

# Teen Living

## Unit 1 (Sewing)

Estimated Unit Time Frames	Big Ideas	Essential Questions	Concepts (Know)	Competencies (Do)	Lessons/ Suggested Resources	Vocabulary	Standards/ Eligible Content
2-3/45 min lessons	Responsible consumers use effective resource management to accomplish individual, family and community goals.	How and why do resources need to be managed?	Satisfactory solutions are more likely when a logical decision making process is used.	Recognize factors that contribute to maintaining safe and healthy home, school and community environments.	demonstration of skills pass around fabrics to compare assessment	aesthetics	11.1.6.A Justify the decision to use or not use resources based on scarcity.
4-5/45 min lessons	Responsible consumers use effective resource management to accomplish individual, family and community goals.	What steps can a consumer take to prolong the life of a product/service?	Proper care and maintenance of products and services increases and prolongs their benefit to consumers.	identify the proper name and use for the tools used to aid in the fabric construction process.	cut and prepare fabric mend garments, sew 3 types of buttons assessment	Types of buttons	11.2.6.A Contrast the solutions reached through the use of a simple decision making process that includes analyzing consequences of alternative solutions against snap decision making methods.

2-3/45 min lessons	Responsible consumers use effective resource management to accomplish individual, family and community goals.	How can the practical reasoning process aid the consumer in making purchasing decisions?	Proper care and maintenance of products and services increases and prolongs their benefit to consumers.	identify the proper name and use for the parts of the sewing machine.	demonstrate correct and safe use of a sewing machine assessment	Parts of the sewing machine	
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**Unit 2 (Family and You)**

2-3/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse, global society.	What communication skills are needed when solving problems and making decisions?	Communication skills are important when solving problems and making decisions.	Validate effective communications in interpersonal relationships.	PowerPoints assessment	kinship	11.1.6.G Identify the public and nonpublic services that are available to serve families within the community.
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4-5/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse, global society.	What factors can interfere with making and implementing an action plan?	Families and communities impact each other.	Analyze the effects of self-esteem and self-image on relationships.	Group work assessment	Leadership skills	11.2.6.A Contrast the solutions reached through the use of a simple decision making process that includes analyzing consequences of alternative solutions against snap decision making methods.
2-3/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse,	What trends of the family life cycle affect the community?	Families are a reflection of the times in which they live.	Analyze strategies to overcome communication barriers in family and work settings.	Pair share assessment	Practical reasoning	11.2.6.C Classify the components of effective teamwork and leadership.

	global society.						
2-3/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse, global society.	What types of community services need to be available for each life cycle stage?	Families work best when teamwork and leadership skills are utilized.	Describe how the family life cycle affects the development of communities.	Student worksheets assessment	Team work skills	11.2.6.H Describe positive and negative interactions within patterns of interpersonal communications.
4-5/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a	What work in the home needs to be accomplished by team work?	The practical reasoning approach is effective when solving dilemmas.	Describe how the community responds to families and their needs over the course of the life cycle.	Individual presentations assessment		11.2.6.B Deduce the importance of time management skills (e.g. home, school, recreational activities).

	diverse, global society.						
2-3/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse, global society.	How can action planning help an individual and/or family?	The use of an action planning procedure maximizes the effective implementation of family, work and community decisions.	Name functions families perform for individuals and society, past and present.	Hands on activities assessment		11.2.6.G Identify the characteristics of the stages of the family life cycle (e.g., beginning, expanding, developing, launching, middle years, retirement, variations).

### Unit 3 (Financial and Resource Management)

4-5/45 min lessons	Responsible consumers use effective resource management to accomplish individual, family and	How and why do resources need to be managed?	Proper care and maintenance of products and services increases and prolongs their benefit to consumers.	Analyze the effects of globalization and increasing diversity on individuals, families, and society.	Group work assessment		11.1.6.D Analyze information in care instructions, safety precautions and the use of consumable goods as a demonstration of understanding of
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	community goals.						consumer rights and responsibilities.
2-3/45 min lessons	Responsible consumers use effective resource management to accomplish individual, family and community goals.	When using goods and services how can consumers protect their rights?	Public and nonpublic services support individuals and families within the community	Identify ways in which families may change over time.	Pair share assessment		11.1.6.F Explain practices to maintain and/or repair consumer goods and services.
2-3/45 min lessons	Responsible consumers use effective resource management to accomplish individual, family and community goals.	How do housing needs and goals change over time?	There are costs and benefits to holding a job as a teenager.	Describe the decision making process.	Student worksheets assessment		11.1.6.G Identify the public and nonpublic services that are available to serve families within the community.
4-5/45 min lessons	Responsible consumers use effective resource management to accomplish	How does having a spending plan help you manage money?	Understanding the relationship among income, expenses and saving allows us to manage our personal finances effectively.	Assess whether goals are realistic and achievable.	Individual projects assessment		11.2.6.D Identify the concepts and principles used in planning space for activities.

