer.

4.6.5. Identify fraudulent and deceptive practices (e.g., bait and switch, unlawful door-to-door sales, deceptive service estimates, misrepresentations) and their overall impact on the consumer.
4.6.7. Identify potential conflicts of interest between personal and professional ethical standards.
4.6.8. Identify ways to advocate for public policies, legislation and government regulations.

Strand 7. Living Environment
Develop knowledge and skills to maintain a healthy living environment.

Outcome 7.4. Environmental Sustainability
Analyze environmentally sustainable practices to maintain a home.

Competencies
7.4.1. Justify the use of eco-friendly versus traditional products and principles based on the environmental impact.
7.4.6. Compare products and services from manufacturers who promote environmentally-sustainable practices.

The following competencies are taught extensively in Career Connections, however re-taught and reinforced in this class where needed.

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies
1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.

1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4 Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.2.Identify business opportunities and develop a plan to produce a competitive product or service.

Scope and Sequence
Culinary Foundations
[Creative Cooking]
Subject Code: 091220

Course Description:
In this course, students will apply fundamental culinary techniques, such as knife handling skills and the recognition, selection and proper use of tools and equipment. An emphasis will be placed on mise en place, the management of time, ingredients and equipment. Students will apply standard recipe conversions using proper scaling and measurement techniques.

It is recommended that Experience with Foods or Everyday Cooking is taken prior to taking this class.

Scope and Sequence
Culinary Foundations
[Creative Cooking]

Strand 6 Ensure Food Safety

6.4 Intermediate Benchmark A: Demonstrate safe food-handling practices related to food-borne pathogens

6.4.2 Model personal hygiene behaviors to prevent food-borne pathogens by:
- i. Washing Hands;
- j. Covering cough or sneeze and washing hands;
- k. Using gloves if open sore or cuts;
- l. Avoiding tastes with utensils used to prepare foods.

6.4.3 Model safe kitchen behaviors to avoid food-borne pathogens including:
- i. Refrigerate food promptly;
- j. Keep hot foods hot;
- k. Avoid eating raw food (e.g., raw cookie dough; raw eggs; partially cooked meat, eggs, fish);
- l. Thaw frozen foods in refrigerator overnight or in microwave;

6.4.4 Demonstrate kitchen sanitation when handling food, to prevent cross contamination and foodborne pathogens by:
- k. Using clean utensils and containers;
- l. Washing tops of can;
- m. Washing counters and cutting boards with chlorine bleach solution;
- n. Disposing garbage properly;
- o. Washing dishcloths and sponges daily.

6.4.5 Examine the effects that food-borne pathogens have on the body

Strand 3. Food and Nutrition

Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.4. Food Safety and Sanitation
Promote food safety and sanitation using proper food handling and storage.

Competencies

3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.
3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.
3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.
3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.
3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.

Outcome 3.6 Appropriate Measuring and Preparation of Ingredients
Prepare foods by following a recipe and using the appropriate techniques and utensils.

Competencies
3.6.1 Sequentially follow directions and steps in a written recipe using the appropriate techniques and utensils.
3.6.2 Use the appropriate measuring techniques, depending on the ingredient, when preparing a recipe.
3.6.3 Use the appropriate kitchen tools, appliances, and utensils when preparing food.

Outcome 3.5. Food Preparation
Prepare foods through different cooking methods to preserve nutrient values.

Competencies
3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.
3.5.2. Develop recipes that preserve nutrient values and promote healthy eating patterns.
3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.
3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.
3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.
3.5.7. Adjust cooking time and temperature based on convention, convection and microwave ovens.
3.5.8. Prepare sauces and gravies using thickening agents.
3.5.9. Adjust to weather and altitude conditions when preparing baked products.
3.5.10. Prepare a variety of confections, pastries and baked products.
3.5.11 Prepare foods based on the utilization of the following food preparation techniques: poaching, boiling, broiling, sautéing, frying, and the creation of yeast dough and pastry doughs.

3.5.12 Apply learned concepts and techniques by participating in a class-wide cooking competition where students plan, prepare, and present a meal with minimal teacher-led instruction.

Outcome 3.1. Nutritional Information
Analyze nutritional information to guide food choices.

Competencies
3.1.1. Describe the sources of nutrients and their contributions to dietary needs.
3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.
3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.
3.1.6 Analyze sugar, personal sugar intake, and the effects it has on the body.

Outcome 3.3. Food Selection
Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.1. Determine factors that influence product selection while considering preparation.
3.3.3. Evaluate meat and poultry based on cuts and grading standards.
3.3.4. Identify quality standards used to select food products.
3.3.6. Describe the impact of social and cultural influences on dietary patterns.
3.3.7. Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.
3.3.8. Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer.

Outcome 4.5. Purchasing Decisions
Apply strategies to make purchasing decisions.

Competencies
4.5.1. Compare products based on features, costs and benefits.
4.5.2. Compare the effects of a direct cost versus an indirect cost on a purchase.
4.5.3. Explain the effects of economic trends and conditions on purchasing decisions.
4.5.4. Describe the impact of supply and demand on product availability and pricing.
4.5.5. Determine how purchasing decisions are influenced by brand identity and marketing techniques.
4.5.6. Compare the advantages and disadvantages of online and in-store purchasing and the effect on the local economy.

The following competencies are taught extensively in Career Connections, however re-taught and reinforced in this class where needed.

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies
1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4 Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.

Outcome 1.5. Global Environment

Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.2.Identify business opportunities and develop a plan to produce a competitive product or service.

Scope and Sequence
Principles of Nutrition and Wellness
[Nutrition and Wellness]

Strand 6 Ensure Food Safety

6.4 Intermediate Benchmark A: Demonstrate safe food-handling practices related to food-borne pathogens

6.4.2 Model personal hygiene behaviors to prevent food-borne pathogens by:
- m. Washing Hands;
- n. Covering cough or sneeze and washing hands;
- o. Using gloves if open sore or cuts;
- p. Avoiding tastes with utensils used to prepare foods.

6.4.3 Model safe kitchen behaviors to avoid food-borne pathogens including:
- m. Refrigerate food promptly;
- n. Keep hot foods hot;
- o. Avoid eating raw food (e.g., raw cookie dough; raw eggs; partially cooked meat, eggs, fish);
- p. Thaw frozen foods in refrigerator overnight or in microwave;

6.4.4 Demonstrate kitchen sanitation when handling food, to prevent cross contamination and foodborne pathogens by:
- p. Using clean utensils and containers;
- q. Washing tops of can;
- r. Washing counters and cutting boards with chlorine bleach solution;
- s. Disposing garbage properly;
- t. Washing dishcloths and sponges daily.

6.4.5 Examine the effects that food-borne pathogens have on the body

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.1. Nutritional Information
Analyze nutritional information to guide food choices.

