

**20.40101 FOUNDATIONS OF FAMILY AND CONSUMER  
SCIENCES I**

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## **CORE EMPLOYABILITY SKILLS**

### **BASIC SKILLS**

1. Locates, understands, and interprets written information in a variety of formats, including such documents as manuals, graphs, reports, and schedules.
2. Communicates thoughts, ideas, information, and messages in writing and technologically, and creates documents such as letters, directions, manuals, reports, graphs, and flowcharts.
3. Performs and applies numerical concepts and calculations, and solves problems by choosing appropriately from a variety of mathematical techniques using mental, manual, and technological methods.
4. Receives, interprets, and responds to verbal and nonverbal messages in a manner appropriate to a given situation.
5. Organizes ideas and communicates orally in a clear, concise, and courteous manner.

### **THINKING SKILLS**

6. Specifies goals, objectives, constraints, and supporting factors.
7. Identifies problems, alternative solutions, consequences of alternative solutions, and uses appropriate techniques to resolve given problems.
8. Implements a plan of action making modifications as needed to achieve stated objectives.
9. Uses effective learning techniques to acquire and apply new knowledge and skills.

### **PERSONAL QUALITIES**

10. Assesses self accurately, sets personal goals, monitors progress, and exhibits self-control.
11. Chooses ethical courses of action.
12. Takes initiative to accomplish tasks in a timely manner.
13. Exerts a high level of effort and perseveres towards goal attainment.
14. Demonstrates adaptability, dependability, and responsibility and such social behaviors as tolerance, honesty, empathy, and courtesy.

### **INTERPERSONAL SKILLS**

15. Participates and interacts as a team member and leader.
16. Shares knowledge and skills with others.
17. Performs effectively in various environments with people of different ages, genders, cultures, socio-economic backgrounds, attitudes, and abilities.

18. Works to satisfy customer/client expectations.
19. Uses strategies appropriate to a given situation to prevent and resolve conflicts.

### **RESOURCES**

20. Selects goal-relevant activities, prioritizes them, manages time, and prepares and follows schedules.
21. Uses or prepares budgets, makes projections, keeps records, and makes adjustments to meet objectives.
22. Acquires, stores, allocates, and uses materials and space efficiently.

### **TECHNOLOGY**

23. Prevents, identifies, or solves problems with technical or electronic equipment.
24. Operates and maintains technical equipment and the work environment safely following applicable industry regulations and guidelines.
25. Utilizes a variety of technologies.

### **BUSINESS ASPECTS**

26. Demonstrates understanding of basic economic concepts and how they are applied in business functions and activities.
27. Identifies forms of business ownership.
28. Demonstrates understanding of the scope of a business, its place within an industry, and the interrelationship of its parts.
29. Demonstrates understanding of the individual's role, responsibilities, and relationships in the organizational structure of a business.
30. Maintains safety, health, and environmental standards, and addresses ergonomic concerns.

### **CAREER DEVELOPMENT**

31. Makes potential career decisions based upon interests, abilities, and values and formulates appropriate plans to reach career goals.
32. Demonstrates understanding of the relationship between educational achievement and career planning and how career choices impact family patterns and lifestyle.
33. Demonstrates effective skills for seeking and securing employment.
34. Demonstrates understanding of education and career development as a lifelong learning process which requires preparation for change.

## **20.40101 FOUNDATIONS OF FAMILY AND CONSUMER SCIENCES I**

**PREREQUITE: None**

**LEVEL: 9-12 Grades**

**Foundations of Family and Consumer Sciences I** is an introductory course and includes classroom instruction and laboratory experience. It is designed to include all of the recognized sixteen areas of Family and Consumer Sciences. Emphasis is on: Career, Community, and Family Connections; Consumer and Family Resources; Consumer Services; Early Childhood Education, and Services; Facilities Management and Maintenance; Family; Family and Community Services; Food Production and Services; Food Science, Dietetics, and Nutrition; Hospitality, Tourism, and Recreation; Housing, Interiors and Furnishings; Human Development; Interpersonal Relationships; Nutrition and Wellness; Parenting; and Textiles and Apparel.

Project-based instruction and the integration of Family, Career and Community Leaders of America (FCCLA) provides students with opportunities to utilize higher order thinking, communication, leadership, and management processes, leadership development, personal growth, and school/community involvement.

The opportunity for ninth graders to develop Four-Year Career Plans can be included, based on local curriculum needs.

### **CAREER, COMMUNITY, AND FAMILY CONNECTIONS**

35. Examine potential career choices to determine the knowledge, skills, and attitudes associated with each.
36. Examine goals that support individuals and family members in carrying out community and civic responsibilities.