	individual, family and community goals.						
<b>Unit 4 (Nutrition)</b>							
2-3/45 min lessons	Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level	What quality of equipment is needed to equip a kitchen?	Understanding equipping kitchen can be done economically.	understand the importance of how to make a equip a kitchen on a budget.	Brainstorm a list of essential kitchen equipment Establish a budget for purchasing equipment	sanitation kitchen equipment	11.3.6.B Describe safe food handling techniques
2-3/45 min lessons	Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual	How do I prepare breakfast and lunch within meal management principles?	Meal planning is based upon set principles.	understand the importance of how to make a healthy and nutritious meal on a budget.	Evaluate breakfast and lunch based upon nutrition, cost, time, visual appeal, safety, and calories.	MyPlate daily value	11.3.6.D Describe a well balanced daily menu using the dietary guidelines and the food guide pyramid.

	and societal level						
4-5/45 min lessons	Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level	Many factors affect food choices.	Investigate factors such as cost, nutritional value, food preparation, family customs, ethnicity, geography, availability, convenience, taste, health conditions/concerns and determine how these factors influence food choices.	List the parts of a recipe. Read, understand information, and follow directions in a recipe. Determine food, equipment, and supplies needed for a recipe. Demonstrate correct measurement technique for various ingredients in a recipe. Identify abbreviations used in a recipe for common measurements.	Parts of a Recipe Recipe Language Abbreviations Measuring Technique	Equivalents	11.3.3.F Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).
2-3/45 min lessons	Nutrition, eating habits, and preparation choices impact overall health and wellness	Why is it important to master basic food preparation techniques, such as measuring,	Food can be prepared and handled by using various methods.	Identify proper food preparation techniques	Prepare breakfast and lunch within time limit.	chop combine fold in sift grease solid	11.3.6.C. Analyze factors that affect food choices.

	throughout the lifecycle at individual and societal level	cutting, mixing, and cooking?					
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**Unit 5 (Character Building)**

2-3/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse, global society	How can I practice caring over the holidays and throughout the year?	Caring is a character trait that involves being kind, compassionate, expressing gratitude, and helping others.	Define character. Define the importance of caring in relationship to one's character	List the six pillars of character and explain what they mean. discussion	Character	11.2.6.A Contrast the solutions reached through the use of a simple decision making process that includes analyzing consequences of alternative solutions against snap decision making methods.
2-3/45 min lessons	Families are the fundamental unit of society; strong families empower	What are some needs in my community over the holidays and how can I help?	Non-profit organizations depend on volunteers to fulfill needs in the community, especially during the holidays.	Describe holiday traditions from different cultures	Explain holiday traditions significance & why have endured over time.	culture	11.2.6.F Compare and contrast how different cultures meet family responsibilities within differing configurations.

	individuals to manage the challenges of living and working in a diverse, global society						
4-5/45 min lessons	Families are the fundamental unit of society; strong families empower individuals to manage the challenges of living and working in a diverse, global society	What are some special traditions in my family?	History and tradition is an important part of celebrating holidays in any culture.	Compare and contrast past and present holiday traditions.	Predict future holiday traditions in our society.		11.2.9.F Contrast past & present family functions & predict their probable impact on the future of the family.
4-5/45 min lessons	Families are the fundamental unit of society; strong families	How does a community use resources to help each other?	Identify strategies that encourage respectful and caring teamwork in family and community living.	Design a holiday service project that fulfills a need in the community	Research & discuss service projects that can be accomplished for the holidays.		11.1.3.G Identify the services that communities provide for individuals and families

	empower individuals to manage the challenges of living and working in a diverse, global society						
2-3/45 min lessons	Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level	Food can be prepared and handled by using various methods.	HOLIDAY SERVICE LEARNING Holiday Cookies Homeless Shelter Nursing Home Holiday Party Troops	Determine food, equipment, and supplies needed for a recipe.	Read, understand information, and follow directions in a recipe.		11.3.3.F Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).
4-5/45 min lessons	Nutrition, eating habits, and preparation choices impact overall health and wellness	Food can be prepared and handled by using various methods.	Demonstrate proper food handling procedures.	Demonstrate knowledge of appropriate procedure, including safety, sanitation, and clean up, during group activities.	Demonstrate teamwork and leadership skills when working in a group		11.3.6.C. Analyze factors that affect food choices.

	throughout the lifecycle at individual and societal level						
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