Competencies
3.1.1. Describe the sources of nutrients and their contributions to dietary needs.

3.1.2. Identify the role of the digestive system in nutrient absorption.
3.1.3. Identify symptoms of nutrient deficiencies and toxicity.
3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.
3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.
3.1.6. Compensate for nutritional deficiencies.
3.1.7. Evaluate the nutritional effects of fad diets, food addictions and eating disorders on individual wellness.

Outcome 3.2. Weight Management

Manage weight throughout the lifecycle.

Competencies
3.2.1. Identify factors that influence body weight.
3.2.2. Explain the criteria for determining healthy body weight.
3.2.3. Describe eating disorder warning signs, prevention methods and management techniques.
3.2.4. Evaluate the effectiveness of weight management programs.
3.2.5. Explain the importance of portion control and eating behaviors in weight management.
3.2.6. Calculate the energy output needed to balance caloric input.
3.2.7. Compare the benefits and detriments of nutrient supplements used in weight management.

Outcome 3.3. Food Selection
Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.1. Justify the use of prepackaged versus from scratch foods based on cost, time, nutrition and ease of preparation.
3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.
3.3.5. Select nutritious food choices at home and when dining out.
3.3.6. Describe the impact of social and cultural influences on dietary patterns.
3.3.7. Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.
3.3.8. Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.

Outcome 3.5. Food Preparation
Prepare foods through different cooking methods to preserve nutrient values.

Competencies
3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.

3.5.2. Develop recipes that preserve nutrient values and promote healthy eating patterns.
3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.
3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.

3.5.4 Prepare foods that meet healthy dietary guidelines and contribute to healthy eating patterns by:

k. Choosing foods for a range in income and preference demands;
l. Choosing and cooking with whole grains(e.g., whole wheat muffins, granola, brown rice);
m. Preparing food combinations to increase nutrient absorption;
n. Preparing foods without fats and preservatives;
o. Preparing foods low in fat and simple carbohydrates or use substitutions;
p. Using dry (e.g., sauté', broil, bake) and moist (e.g., steam, simmer) heat cooking methods that maintain nutrients;
q. Avoiding harmful fats;
r. Choosing and/or preparing food, beverages, and snacks with less added sugar, highly caloric sweeteners, and/or salt;
s. Choosing high protein foods with low fat, lean, and/or fat-free meat, poultry, nuts and beans;
t. Using basic food preparation knowledge (e.g., following a recipe, equivalents, measurement, cooking and preparation terms, equipment operation and care).

3.5.8 Describe the role each nutrient plays in overall body health.

Strand 5. Health and Wellness
Develop wellness practices that promote a healthy lifestyle.

Outcome 5.1. Lifespan Wellness
Adopt wellness practices at each stage of the lifespan.

Competencies
5.1.1. Explain how the seven dimensions of wellness (i.e., emotional, environmental, intellectual, occupational, physical, social, spiritual) impact overall health.
5.1.2. Identify how to prevent or reduce the risk of health problems.
5.1.3. Explain the effects of engaging in healthy and unhealthy behaviors.
5.1.4. Describe the effects of external factors on personal health.
5.1.5. Evaluate overall health to determine present and future healthcare needs.
5.1.6. Create a long-term personal health plan that promotes lifespan wellness.
5.1.7. Describe environmental issues and lifestyle habits that lead to poor health.
5.1.8. Explain the effect hygiene has on health and wellness.
5.1.9. Describe the consequences of the use and misuse of health products.
5.1.10. Explain the effect allergies and sensitivities have on overall health.
5.1.11. Identify the principles of dental procedures and comprehensive dental care.

5.1.12. Compare types of immunizations throughout the lifespan.
5.1.13. Compare vaccination risks to the consequences of refusing vaccines.

Outcome 5.2. Physical Activity
Promote a healthy lifestyle through physical activity, relaxation and sleep.

Competencies
5.2.1. Describe the short- and long-term health benefits of physical activity, relaxation and sleep.
5.2.2. Compare exercise guidelines across the lifespan.
5.2.3. Compare strength, flexibility and endurance and describe the importance of each.
5.2.4. Compare the advantages and disadvantages of aerobic activities versus a sedentary lifestyle.
5.2.5. Describe each phase of the sleep cycle.
5.2.6. Identify sleep disorder symptoms and effects on the phases of the sleep cycle.
5.2.7. Execute techniques to improve sleep.
5.2.8. Analyze the effects of stress and stress reducing activities on overall health.

Outcome 5.3. Emergency Preparedness
Analyze emergency preparedness procedures.

Competencies
5.3.1. Identify the signs and symptoms of common illnesses.
5.3.2. Describe what should be on hand for emergencies and treatment of common illnesses.
5.3.3. Determine when to seek emergency medical care.
5.3.4. Create an action plan for emergency situations.
5.3.5. Assess the situation and administer necessary first aid procedures.
5.3.6. Perform cardiopulmonary resuscitation (CPR), automated external defibrillation (AED) and the Heimlich maneuver.

Outcome 5.4. Mental Health
Analyze strategies to maintain positive mental health.

Competencies
5.4.1. Describe mental health issues, symptoms and prevention methods.
5.4.2. Identify symptoms and long-term effects of substance abuse and chemical dependency.
5.4.3. Determine when to seek support, treatment and counseling resources.
5.4.4. Identify suicidal tendencies and prevention methods.
5.4.5. Identify barriers to seeking treatment and support for mental health issues.
5.4.6. Describe the challenges of living with mental health issues or chemical dependencies.
5.4.7. Create mental health management and substance abuse recovery plans.
5.4.8. Identify the stages of grief and develop coping strategies.

Outcome 5.5. Human Sexuality
Analyze the impact of human sexuality on health and wellness.

Competencies
5.5.1. Differentiate between the male and female reproductive system, structures and functions.
5.5.2. Describe the decisions and responsibilities associated with sexual relationships.
5.5.3. Identify types, effects and preventions of sexually transmitted diseases (STDs).
5.5.4. Evaluate family planning techniques for the different lifecycle stages.
5.5.5. Describe the effects of genetic disorders and fertility issues on family planning.

Outcome 5.6. Personal Safety
Implement personal safety procedures.

Competencies
5.6.1. Identify threatening behaviors and corrective strategies.
5.6.2. Identify the signs, symptoms and impacts of dating and domestic violence.
5.6.3. Implement strategies to protect self and others from illness, injury, abuse and abduction.
5.6.4. Identify resources, organizations and agencies committed to assisting victims.
5.6.5. Implement methods needed to support victims and families.
5.6.6. Describe the impact of initiating self-defense actions.
5.6.7. Develop a personal safety plan.