### **CONSUMER AND FAMILY RESOURCES**

37. Analyze career paths within consumer and family resources.
38. Demonstrate management of individual and family resources, including food, clothing, shelter, health care, recreation, and transportation.
39. Apply management and planning skills and processes to organize tasks and responsibilities.
40. Analyze the relationship of the environment to family and consumer resources.
41. Examine behaviors that conserve, reuse, and recycle resources to maintain the environment.
42. Examine the use of resources in making choices that satisfy needs and wants of individuals and families.
43. Demonstrate management of financial resources to meet the goals of individuals and families across the life span.
44. Examine the need for personal and family financial planning.

### **CONSUMER SERVICES**

45. Analyze career paths within consumer service industries.
46. Investigate consumer programs and services provided by government, public utilities, resource recovery businesses and environmental organizations.
47. Examine the labeling, packaging, and support materials of consumer goods.

### **EARLY CHILDHOOD, EDUCATION, AND SERVICES**

48. Analyze career paths within early childhood, education and services.
49. Utilize developmentally appropriate practices and child development theories when planning for children.

### **FACILITIES MANAGEMENT AND MAINTENANCE**

50. Analyze career paths within facilities management and maintenance areas.
51. Demonstrate sanitation procedures for a clean and safe environment.
52. Demonstrate a work environment that provides safety and security.
53. Demonstrate facilities management functions.

### **FAMILY**

54. Analyze career paths within the family.
55. Examine family as the basic unit of society.
56. Analyze the impact of family as a system on individuals and society.
57. Determine the role of family in transmitting societal expectations.
58. Examine global influences on today's families.
59. Examine the impact of cultural diversity on individuals and families.

### **FAMILY AND COMMUNITY SERVICES**

60. Analyze career paths within family and community services.
61. Examine local, state, and national agencies and informal support resources providing human services.
62. Explore community-networking opportunities in family and community services.
63. Demonstrate professional behaviors, skills, and knowledge in providing family and community services.
64. Identify services for individuals and families with a variety of disadvantaging conditions.

### **FOOD PRODUCTION AND SERVICES**

65. Analyze career paths within the food production and food services industries.
66. Demonstrate selecting, using, and maintaining food production equipment.
67. Demonstrate planning menu items based on standardized recipes to meet customer's needs.

### **FOOD SCIENCE, DIETETICS, AND NUTRITION**

68. Analyze career paths within food science, dietetics, and nutrition areas.
69. Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans.

### **HOSPITALITY, TOURISM, AND RECREATION**

70. Analyze career paths within hospitality, tourism and recreation areas.
71. Demonstrate practices and skills for travel related services.
72. Demonstrate management of recreation.

### **HOUSING, INTERIORS AND FURNISHINGS**

73. Analyze career paths within housing, interiors and furnishing areas.
74. Demonstrate design ideas through visual presentation.
75. Demonstrate computer-aided drafting design skills.

### **HUMAN DEVELOPMENT**

76. Analyze career paths in human growth and development.
77. Analyze factors that impact human growth and development.
78. Determine the impact of social, economic, and technological forces on individual growth and development.
79. Investigate the impact of heredity and environment on human growth and development.

### **INTERPERSONAL RELATIONSHIPS**

80. Analyze career paths in interpersonal relationships.
81. Analyze functions and expectations of various types of relationships.
82. Examine the impact of various stages of family life cycle on interpersonal relationships.
83. Determine factors that contribute to healthy and unhealthy relationships.
84. Explore processes for handling unhealthy relationships.
85. Determine stress management strategies for family, work and community settings.
86. Examine the effect of self-esteem and self-image on relationships.
87. Examine communication styles and their effects on relationships.
88. Demonstrate effective listening and feedback techniques.
89. Examine the impact of communication technology in family, work, and community settings.
90. Determine the roles of decision making and problem solving in reducing and managing conflict
91. Appraise nonviolent strategies that address conflict.
92. Demonstrate teamwork and leadership skills in the family, workplace, and community.
93. Demonstrate ways to organize and delegate responsibilities.

### **NUTRITION AND WELLNESS**

94. Analyze career paths in nutrition and wellness.
95. Analyze factors that influence nutrition and wellness practices across the life span.
96. Appraise sources of food and nutrition information, including food labels, related to health and wellness.
97. Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing food.
98. Evaluate factors that affect food safety, from production through consumption.

### **PARENTING**

99. Analyze career paths in parenting.
100. Evaluate parenting practices that maximize human growth and development.
101. Examine biological processes related to prenatal development, birth and health of child and mother.
102. Analyze roles and responsibilities of parenting.

### **TEXTILES AND APPAREL**

103. Analyze career paths in textiles and apparel.
104. Select appropriate procedures for care of textile products.
105. Examine the ways in which fabric, texture, and pattern can affect visual appearance.
106. Demonstrate skills needed to produce, alter, or repair textiles products and apparel.