

## CFISD Exploring Foods & Fabrics

### Scope and Sequence

Course Description:

This course is a two-part, hands-on semester course. One segment of the course includes instruction in foods and nutrition with skill development in food preparation lab experiences. The second segment includes an introduction to the study of fabrics and the fashion design industry coupled with sewing lab experiences. Technology is incorporated into the curriculum. (1/2 credit)

- Lab supplies or fee may be required

TEKS

Cluster: Family & Consumer Sciences

Endorsement: Business & Industry

- Meets advanced course requirement (Y/N): N
- Meets foundation requirement for math, science, fine arts, English, LOTE (Y/N-area): N

Industry Certification/Credentials: n/a

Instructional Units	Pacing
1st or 2nd Semester Nutrition (MyPlate, nutrients, etc.) Fast food unit Etiquette & table service Meal planning How to read a recipe (measuring, tools, procedures) Kitchen safety (duties, demo) Principles of food preparation/labs	Grading Period 1/3
Sewing safety & tools Sewing book Principles of sewing Sewing projects	Grading Period 2/4

Primary Instructional Materials: Discovering Life Skills 1st Edition by Annette Gentry Bailey. (ISBN: 0-07-829847-4)  
 Publisher: Glencoe/McGraw Hill