The following competencies are taught extensively in Career Connections, however re-taught and reinforced in this class where needed.

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies

1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.

Outcome 1.3.Leadership and Communications

Develop leadership, team building and communication skills to promote collaboration.
1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4 Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.2. Identify business opportunities and develop a plan to produce a competitive product or service.

Scope and Sequence
Child Development
Subject Code: 091025

Course Description:
In this course, students will study the principles of child growth, development and behavior. An emphasis will be place on the cognitive development of a child and sensory and motor skills. Additional topics will include childhood diseases, immunizations, theories of development, learning styles and evaluating child care services.

Scope and Sequence
Child Development

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

Competencies
1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.
1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4. Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.4. Apply safety and security rules and regulations (e.g., parental controls, identity protection, password protection, Health Insurance Portability and Accountability Act [HIPAA], custodial rights).
1.4.5. Use information technology tools to maintain, secure and monitor records.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.
1.4.7. Use electronic media to communicate, following online etiquette guidelines.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.

1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.
1.5.8. Compare multigenerational characteristics

Strand 2. Family Development

Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.

Outcome 2.1. Family Units

Examine the effects of family units on individuals and society.

Competencies

2.1.1. Identify the structure of family units and the impact on society.
2.1.2. Evaluate the effects of change on family units at each lifecycle stage.
2.1.3. Explain the importance of cultural traditions in a family unit.
2.1.4. Evaluate how a family unit builds the independence, interdependence and commitment of its members.
2.1.5. Analyze the impact of factors that influence individual growth and family development.

Outcome 2.2. Parenting Roles and Responsibilities

Evaluate parenting roles and responsibilities at each developmental stage and within different cultures.

Competencies

2.2.1. Differentiate among the parenting roles of support, nurturance and guidance.
2.2.2. Explain how parents provide for a child's basic needs, health and safety.
2.2.3. Identify parenting strategies to accommodate children's personalities and special needs.
2.2.4. Compare theories of how to develop a child's morals, values and self-esteem.
2.2.5. Explain how to develop mutual respect between a parent and child.
2.2.6. Compare the effects of parental involvement on a child's education.
2.2.7. Compare the benefits and consequences of different discipline practices.
2.2.8. Describe the role of available services (e.g., Department of Job and Family Services, community education classes) in supporting parenting roles and responsibilities.

Outcome 2.3. Parenting Styles

Analyze the parenting styles needed to assume parenting roles and responsibilities.

Competencies

2.3.1. Compare the types of parenting styles and the impact they have on child growth and development.
2.3.2. Describe the impacts of emotional, intellectual and physical nurturing on human growth and development.
2.3.3. Evaluate impacts of abuse and neglect based on signs and symptoms.

2.3.4. Determine methods and resources needed to address signs of abuse or neglect.
2.3.5. Explain the positive and negative impacts technology has on family relationships.
2.3.6. Identify a parenting style that reflects personal strengths, beliefs and values.

Outcome 2.4. Prenatal Care
Analyze the prenatal health care needs and the effects on family planning.

Competencies
2.4.1. Identify alternate methods of becoming a parent (e.g., adoption, artificial insemination, and surrogacy).
2.4.2. Identify signs, symptoms and stages of pregnancy.
2.4.3. Evaluate physical and psychological characteristics of pre-pregnancy mothers and fathers contributing to a healthy birth.
2.4.4. Discuss the father's role in prenatal care.
2.4.5. Summarize the stages of fetal development.
2.4.6. Determine how to meet the nutritional requirements for a healthy mother and baby based on prenatal conditions.
2.4.7. Identify the medical procedures conducted during prenatal care.
2.4.8. Describe the effects of adverse medical and environmental prenatal conditions on a healthy delivery.

Outcome 2.5. Birth and Postpartum Care
Examine birth and postpartum care.

Competencies
2.5.1. Discuss the advantages of participating in childbirth preparation classes.
2.5.2. Explain the stages of labor and methods of delivery.
2.5.3. Describe the signs of preterm labor and consequences of preterm delivery.
2.5.4. Identify medical procedures conducted during labor and delivery.
2.5.5. Identify common fears and misconceptions about labor and delivery.
2.5.6. Explain the importance of a postpartum health examination.
2.5.7. Describe the physical changes of the mother following delivery.
2.5.8. Describe the initial post-delivery care provided to newborns and mothers.
2.5.9. Evaluate emotional responses and warning signs of depression during the postpartum period.
2.5.10. Explain the role of a support network in postpartum care.

Outcome 2.6. Infant Care
Analyze the developmental needs of an infant and provide care.

Competencies
2.6.1. Develop a schedule to meet an infant's nutritional and physical needs.
2.6.2. Compare infant feeding options.
2.6.3. Demonstrate safe infant care techniques.

2.6.4. Describe diet- and sleep-related illnesses and soothing techniques.
2.6.5. Identify community infant care support resources (e.g., Women, Infants and Children [WIC]; health department; children's services).
2.6.6. Identify an infant's characteristics and behaviors.
2.6.7. Describe how to respond to abnormalities in an infant.
2.6.8. Explain the importance of bonding with an infant.
2.6.9. Examine the role and responsibility of fathers in infant care.

Outcome 2.7. Child Growth and Development
Promote child growth and development across the lifespan.

Competencies
2.7.1. Explain research findings on current and emerging trends in human growth and development.
2.7.2. Compare the characteristics and milestones of each developmental stage.
2.7.3. Assess a child's abilities at each developmental stage based on developmental milestones.
2.7.4. Determine a child's learning styles and the teaching strategies needed to support the child's intellectual development.
2.7.5. Promote a child's self-development through the use of parenting strategies and techniques.
2.7.6. Compare the effects of cultural, socioeconomic and environmental contributions on a child's intellectual growth and development.
2.7.7. Compare peer influences experienced at various developmental stages.
2.7.8. Identify interventions, resources and support systems that enhance growth and development.
2.7.9. Identify learned and innate behaviors.

Outcome 2.8. Childcare
Evaluate safe and healthy childcare services.

Competencies
2.8.1. Differentiate among child development theories and their implications for child care practices.
2.8.2. Evaluate quality indicators for child care options.
2.8.3. Compare child care services, facilities, curriculum and providers.
2.8.4. Describe how to evaluate in-home childcare providers.
2.8.5. Discuss mandated reporting laws for child abuse, neglect and abduction.
2.8.6. Describe parental consent and custody issues that affect child care.

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.2. Weight Management
Manage weight throughout the lifecycle.

Competencies
3.2.1. Identify factors that influence body weight.
3.2.2. Explain the criteria for determining healthy body weight.
3.2.5. Explain the importance of portion control and eating behaviors in weight management.

Outcome 3.3. Food Selection
Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.1. Determine factors that influence product selection while considering preparation.
3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.

