

**FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT**

**Course Outline  
Home Economics 7**

**Date:** May 2003

**Proposed Grade Level(s):** 7

**Grading:** A-F

**Prerequisites:** 7<sup>th</sup> grade standing

**BRIEF COURSE DESCRIPTION:**

Students will complete several units of instruction on Home Economics including: clothing care, sewing, housing and home furnishings, child development, nutrition, family living, and parenting education. Students will study other areas of Home Economics Careers and Technology.

**GENERAL GOALS/PURPOSES:**

To provide students an opportunity to learn about the world around them and to teach them skills they will need in everyday life. This class is project-based, and the students will learn through lab experiences.

**STUDENT READING COMPONENT:**

Students will read topics of relevance to the current subject and be asked to keep abreast of current news on these topics. Students will also read teacher-generated curriculum packets and will use this reading in completing assignments in laboratory work. Emphasis will be on reading and following directions. Students will read silently, in groups, and as part of whole-class discussions.

**STUDENT WRITING COMPONENT:**

Students will express themselves in writing by completing lab reports, journals, student manuals, study guides, and taking notes from teacher lectures. All tests will have an essay component.

**STUDENT ORAL COMPONENT:**

Students will read aloud and present their findings on current news topics related to the class.

**DETAILED UNITS OF INSTRUCTION:**

Unit durations listed are approximate, and pace of instruction may vary depending on the students. Units may include:

1. Introduction to Careers in Home Economics and Technology (2 days)
2. Family Living and Parenting Education (1 week)
  - a. Self-Concept and Self-Esteem
  - b. Changes In Adolescence
  - c. Values and Decision Making

3. Food and Nutrition (all trimester)
  - a. Nutritional Needs
  - b. Daily Food Choices
  - c. Food Purchasing and Storage
  - d. Meal Planning and Preparation
  - e. Meal Service and Etiquette
4. Child Development and Guidance (2-3 weeks)
  - a. Growth and Developmental Patterns
  - b. Children's Needs
  - c. Appropriate Play Activities
  - d. Child Guidance Skills
  - e. Responsible Babysitting
5. Fashion, Textiles, and Apparel (all trimester)
  - a. Wardrobe Planning
  - b. Clothing Purchases
  - c. Clothing Care
  - d. Clothing Construction and Repair
6. Housing and Furnishings (1 week)
  - a. Personal Space

**THIS COURSE WILL PREPARE STUDENTS FOR THE HSEE AND/OR FCUSD EXIT EXAMS IN:**

Math and Science

**SUBJECT AREA CONTENT STANDARDS TO BE ADDRESSED:**

**Family Living and Parenting Education Content Area Standards:**

1. Self-Concept and Self-Esteem - Students will understand how self-concept and self-esteem are developed.
2. Changes in Adolescence - Students will understand how changes in human development affect concept of self and relationships with others.
3. Values and Decision-Making - Students will understand how values and goals influence decisions.

**Foods and Nutrition Content Area Standards:**

1. Nutritional Needs - Students will understand the need for a well balanced diet to maintain optimum health and growth of the body.
2. Daily Food Choices - Students will understand how to plan nutritious meals that reflect dietary guidelines as well as personal and cultural preferences.
3. Food Purchasing and Storage - Students will understand how to apply consumer skills when selecting, purchasing, and storing food.
4. Meal Planning and Preparation - Students will understand how to plan and safely prepare nutritious meals.
5. Meal Service and Etiquette - Students will understand meal service and etiquette appropriate for a variety of occasions.

**Child Development and Guidance Content Area Standards:**

1. Growth and Development Patterns - Students will understand the sequential patterns of child growth and development.
2. Children's Needs - Students will understand the ways in which to meet the needs of children as they develop physically, intellectually, socially, and emotionally.
3. Appropriate Play Activities - Students will understand how to plan appropriate play activities for children.
4. Responsible Babysitting - Students will understand the qualifications and responsibilities of babysitting.

**Housing and Furnishings Content Area Standards:**

1. Personal Space - Students will understand how to manage and decorate personal space in their homes.

### **Fashion, Textiles, and Apparel Content Area Standards:**

1. Wardrobe Planning - Students will understand the principles of wardrobe planning.
2. Clothing Purchases - Students will understand the factors that influence clothing purchases.
3. Clothing Care - Students will understand correct procedures to use when caring for clothing.
4. Clothing Construction and Repair - Students will understand construction of clothing and/or repair techniques.

### **DISTRICT ESLR's TO BE ADDRESSED:**

When students exit this course, they will be:

- **Self-Directed Learners** who will be able to use notes and knowledge to assist them in continuing to learn outside of the classroom setting.
- **Effective Communicators** who can explain concepts to others and use their Home Economics/Careers and Technology skills in the real world to organize and explain data.
- **Quality Producers** who understand the importance of neat, organized work that demonstrates their thinking and understanding of the solution they have formed to solve a problem.
- **Constructive Thinkers** who are able to attack problems with organization, logic, and Home Economics/Careers and Technology skills they have developed in a systematic fashion.
- **Collaborative Workers** who can work in a variety of settings in culturally diverse groups.
- **Responsible Citizens** who accept the consequences of their actions and demonstrate understanding of their role in the learning process.

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