Family and Consumer Science
Grade 7

Grade(s):	☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 6 ☑ 7 ☐ 8	☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ Other _____
Discipline/Course:	**Discipline:** Family and Consumer Science		
Course Title:	Family and Consumer Science		
Prerequisite(s):	n/a		
Course Description: *Program of Studies*	The 7th grade Family and Consumer Sciences curriculum emphasizes developing the student's personal independence through hands-on and experiential learning. It is equally divided between sewing and cooking. The emphasis is on reiterating what was learned in sixth grade. In the sewing unit, the emphasis is on using the computerized sewing machines, beginning with independently threading the machine and using proper terminology. They will be introduced to advanced cutting skills. They will create a practical item which requires additional sewing machine skills such as making a casing, using different kinds of fabrics, and personalizing their design. With hand sewing, students will revisit the basic stitches as well as learn additional advanced stitches to create an individualized project. In the cooking unit, students will build upon the skills they learned in 6th grade by enhancing their safety and sanitation skills. In addition, students will learn how to properly measure ingredients and execute knife safety skills as they collaborate on cooking projects. Students will plan, prepare, and execute a well-balanced, nutrition meal independently at home for their families. This project provides an opportunity for students to demonstrate their cooking skills at home while applying what they have learned in the classroom.		

Course Essential Questions:	● How can family and consumer science enable students to become more independent in the areas of cooking and sewing? ● What are safety requirements in the sewing room? ● How are the features of a sewing machine used to do simple techniques? ● What are more advanced hand-stitches and how are they executed? ● How is a pattern followed? ● What are the benefits of preparing your own meals to align with healthy eating habits? ● How can I keep myself and others safe from getting foodborne illness from food? ● Why is the kitchen a common place for accidents and how can I minimize accidents? ● When using a knife, what is a rough chop, slice and dice? ● What are essential nutrients? ● How is the FDA involved with food consumption? ● In what ways does close reading of a recipe improve the results of completing a recipe successfully? ● What is involved in planning, preparing and executing a well-balanced meal? ● How can I use time management skills in the kitchen? ● What are safety requirements in the kitchen?
Course Enduring Understandings:	● Skills learned in family and consumer science class can be applied throughout my life to be more independent and responsible. ● Learning to sew provides a lifelong outlet for self-expression, self-reliance, and sense of pride in one's craftsmanship. ● Following a pattern requires careful reading, precise measurements and cutting, and accurate sewing to be successful. ● Kitchen accidents can be minimized by following proper procedures. ● Foodborne illnesses can be avoided. ● Carefully reading a recipe prevents cooking errors, ensures proper timing, and leads to consistent success. ● Fresh ingredients have a positive impact on overall health over processed foods. ● Essential nutrients are important to grow and maintain good health. ● The FDA regulates food safety and labeling to help consumers make informed choices which

	impact their health. ● A well-balanced meal requires planning and preparation to provide maximum nutritional value. ● Effective time management and active team collaboration ensure multi-step tasks are completed safely, efficiently and on schedule.	
Duration: **Credit:**	☐ Semester ☐ Full-Year ☑ Other	☐ 0.5 Credit(s) ☐ 1.0 Credit(s) ☐ 1.5 Credit(s) ☑ N/A
Course Materials/Resources:	Modern sewing and cooking equipment and relevant supplies and materials	
FPS Course Academic Expectation(s):	☑ Exploring and Understanding (EU) ☐ Synthesizing and Evaluating (SE) ☑ Creating and Constructing (CC) ☐ Conveying Ideas (CI) ☐ Collaborating Strategically (CS) ☐ Using Communication Tools (UCT)	
Year at a Glance (Units):	**Unit** - Sewing (~5 weeks) **Unit** - Cooking (~5 weeks)	

Unit Number and Title:	**Unit:** Sewing
Duration:	~5 weeks
Resource(s):	Sewing machines, notions, fabric, patterns
Unit Overview:	This class builds on the introduction students received in sixth grade. The emphasis is on using the computerized sewing machine independently beginning with making a bobbin and threading the machine. Students will follow a pattern to create a practical project. Students will go beyond the straight and zig-zag stitch and use some of the machine's many decorative stitches. Students will be introduced to the serger/overlock sewing machine and its function. Secondarily, students will expand their hand sewing repertoire by learning slightly more challenging embroidery stitches such as the French knot, chain stitch, or cross stitch. They will use these new hand stitches to create a soft sculpture or to decorate a project.
Learning Goals	
Standard(s):	**Area of Study 1.0 Career, Community and Family Connections** 1.2 Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings. **Area of Study 16.0 Textiles, Fashion, and Apparel** 16.2.4 Analyze characteristics of textile components in the design, construction, care, use, maintenance, and disposal or recycling of products. 16.3.7 Demonstrate ability to use technology for fashion, apparel, and textile design. 16.4.5 Demonstrate basic skills for production, alteration, repair, and recycling of textiles, fashion, and apparel.
Essential Question(s):	● How can family and consumer science enable students to become more independent in the areas of cooking and sewing? ● What are safety requirements in the sewing room? ● How are the features of a sewing machine used to do simple techniques?