Strand 5. Health and Wellness
Develop wellness practices that promote a healthy lifestyle.

Outcome 5.1. Lifespan Wellness
Adopt wellness practices at each stage of the lifespan.

Competencies
5.1.8. Explain the effect hygiene has on health and wellness.
5.1.12. Compare types of immunizations throughout the lifespan.
5.1.13. Compare vaccination risks to the consequences of refusing vaccines.

Outcome 5.3. Emergency Preparedness
Analyze emergency preparedness procedures.

Competencies
5.3.1. Identify the signs and symptoms of common illnesses.
5.3.2. Describe what should be on hand for emergencies and treatment of common illnesses.
5.3.3. Determine when to seek emergency medical care.
5.3.4. Create an action plan for emergency situations.
5.3.5. Assess the situation and administer necessary first aid procedures.
5.3.6. Perform cardiopulmonary resuscitation (CPR), automated external defibrillation (AED) and the Heimlich maneuver.

Outcome 5.5. Human Sexuality
Analyze the impact of human sexuality on health and wellness.

Competencies
5.5.1. Differentiate between the male and female reproductive system, structures and functions.
5.5.2. Describe the decisions and responsibilities associated with sexual relationships.

5.5.3. Identify types, effects and preventions of sexually transmitted diseases (STDs).
5.5.4. Evaluate family planning techniques for the different lifecycle stages.
5.5.5. Describe the effects of genetic disorders and fertility issues on family planning.

Outcome 5.6. Personal Safety
Implement personal safety procedures.

Competencies
5.6.3. Implement strategies to protect self and others from illness, injury, abuse and abduction.
5.6.4. Identify resources, organizations and agencies committed to assisting victims.
5.6.5. Implement methods needed to support victims and families.

Strand 2. Family Development
Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.

Outcome 2.1. Family Units
Examine the effects of family units on individuals and society.

Competencies
2.1.1. Identify the structure of family units and the impact on society.
2.1.2. Evaluate the effects of change on family units at each lifecycle stage.
2.1.3. Explain the importance of cultural traditions in a family unit.
2.1.4. Evaluate how a family unit builds the independence, interdependence and commitment of its members.
2.1.5. Analyze the impact of factors that influence individual growth and family development.

Outcome 2.2. Parenting Roles and Responsibilities
Evaluate parenting roles and responsibilities at each developmental stage and within different cultures.

Competencies
2.2.1. Differentiate among the parenting roles of support, nurturance and guidance.
2.2.2. Explain how parents provide for a child's basic needs, health and safety.
2.2.3. Identify parenting strategies to accommodate children's personalities and special needs.
2.2.4. Compare theories of how to develop a child's morals, values and self-esteem.
2.2.5. Explain how to develop mutual respect between a parent and child.
2.2.6. Compare the effects of parental involvement on a child's education.
2.2.7. Compare the benefits and consequences of different discipline practices.

2.2.8. Describe the role of available services (e.g., Department of Job and Family Services, community education classes) in supporting parenting roles and responsibilities.

Outcome 2.3. Parenting Styles
Analyze the parenting styles needed to assume parenting roles and responsibilities.

Competencies
2.3.1. Compare the types of parenting styles and the impact they have on child growth and development.
2.3.2. Describe the impacts of emotional, intellectual and physical nurturing on human growth and development.
2.3.3. Evaluate impacts of abuse and neglect based on signs and symptoms.
2.3.4. Determine methods and resources needed to address signs of abuse or neglect.
2.3.5. Explain the positive and negative impacts technology has on family relationships.
2.3.6. Identify a parenting style that reflects personal strengths, beliefs and values.

Outcome 2.4. Prenatal Care
Analyze the prenatal healthcare needs and the effects on family planning.

Competencies
2.4.1. Identify alternate methods of becoming a parent (e.g., adoption, artificial insemination,
Surrogacy).
2.4.2. Identify signs, symptoms and stages of pregnancy.
2.4.3. Evaluate physical and psychological characteristics of pre-pregnancy mothers and fathers contributing to a healthy birth.
2.4.4. Discuss the father's role in prenatal care.
2.4.5. Summarize the stages of fetal development.
2.4.6. Determine how to meet the nutritional requirements for a healthy mother and baby based on prenatal conditions.
2.4.7. Identify the medical procedures conducted during prenatal care.
2.4.8. Describe the effects of adverse medical and environmental prenatal conditions on a healthy delivery.

Outcome 2.5. Birth and Postpartum Care
Examine birth and postpartum care.

Competencies
2.5.1. Discuss the advantages of participating in childbirth preparation classes.
2.5.2. Explain the stages of labor and methods of delivery.
2.5.3. Describe the signs of preterm labor and consequences of preterm delivery.
2.5.4. Identify medical procedures conducted during labor and delivery.
2.5.5. Identify common fears and misconceptions about labor and delivery.
2.5.6. Explain the importance of a postpartum health examination.
2.5.7. Describe the physical changes of the mother following delivery.

2.5.8. Describe the initial post-delivery care provided to newborns and mothers.
2.5.9. Evaluate emotional responses and warning signs of depression during the postpartum period.
2.5.10. Explain the role of a support network in postpartum care.

Outcome 2.6. Infant Care
Analyze the developmental needs of an infant and provide care.

Competencies
2.6.1. Develop a schedule to meet an infant's nutritional and physical needs.
2.6.2. Compare infant feeding options.
2.6.3. Demonstrate safe infant care techniques.
2.6.4. Describe diet- and sleep-related illnesses and soothing techniques.
2.6.5. Identify community infant care support resources (e.g., Women, Infants and Children [WIC]; health department; children's services).
2.6.6. Identify an infant's characteristics and behaviors.
2.6.7. Describe how to respond to abnormalities in an infant.
2.6.8. Explain the importance of bonding with an infant.
2.6.9. Examine the role and responsibility of fathers in infant care.
2.6.10. Take part in the baby simulation project by taking the baby home over a weekend or take part in the alternate project.

Outcome 2.7. Child Growth and Development
Promote child growth and development across the lifespan.

Competencies
2.7.1. Explain research findings on current and emerging trends in human growth and development.
2.7.2. Compare the characteristics and milestones of each developmental stage.
2.7.3. Assess a child's abilities at each developmental stage based on developmental milestones.
2.7.4. Determine a child's learning styles and the teaching strategies needed to support the child's intellectual development.
2.7.5. Promote a child's self-development through the use of parenting strategies and techniques.
2.7.6. Compare the effects of cultural, socioeconomic and environmental contributions on a child's intellectual growth and development.
2.7.7. Compare peer influences experienced at various developmental stages.
2.7.8. Identify interventions, resources and support systems that enhance growth and development.
2.7.9. Identify learned and innate behaviors.

