

6th Grade FACS Curriculum Overview

Students in 6th grade FACS get an overview of the discipline of Family and Consumer Science with a focus on hand sewing, machine sewing, nutrition and foods. Students have the opportunity to apply sewing skills learned to make a small project. Students then learn the parts of a sewing machine and acquire skills to make a pillow or a snack bag. The next unit studied is nutrition for the teen. Students realize how eating a healthy diet is beneficial to them. Our final unit is spent in the kitchens acquiring skills in measuring, equipment, and following recipes to make snacks.

Skills to be developed throughout the course:

- 3 hand-sewing stitches including: running, whip, blanket
- Making knots/threading a needle
- Threading a sewing machine
- Sewing a small project
- Use of Myplate and food groups
- Measuring ingredients
- Following a recipe to make a food product

In Gower Middle 6th Grade FACS Classrooms:

- Students will be able to hand sew a small project.
- Students will learn how to use a sewing machine to make a project.
- Students will use learned skills to develop a healthy eating plan
- Students will follow recipes to make several snacks

Units of Study:

- Hand-sewing
- Machine sewing
- Nutrition
- Food Production
- Safety in the Kitchen

The Learning Standards for this course are (ie Common Core Standards, Illinois Learning Standards, National Standards). Priority standards should be listed and linked below:

16.4 Demonstrate skills needed to produce, alter, or repair fashion, apparel, and textile products.

GM.06.FACS.02 - Analyze nutritional needs of individuals

GM.06.FACS.03 - Analyze the affect of nutrients on health, appearance and peak performance

GM.06.FACS.04 - Identify a variety of types of equipment for food processing, holding, storing and serving including hand tools and small ware.