	● What are more advanced hand-stitches and how are they executed? ● How is a pattern followed? ● How can sewing be used to create, decorate, repair or upcycle a product?
Enduring Understanding(s):	● Skills learned in family and consumer science class can be applied throughout my life to be more independent and responsible. ● Following a pattern requires careful reading, precise measurements and cutting, and accurate sewing to be successful. ● Learning to sew provides a lifelong outlet for self-expression, self-reliance, and sense of pride in one's craftsmanship.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) machine sewing ● how a computerized sewing machine operates beginning with threading a machine properly. ● vocabulary, the name and functions of key sewing machine parts including, bobbin spindle, feed dogs, needle plate, take-up lever, sewing machine arm, and tension plates. ● that the construction of a product involves following a pattern and determining the order of steps. ● how to make appropriate choices of when to use a functional stitch and when to use a decorative stitch. ● the importance of stitch consistency and of a seam allowance. hand sewing ● there are a variety of basic embroidery stitches such as the French knot, chain stitch, fishbone stitch, and daisy stitch. ● the importance of consistency regarding stitch spacing and pressure. **Skills:** (Students will be able to…) ● thread a sewing machine independently.

	● wind and insert a sewing machine bobbin. ● operate a computerized sewing machine safely and consistently, using a variety of stitches while controlling the speed. ● use various measurement and cutting tools to assure accuracy and precision. ● use additional basic notions such as a seam ripper, safety pin, sewing ruler, and seam gauge. ● create a casing and thread trims or elastics through it. ● individualize a standard project to reflect personality and style using fabric and sewing techniques. ● independently and confidently thread a needle, tie a knot, and execute several basic embroidery stitches to create a project of their own design.

Unit Number and Title:	**Unit:** Cooking
Duration:	~5 weeks
Resource(s):	● Kitchen equipment, small appliances, and hand tools ● Consumables
Unit Overview:	This class will provide students with skills to integrate multiple life roles and responsibilities, including food preparation, planning, nutrition, and safety. They will learn food safety and sanitation as they work towards planning, preparing and executing a well-balanced family meal independently.
Learning Goals	
Standard(s):	**Area of Study 2.0 Consumer and Family Resources** 2.1.1 Apply time management, organizational, and process skills to prioritize tasks and achieve goals 2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families. **Area of Study 8.0 Food Production and Services** 8.2.1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. **Area of Study 14.0 Nutrition and Wellness** 14.2.1 Evaluate the effect of nutrition on health, wellness, and performance. 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness. **Area of Study 9.0 Food Science, Dietetics, and Nutrition** 9.2.1 Analyze factors that contribute to foodborne illness. 9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene.
Essential Question(s):	● What are safety requirements in the kitchen? ● What are the benefits of preparing your own meals to align with healthy eating habits?

	● How can I keep myself and others safe from getting foodborne illness from food? ● Why is the kitchen a common place for accidents and how can I minimize accidents? ● When using a knife, what is a rough chop, slice and dice? ● What are essential nutrients? ● How is the FDA involved with food consumption? ● In what ways does close reading of a recipe improve the results of completing a recipe successfully? ● What is involved in planning, preparing and executing a well-balanced meal? ● How can I use time management skills in the kitchen?
Enduring Understanding(s):	● Skills learned in family and consumer science class can be applied throughout my life to be more independent and responsible. ● Kitchen accidents can be minimized by following proper procedures. ● Foodborne illnesses can be avoided. ● Carefully reading a recipe prevents cooking errors, ensures proper timing, and leads to consistent success. ● Fresh ingredients have a positive impact on overall health over processed foods. ● Essential nutrients are important to grow and maintain good health. ● The FDA regulates food safety and labeling to help consumers make informed choices that impact their health. ● A well-balanced meal requires planning and preparation to provide maximum nutritional value. ● Effective time management and active team collaboration ensure multi-step tasks are completed safely, efficiently and on schedule.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● how to plan and prepare a well-balanced meal utilizing time management. ● how to prevent food-borne illness and kitchen accidents. ● how to plan and execute a nutritious meal in accordance with the FDA-approved government guidelines.

	● how to apply the four c's of cooking (i.e., clean, cook, chill, and prevent cross-contamination) to maintain safe and healthy food preparation practices. ● essential nutrients. ● how to use time management in the kitchen. ● how to purchase food wisely. **Skills:** (Students will be able to…) ● accurately follow a recipe with minimal assistance using fresh, minimally processed ingredients in preparing a well-balanced breakfast. ● accurately read and understand a food label. ● accurately measure wet and dry ingredients using the proper tools. ● operate the stovetop and oven safely and with minimal assistance. ● prepare food items using knife skills to slice, dice, and chop. ● use time management skills in preparing food. ● understand the importance of the 6 essential nutrients.