Outcome 2.8. Childcare
Evaluate safe and healthy childcare services.

Competencies

2.8.1. Differentiate among child development theories and their implications for childcare practices.
2.8.2. Evaluate quality indicators for childcare options.
2.8.3. Compare childcare services, facilities, curriculum and providers.
2.8.4. Describe how to evaluate in-home childcare providers.
2.8.5. Discuss mandated reporting laws for child abuse, neglect and abduction.
2.8.6. Describe parental consent and custody issues that affect childcare.

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.2. Weight Management
Manage weight throughout the lifecycle.

Competencies
3.2.1. Identify factors that influence body weight.
3.2.2. Explain the criteria for determining healthy body weight.
3.2.5. Explain the importance of portion control and eating behaviors in weight management.

Outcome 3.3. Food Selection
Analyze safe and affordable foods that promote a healthy lifestyle.

Competencies
3.3.1. Determine factors that influence product selection while considering preparation.
3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.

Strand 5. Health and Wellness
Develop wellness practices that promote a healthy lifestyle.

Outcome 5.1. Lifespan Wellness
Adopt wellness practices at each stage of the lifespan.

Competencies
5.1.8. Explain the effect hygiene has on health and wellness.
5.1.12. Compare types of immunizations throughout the lifespan.
5.1.13. Compare vaccination risks to the consequences of refusing vaccines.

Outcome 5.3. Emergency Preparedness
Analyze emergency preparedness procedures.

Competencies
5.3.1. Identify the signs and symptoms of common illnesses.

5.3.2. Describe what should be on hand for emergencies and treatment of common illnesses.
5.3.3. Determine when to seek emergency medical care.
5.3.4. Create an action plan for emergency situations.
5.3.5. Assess the situation and administer necessary first aid procedures.
5.3.6. Perform cardiopulmonary resuscitation (CPR), automated external defibrillation (AED) and the Heimlich maneuver.

Outcome 5.5. Human Sexuality
Analyze the impact of human sexuality on health and wellness.

Competencies
5.5.1. Differentiate between the male and female reproductive system, structures and functions.
5.5.2. Describe the decisions and responsibilities associated with sexual relationships.
5.5.3. Identify types, effects and preventions of sexually transmitted diseases (STDs).
5.5.4. Evaluate family planning techniques for the different lifecycle stages.
5.5.5. Describe the effects of genetic disorders and fertility issues on family planning.

Outcome 5.6. Personal Safety
Implement personal safety procedures.

Competencies

5.6.4. Identify resources, organizations and agencies committed to assisting victims.
5.6.5. Implement methods needed to support victims and families.

The following competency is taught extensively in Career and College Readiness however, retaught and reinforced in this class as needed.
Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.3. Leadership and Communication
Develop leadership, team building and Communication skills to promote collaboration.

Competencies
1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.
1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4. Resource Management and Information

Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies

1.4.4. Apply safety and security rules and regulations (e.g., parental controls, identity protection, password protection, Health Insurance Portability and Accountability Act [HIPAA], custodial rights).
1.4.5. Use information technology tools to maintain, secure and monitor records.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.
1.4.7. Use electronic media to communicate, following online etiquette guidelines.

Outcome 1.5. Global Environment

Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies

1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.
1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.
1.5.8. Compare multigenerational characteristics.

Scope and Sequence
Transitions and Careers
[Independent Living]
Subject Code: 091410

Course Description:
In this course, students will analyze interests, aptitudes and skills to prepare for careers and transition through life. An emphasis will be placed on work ethics, team building, communication and leadership skills. Additional topics will include technology etiquette and career planning.

This course is recommended for junior and senior students only.

Scope and Sequence
Transitions and Careers
[Independent Living]

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.1. Identify the knowledge, skills and abilities necessary to succeed.
1.1.2. Describe the role and function of professional and community organizations, industry associations and organized labor.
1.1.3. Develop a networking plan to build and maintain professional relationships.
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.
1.1.7. Give and receive constructive feedback to improve personal and professional habits.
1.1.8. Adapt personal coping skills to adjust to life and workplace demands.
1.1.9. Recognize different cultural beliefs and practices and demonstrate respect for them.
1.1.10 Identify what creates strong goals, and develop personal short-term and long-term goals.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies
1.2.1. Develop a personal career inventory.

1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.4. Develop a career plan.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.
1.2.6. Set educational and volunteer goals that support progress toward meeting career goals.
1.2.8. Write professional correspondence, job applications and resumés.
1.2.9 Explore post-secondary options that foster desired career goals.
1.2.10 Develop necessary skills in order to apply to post-secondary schools, including those skills necessary for completing applications and essays.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

Competencies
1.3.1. Extract relevant, valid information from materials and cite sources of information.
1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.
1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.5. Communicate information for an intended audience and purpose.
1.3.6. Use proper grammar and expression in all aspects of communication.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence personal and professional relationships.
1.3.9. Identify advantages and disadvantages involving digital and/or electronic communications.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4. Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.1. Use home office equipment to communicate.
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.4. Apply safety and security rules and regulations (e.g., parental controls, identity protection, password protection, Health Insurance Portability and Accountability Act [HIPAA], custodial rights).
1.4.5. Use information technology tools to maintain, secure and monitor records.
1.4.7. Use electronic media to communicate, following online etiquette guidelines.
1.4.8. Use learned sewing skills to create, mend, and maintain clothing.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.
1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.
1.5.7. Identify how multicultural teaming and globalization can foster recognition of new opportunities.
1.5.8. Compare multigenerational characteristics.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.1. Create a list of strengths, values, skills and abilities needed to be successful as an entrepreneur.
1.6.2. Identify business opportunities and develop a plan to produce a competitive product or service.
1.6.3. Explain the role of profit as the incentive to become an entrepreneur.
1.6.7. Identify resources available to entrepreneurs (e.g., Small Business Administration, mentors, information resources, educational opportunities).
1.6.9. Identify alternatives when entrepreneurial goals are not achieved.

Strand 2. Family Development
Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.

Outcome 2.1. Family Units
Examine the effects of family units on individuals and society.

Competencies
2.1.1. Identify the structure of family units and the impact on society.
2.1.2. Evaluate the effects of change on family units at each lifecycle stage.

Outcome 2.2. Parenting Roles and Responsibilities
Evaluate parenting roles and responsibilities at each developmental stage and within different cultures.

Competencies
2.2.5. Explain how to develop mutual respect between a parent and child.

Outcome 2.7. Child Growth and Development
Promote child growth and development across the lifespan.

Competencies
2.7.7. Compare peer influences experienced at various developmental stages.
2.7.8. Identify interventions, resources and support systems that enhance growth and development.

