

FAMILY AND CONSUMER SCIENCES

LENGTH OF TIME: 23 days, 90 minutes

GRADE LEVEL: 7

COURSE STANDARDS:

Students will:

1. Define terms related to budgeting. (PA Academic Std 11.1.6.B)
2. Identify ways to invest for the future. (PA Academic Std 11.1.6.B)
3. Identify and demonstrate the rights and responsibilities of a consumer. (PA Academic Std 11.1.6.D)
4. Analyze policies that support consumer rights and responsibilities. (PA Academic Std 11.1.6.D)
5. Explain and identify the difference between credit cards and debit cards. (Natl Std 2.6.1, 2.6.2)
6. Demonstrate knowledge on different type of bank accounts. (Natl Std 2.6.1)
7. Analyze and interpret food labels in relation to the food pyramid guidelines. (PA Academic Std 11.3.6.A)
8. Breakdown and calculate the components of a calorie. (PA Academic Std 11.3.6.A)
9. Demonstrate a cost analysis of a food product. (PA Academic Std 11.3.6.C)
10. Model safe and cooperative work habits in the food lab. (PA Academic Std 11.3.6.B, 11.3.6.F)
11. Demonstrate basic skills of food preparation. (PA Academic Std 11.2.6.B, 11.3.6.B)
12. Examine operational costs such as mark ups, mark downs, cash flow, and other factors affecting profit. (Natl Std 2.6.2)
13. Examine the use of resources in making choices that satisfy needs and wants of individuals and families. (Natl 2.6.1, 2.6.2)

RELATED PA ACADEMIC STANDARDS FOR FAMILY & CONSUMER SCIENCES

- 11.1 Financial and Resource Management
 - B. Spending Plan
 - D. Consumer Rights and Responsibilities
- 11.2 Balancing Family, Work and Community Responsibility
 - B. Action Plans
- 11.3 Food Science and Nutrition
 - A. Food Supply
 - B. Safety and Sanitation
 - C. Nutrient Analysis
 - F. Meal Management

RELATED NATIONAL STANDARDS

- 2.6.1 Examine the need for personal and family financial planning.
- 2.6.2 Apply management principles to individual and family financial practices.

PERFORMANCE ASSESSMENTS:

Students will demonstrate achievement of the standards by:

1. Explain terms related to budgeting and applying them to everyday life. (Course Std 1, 6)
2. Design a graph (bar, line, pie, etc.) that illustrates a monthly budget. (Course Std 1, 2)
3. Identifying a personal investment for the future. (Course Std 2)
4. Hypothesize and problem solve about fictional situations and share with personal experiences. (Course Std 3, 4)
5. Identify and interpret a food label. (Course Std 7)
6. Calculate the components of a calorie (fat, protein, and carbohydrate). (Course Std 8)
7. Calculate the material cost to produce one food product and compare it to the store cost. (Course Std 9, 12, 13)
8. Working cooperatively and safely with others. (Course Std 10)
9. Following oral and written directions. (Course Std 10)
10. Preparing healthy, nutritious foods to reflect the food pyramid. (Course Std 7, 8, 10, 11)
11. Compare and contrasts the benefits of a credit card and debit card. (Course Std 5)

DESCRIPTION OF COURSE:

The 7th grade curriculum in Family and Consumer Sciences will develop skills in money management, nutrition and foods with an emphasis on consumer rights and responsibilities. Students will examine and demonstrate the importance of budgeting and investing for the future, cost analysis of food products, and nutritional standards with references to the food pyramid. In addition, the students will continue to develop cooperative and safe work habits as they prepare various foods.

TITLES OF UNITS:

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|--|----------------------|
| 1. Money Management | 9 days/Finance |
| a. Budgeting | |
| b. Investing | |
| c. Consumerism (Rights and Responsibilities) | |
| d. Fraud | |
| 2. Cost Analysis | 2 days/Cost Analysis |
| a. Raw material cost | |
| b. Overhead cost | |
| c. Labor and miscellaneous costs | |
| d. Product Comparison | |
| 3. Nutrition and Foods | 12 days |
| a. Food Pyramid | |
| b. Food Label Analysis | |
| c. Calorie Consumption/Breakdown | |

SAMPLE INSTRUCTIONAL STRATEGIES:

1. Worksheets
2. Class discussions
3. Cooperative learning
4. Modeling – (teacher and student demonstrations)
5. Self evaluation
6. Peer evaluation
7. Magazine/Newspaper articles
8. Small/large group activities
9. Student samples
10. Peer tutor
11. Guest speaker
12. Lab practical

MATERIALS:

1. Building Life Skills, Goodheart-Wilcox Publishing, 2005
2. Teacher made worksheets and information sheets
3. Videos, filmstrips, power points, overheads
4. Magazines and newspaper articles
5. Rubrics
6. Project supplies
7. Recipes (Internet, family, books, magazines)
9. Foods equipment and utensils
10. Posters
11. Food products
12. Internet
13. Brochures

METHODS OF ASSISTANCE AND ENRICHMENT:

1. Cooperative learning groups
2. Specialist assistance
3. Guest speakers
4. Integrated units with other disciplines
5. Internet Access
6. Opportunity for additional assistance during activity time, resource, and after school
7. Community service project

PORTFOLIO DEVELOPMENT:

At the end of 45 days (23 class days), student's portfolio is graded and handed to the student. One worksheet that demonstrates that the student can analyze and interpret written work will be placed in the buildings portfolio for that student.

METHODS OF EVALUATION:

1. Graded class work
2. Worksheets

3. Quizzes and test
4. Rubrics for student's projects; Holistic and Analytic
5. Class participation and preparation
6. Group activities
7. Portfolios
8. Lab practical

INTEGRATED ACTIVITIES:

1. Concepts
 - a. use tools, utensils, and equipment correctly and safely
 - b. develop strategies to best utilize financial resources available
 - c. develop basic budgetary guidelines to reflect financial understanding
 - d. develop basic food preparation skills to reflect healthy eating habits
2. Communication
 - a. listens and understands messages
 - b. responds orally and in writing
 - c. exchange information orally, including instructions, questions and group communications
 - d. produce, perform or exhibit their work
3. Thinking/Problem Solving
 - a. use effective research and information management skills
 - b. analyzes and dissects a problem/develops a solution
 - c. apply concepts in daily life
4. Application of Knowledge
 - a. use and master tools utilized within the classroom
 - b. develop knowledge of injury prevention and treatment
 - c. exhibit skills
 - d. illustrates skills
5. Interpersonal Skills
 - a. demonstrate skills of communications
 - b. work cooperatively with others
 - c. work effectively as group members
 - d. demonstrate leadership skills in groups
 - e. demonstrate ability to listen
 - f. demonstrate ability to follow directions
 - g. illustrates support and concern for others