Outcome 2.8 Healthy Relationships

Competencies
2.8.1 Compare the differences between healthy and unhealthy relationships, and identify the characteristics of each.
2.8.2 Identify the different types of abuse, including the characteristics of each.
2.8.3 Comprehend what classifies as digital abuse and how you can identify the characteristics of it.
2.8.4 Analyze the various parts of the power and control wheel of abuse.

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.4. Food Safety and Sanitation
Promote food safety and sanitation using proper food handling and storage.

Competencies
3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.
3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.
3.4.3. Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
3.4.4. Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life.
3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.
3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.

Outcome 3.6 Appropriate Measuring and Preparation of Ingredients
Prepare foods by following a recipe and using the appropriate techniques and utensils.

Competencies
3.6.1 Sequentially follow directions and steps in a written recipe using the appropriate techniques and utensils.

3.6.2 Use the appropriate measuring techniques, depending on the ingredient, when preparing a recipe.
3.6.3 Use the appropriate kitchen tools, appliances, and utensils when preparing food.

Outcome 3.5. Food Preparation
Prepare foods through different cooking methods to preserve nutrient values.

Competencies
3.5.1. Evaluate the physical, biological and chemical makeup of foods and the effects on food preparation.
3.5.2. Develop recipes that preserve nutrient values and promote healthy eating patterns.
3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.
3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.
3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.
3.5.7. Adjust cooking time and temperature based on convention, convection and microwave ovens.
3.5.8. Prepare sauces and gravies using thickening agents.
3.5.9. Adjust to weather and altitude conditions when preparing baked products.
3.5.10. Prepare a variety of confections, pastries and baked products.

Outcome 3.6. Dining Etiquette
Analyze dining etiquette, settings and service styles that enhance the food experience.

Competencies
3.6.5. Apply social and dining etiquette rules that reflect the setting.
3.6.8. Explain the responsibilities of a host and guest.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer
Outcome 4.1. Financial Goals
Achieve financial goals to establish financial stability.

Competencies
4.1.1. Identify the economic principles that affect the cost of living.
4.1.2. Identify income sources and expenditures.
4.1.3. Establish personal resources and evaluate their effects on earning potential.
4.1.4. Compare gross and net income and identify the categories of deduction (e.g., union dues, retirement plans, garnishments).
4.1.8. Set financial goals to influence current and future economic choices.

4.1.9. Create a spending plan that reflects financial goals.

Outcome 4.2. Financial Services
Analyze financial institutions and services.

Competencies
4.2.1. Identify financial institutions and available services.
4.2.2. List characteristics of reputable financial intuitions.

Outcome 4.3. Credit and Debt
Analyze how credit and debt affect the achievement of financial goals.

Competencies
4.3.1. Identify credit types and purposes for establishing credit.
4.3.2. Describe how reporting agencies use an individual's financial decisions to determine personal credit scores.
4.3.3. Describe how to secure and maintain credit.
4.3.4. Explain how credit ratings affect access to products, services and employment opportunities.

Outcome 4.4. Asset Protection
Analyze risk management strategies used to protect assets.

Competencies
4.4.4. Identify how to reduce risk of identity theft and rectify a compromised identity.
4.4.6. Select risk management solutions to protect personal property and assets.

Outcome 4.5. Purchasing Decisions
Apply strategies to make purchasing decisions.

Competencies
4.5.1. Compare products based on features, costs and benefits.
4.5.4. Describe the impact of supply and demand on product availability and pricing.
4.5.5. Determine how purchasing decisions are influenced by brand identity and marketing techniques.
4.5.6. Compare the advantages and disadvantages of online and in-store purchasing and the effect on the local economy.
4.5.7 Utilize a budget in order to comprehend how to save and use money effectively.
4.5.8 Apply skills related to hand and machine sewing in order to make cost-effective purchasing decisions.

Outcome 4.6. Ethics, Law and Consumer Issues
Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.

Competencies

4.6.1. Describe how regulatory compliance affects the consumer.
4.6.3. Explain how consumer protections laws (e.g., Equal Opportunity Act, Fair Credit Reporting Act, Consumer Protection Agency, Family and Medical Leave Act [FMLA], Family Educational Rights and Privacy Act [FERPA]) help safeguard individuals from fraud and potential loss.
4.6.5. Identify fraudulent and deceptive practices (e.g., bait and switch, unlawful door-to-door sales, deceptive service estimates, misrepresentations) and their overall impact on the consumer.

Strand 5. Health and Wellness
Develop wellness practices that promote a healthy lifestyle.

Outcome 5.1. Lifespan Wellness
Adopt wellness practices at each stage of the lifespan.

Competencies
5.1.1. Explain how the seven dimensions of wellness (i.e., emotional, environmental, intellectual, occupational, physical, social, spiritual) impact overall health.

Outcome 5.2. Physical Activity
Promote a healthy lifestyle through physical activity, relaxation and sleep.

Competencies
5.2.1. Describe the short- and long-term health benefits of physical activity, relaxation and sleep.
5.2.2. Compare exercise guidelines across the lifespan.
5.2.8. Analyze the effects of stress and stress reducing activities on overall health.

Scope and Sequence
Career and College Readiness
[Career Connections]
Subject Code: 091402

Course Description:
In this course, students will develop effective learning strategies and skills to provide a strong foundation for successful lifelong learning. Throughout the course, students will research careers and occupations, review postsecondary admissions qualifications, develop interviewing skills and participate in internships. Additional topics will include principles and techniques of professionalism, networking, conflict-resolution, negotiation, leadership and entrepreneurship.

It is recommended that all freshmen take this course.

This course meets the 8 components of the Career Advising Policy HB 487 through the use of Naviance Software

Scope and Sequence
Career and College Readiness
[Career Connections]

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.1. Identify the knowledge, skills and abilities necessary to succeed.
1.1.2. Describe the role and function of professional and community organizations, industry associations and organized labor.
1.1.3. Develop a networking plan to build and maintain professional relationships.
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.
1.1.6. Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain professionalism.
1.1.7. Give and receive constructive feedback to improve personal and professional habits.
1.1.8. Adapt personal coping skills to adjust to life and workplace demands.
1.1.9. Recognize different cultural beliefs and practices and demonstrate respect for them.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies

1.2.1. Develop a personal career inventory.
1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.4. Develop a career plan.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.
1.2.6. Set educational and volunteer goals that support progress toward meeting career goals.
1.2.7. Develop strategies for self-promotion.
1.2.8. Write professional correspondence, job applications and resumés.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

Competencies
1.3.1. Extract relevant, valid information from materials and cite sources of information.
1.3.2. Deliver and critique formal and informal presentations.
1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.
1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.5. Communicate information for an intended audience and purpose.
1.1.3. Develop a networking plan to build and maintain professional relationships.

1.3.6. Use proper grammar and expression in all aspects of communication.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.8. Identify the strengths, weaknesses and characteristics of leadership styles that influence personal and professional relationships.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

1.3.9. Identify advantages and disadvantages involving digital and/or electronic communications.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.
1.3.11. Use technical writing skills to complete forms and create reports.
1.3.12. Use motivational strategies to accomplish goals.

Outcome 1.4. Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.1. Use home office equipment to communicate.
1.4.2. Select and use software applications to locate, record, analyze and present information.

1.4.3. Use system hardware to support software applications.
1.4.4. Apply safety and security rules and regulations (e.g., parental controls, identity protection, password protection, Health Insurance Portability and Accountability Act [HIPAA], custodial rights).
1.4.5. Use information technology tools to maintain, secure and monitor records.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.
1.4.7. Use electronic media to communicate, following online etiquette guidelines.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.4. Recognize barriers in cross-cultural relationships and implement behavioral adjustments.
1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.
1.5.7. Identify how multicultural teaming and globalization can foster recognition of new opportunities.
1.5.8. Compare multigenerational characteristics.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.1. Create a list of strengths, values, skills and abilities needed to be successful as an entrepreneur.
1.6.2. Identify business opportunities and develop a plan to produce a competitive product or service.
1.6.3. Explain the role of profit as the incentive to become an entrepreneur.
1.6.4. Identify the factors that contribute to the success and failure of entrepreneurial ventures.

Strand 3. Food and Nutrition
Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Outcome 3.6. Dining Etiquette
Analyze dining etiquette, settings and service styles that enhance the food experience.

Competencies
3.6.5. Apply social and dining etiquette rules that reflect the setting.
3.6.7. Apply tipping etiquette when calculating services rendered.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer.

Outcome 4.1. Financial Goals
Achieve financial goals to establish financial stability.

Competencies
4.1.1. Identify the economic principles that affect the cost of living.
4.1.2. Identify income sources and expenditures.
4.1.3. Establish personal resources and evaluate their effects on earning potential.
4.1.4. Compare gross and net income and identify the categories of deduction (e.g., union dues, retirement plans, garnishments).
4.1.7. Prepare personal income tax filings.
4.1.8. Set financial goals to influence current and future economic choices.

Outcome 4.3. Credit and Debt
Analyze how credit and debt affect the achievement of financial goals.

Competencies
4.3.4. Explain how credit ratings affect access to products, services and employment opportunities.

Outcome 4.6. Ethics, Law and Consumer Issues
Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.

Competencies
4.6.2. Use ethical character traits consistent with personal and professional standards.
4.6.3. Explain how consumer protections laws (e.g., Equal Opportunity Act, Fair Credit Reporting Act, Consumer Protection Agency, Family and Medical Leave Act [FMLA], Family Educational Rights and Privacy Act [FERPA]) help safeguard individuals from fraud and potential loss.
4.6.6. Identify the labor laws (e.g., Americans with Disabilities Act, Fair Labor Standards Acts, Equal Employment Opportunity Commission [EEOC]) that affect employment and the consequences of noncompliance for both employee and employer.

4.6.7. Identify potential conflicts of interest between personal and professional ethical standards.
4.6.8. Identify ways to advocate for public policies, legislation and government regulations.

Strand 5. Health and Wellness
Develop wellness practices that promote a healthy lifestyle.

Outcome 5.1. Lifespan Wellness
Adopt wellness practices at each stage of the lifespan.

Competencies
5.1.1. Explain how the seven dimensions of wellness (i.e., emotional, environmental, intellectual, occupational, physical, social, spiritual) impact overall health.
5.1.7. Describe environmental issues and lifestyle habits that lead to poor health.

Outcome 5.2. Physical Activity
Promote a healthy lifestyle through physical activity, relaxation and sleep.

Competencies
5.2.8. Analyze the effects of stress and stress reducing activities on overall health.

Scope and Sequence
Textile Design, Construction and Maintenance
[Fashion Design]
Subject Code: 091505

Course Description:
In this course, students will study the visual appearance of fabric and fashion design. Students will identify, analyze and apply production processes and techniques to textiles. Additional topics will include the maintenance and alterations of textiles products, including home interior accessories and garments.

Scope and Sequence
Textile Design, Construction and Maintenance
[Fashion Design]

Strand 6. Design
Apply the principles of design to interior and exterior spaces and textiles.

Outcome 6.1. Design Principles
Apply principles of design to convey ideas.

Competencies
6.1.1 Identify the principles and elements of design.
6.1.2. Evaluate the physiological and psychological ways humans interact with spaces and furnishings.
6.1.3. Apply design elements and principles to develop and enhance visual effects.
6.1.4 Evaluate the use of design in textiles, interiors, or exteriors.
6.1.5. Prepare sketches, patterns or elevations.
6.1.6 Generate and manipulate two-dimensional (2D) and three-dimensional (3D) digital designs.
6.1.7. Create a virtual rendering using design principles and elements.
6.1.8. Identify the various components and techniques of trendspotting and forecasting.

Outcome 6.2. Textile Design
Evaluate fabrics and finishes for design, appearance, construction and performance.

Competencies
6.2.1. Categorize textile fibers and describe the uses for each.
6.2.2. Explain how fiber, weave, texture, pattern and finishes affect the visual appearance and functionality of fabric.
6.2.3. Evaluate performance characteristics of fabrics and finishes.
6.2.4. Analyze effects of textile characteristics on design and construction.
6.2.5. Design textile products, using design elements and principles.

Outcome 6.3. Produce, Alter and Repair Textiles
Produce, alter and repair textile products.

Competencies
6.3.1. Select the type of production, alteration or repair needed based on the characteristics of woven, knit and nonwoven textile products.
6.3.2. Explain research findings on current textile-design and -production technologies and trends.
6.3.3. Develop textile products using the production sequence and knowledge of fibers and fabrics.
6.3.4. Alter and repair textile products.
6.3.5. Repurpose, redesign and recreate a textile product.
6.3.6. Determine the processes needed to protect and preserve products based on textile characteristics.
6.3.7. Comprehend construction and pattern terminology and techniques in order to produce textiles.
6.3.8. Understand the product life cycle.
6.3.9. Compare and contrast different decades in order to evaluate and understand the history of fashion.
6.3.10. Discover influential and up-and-coming fashion designers, as well as iconic designs that have had an influence and effect on the fashion industry.

Strand 4. Personal Finance and Consumerism
Develop skills to achieve personal financial wellness and become an educated consumer.

Outcome 4.5. Purchasing Decisions
Apply strategies to make purchasing decisions.

Competencies
4.5.1. Compare products based on features, costs and benefits.
4.5.2. Compare the effects of a direct cost versus an indirect cost on a purchase.
4.5.3. Explain the effects of economic trends and conditions on purchasing decisions.
4.5.4. Describe the impact of supply and demand on product availability and pricing.
4.5.5. Determine how purchasing decisions are influenced by brand identity and marketing techniques.
4.5.6. Compare the advantages and disadvantages of online and in-store purchasing and the effect on the local economy.
4.5.7. Summarize the terms of a sales contract for a product or service.
4.5.8. Evaluate leasing and purchasing options for major purchases.
4.5.9. Calculate interest rates to determine the projected cost of an item.
4.5.10. Complete financial transactions using various purchasing methods.

Outcome 4.6. Ethics, Law and Consumer Issues

Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.

Competencies
4.6.1. Describe how regulatory compliance affects the consumer.
4.6.2. Use ethical character traits consistent with personal and professional standards.
4.6.3. Explain how consumer protections laws (e.g., Equal Opportunity Act, Fair Credit Reporting Act, Consumer Protection Agency, Family and Medical Leave Act [FMLA], Family Educational Rights and Privacy Act [FERPA]) help safeguard individuals from fraud and potential loss.
4.6.4. Access and implement safety compliance measures (e.g., recommended manufacturer's guidelines, product safety data sheets [MSDSs], United States Environmental Protection Agency [EPA], United States Occupational Safety and Health Administration [OSHA], American Association of Poison Control Centers) to maintain product warranty and protect the consumer.
4.6.5. Identify fraudulent and deceptive practices (e.g., bait and switch, unlawful door-to-door sales, deceptive service estimates, misrepresentations) and their overall impact on the consumer.
4.6.6. Identify the labor laws (e.g., Americans with Disabilities Act, Fair Labor Standards Act's, Equal Employment Opportunity Commission [EEOC]) that affect employment and the consequences of noncompliance for both employee and employer.
4.6.7. Identify potential conflicts of interest between personal and professional ethical standards.
4.6.8. Identify ways to advocate for public policies, legislation and government regulations.

Strand 7. Living Environment
Develop knowledge and skills to maintain a healthy living environment.

Outcome 7.1. Clean Environment
Maintain a clean living environment.

Competencies
7.1.1. Compare and select cleaning products based on price, availability and sustainable practices.
7.1.2. Describe the effects of cleaning products and methods on the environment and personal health.
7.1.3. Clean textile products according to recommended manufacturer's' instructions.
7.1.4. Clean and treat stains on natural and synthetic surfaces (e.g., stone, wood, fabric) with cleaning solutions and materials recommended by industry guidelines.

Outcome 7.4. Environmental Sustainability
Analyze environmentally sustainable practices to maintain a home.

Competencies

7.4.1. Justify the use of eco-friendly versus traditional products and principles based on the environmental impact.
7.4.4. Apply household practices to reduce water and energy use.
7.4.5. Apply green products and practices to clean and maintain property.
7.4.6. Compare products and services from manufacturers who promote environmentally-sustainable practices.

The following competencies are taught extensively in Career Connections, however re-taught and reinforced in this class where needed.

Strand 1. Career Development
Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.

Outcome 1.1. Personal and Professional Skills
Develop personal and professional skills to transition through life.

Competencies
1.1.4. Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles.
1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.

Outcome 1.2. Career Exploration
Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.

Competencies
1.2.2. Identify career pathways related to interests and talents.
1.2.3. Research career opportunities and occupational projections.
1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.

Outcome 1.3. Leadership and Communications
Develop leadership, team building and communication skills to promote collaboration.

1.3.4. Use negotiation and conflict-resolution skills to reach solutions.
1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.
1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.

Outcome 1.4 Resource Management and Information Technology
Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.

Competencies
1.4.2. Select and use software applications to locate, record, analyze and present information.
1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.

Outcome 1.5. Global Environment
Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.

Competencies
1.5.1. Describe the interdependence of cultural understanding and cultural intelligence skills.
1.5.2. Describe how cultural intelligence skills influence the overall success and survival of a community.
1.5.3. Use continual awareness to interact and exchange ideas with individuals from diverse cultural settings.
1.5.6. Analyze tasks for understanding and interpretation from a different cultural perspective.

Outcome 1.6. Entrepreneurship
Develop skills and knowledge to transition a strength into a business.

Competencies
1.6.1. Create a list of strengths, values, skills and abilities needed to be successful as an entrepreneur.
1.6.2. Identify business opportunities and develop a plan to produce a competitive product or service.
1.6.3. Explain the role of profit as the incentive to become an entrepreneur.
1.6.4. Identify the factors that contribute to the success and failure of entrepreneurial ventures.
1.6.5. Assess the roles of nonprofit and for-profit businesses.
1.6.6. Explain pathways used to become an entrepreneur.
1.6.7. Identify resources available to entrepreneurs (e.g., Small Business Administration, mentors, information resources, educational opportunities).
1.6.8. Follow compliance regulations for intellectual property and knowledge (e.g., copyright, patent, trademark, trade secrets, processes).
1.6.9. Identify alternatives when entrepreneurial goals are not achieved.

Student Assessment Policy
Family and Consumer Science
West Shore Career Technical District

The student shall perform competencies and competency builders in a manner acceptable to the business community. The standards set for these competencies are recommended by the advisory committee members and local employers in the community and evaluated by the teacher following these guidelines. Competencies will be identified which must be mastered in order to receive credit for the course.

In order to measure the progress of each student in the courses and to measure the effectiveness of the total program, the following procedures will be used:

- Pretests
- Post Tests
- Teacher observation and assessment
- Lab performance
- Class discussions
- Projects
- Daily grades
- Oral assessment
- Self-assessment
- Formative assessment
- Summative assessment

Measurement of learning will be an ongoing activity with emphasis on laboratory activities and competency improvement. Evaluation will be accomplished through pre-assessment of students' skills, frequent formative assessment, both visual and written, and summative evaluation to determine the mastery of competencies. Formative assessments that are conducted during instruction help the teacher make necessary instructional adjustments. The instructor may decide to alter instructional materials and method if students are experiencing difficulties in learning the concepts presented in

class. All evaluations are in the form of points received out of points possible. A percentage is then calculated and a letter grade is assigned. Progress reports on all students are sent to guardians at mid-term of each grading period.

Quarter Percentage Range	Quarter Letter Grade
96.500 - 100.00	A+
92.500 – 96.490	A
89.500 – 92.490	A-
86.500 – 89.490	B+
82.500 – 86.490	B
79.500 – 82.490	B-
76.500 – 79.490	C+
69.500 – 72.490	C-
66.500 – 69.490	D+
62.500 – 66.490	D
59.500 – 62.490	D-
00.000 - 59.490	F
INCOMPLETE	I