



FAMILY & CONSUMER SCIENCE

UNIT 1: RELATIONSHIPS & CHILDCARE

- **Section 1.1: Decision Making Skills**
- **Section 1.2: Healthy Relationships & Communication**
- **Section 1.3: Childcare**

Learning Objectives

- Analyze the stages of change model and explain its importance
- Apply the decision making model to your life
- Compose personal goals by using the action plan model
- Analyze strengths and weaknesses of personal decision making skills
- Demonstrate effective communication by utilizing proper speaking skills, listening skills, and body language
- Integrate correct conflict resolution techniques into one's life
- Identify the characteristics that make a relationship healthy
- Change statements to demonstrate positive communication skills
- Demonstrate knowledge of babysitting safety skills
- Recognize skills that should be developed prior to accepting a babysitting job
- List safety precautions parents can take in cars, around water, and at home
- Evaluate whether their home contains potential safety risks for children
- Evaluate articles about babysitting and identify newly learned information

UNIT 2: CONSUMER SCIENCE SKILLS

- **Section 2.1: Food Preparation**
- **Section 2.2: Clothing Textiles**
- **Section 2.3: Living Environment & Design**

Learning Objectives:

- Determine the elements of a proper diet
- Classify food primarily as carbohydrates, proteins, or fats
- Summarize the four main food safety techniques



- Prepare meals using healthier techniques and substitutions
- Create a meal plan for the week and list the needed ingredients
- Discuss basic fashion design concepts
- Apply fashion design concepts when picking an outfit to wear
- Discuss different types of fabrics
- Choose appropriate types of fabric for making clothing
- Demonstrate the proper way to sort and wash clothing
- Apply stain treatment techniques
- Identify various types of clothing stains and how they can be removed
- Discuss basic interior design principles
- Apply interior design principles to arrange and decorate a room
- Discuss organization strategies
- Organize personal belongings
- Discuss the importance of regular, frequent cleaning
- List responsibilities that families share to keep a clean living space
- Create cleaning and organizational goals and describe a plan to complete them

UNIT 3: CONSUMER HEALTH

- **Section 3.1: Money Management**
- **Section 3.2: Medical Management**
- **Section 3.3: Consumer Health**

Learning Objectives:

- Identify basic economic principles
- Describe what a checking account is and how it works
- Identify what credit is and how to obtain a good credit history
- Create a personal financial budget
- Distinguish between wants and needs
- Differentiate between different types of health insurance
- Understand the components of health insurance and how they work



- Understand how to respond in emergencies
- Create a brochure that outlines CPR basics
- Assess whether health information is valid and from a credible source
- Recognize when you have received a good deal on a purchase
- Minimize your risk of becoming a victim of fraud
- Identify how the FTC, BBB, and FDA provide safety to consumers
- Research and identify the mission and goals of several credible health agencies

UNIT 4: HEALTH & SAFETY

- **Section 4.1: Healthy Families**
- **Section 4.2: Household Safety**
- **Section 4.3: Emergency Preparedness**

Learning Objectives:

- Explain healthy hygiene practices and their importance to avoiding illness
- Discuss each area involved in physical wellness
- Assess the benefits of staying physically fit
- Design a poster to identify and explain a healthy habit
- Determine risk factors of specific safety scenarios, predict possible outcomes, and report how to avoid danger
- Examine an accident and analyze the accident chain
- Identify precautions to avoid becoming a victim of violence
- Identify potential hazards in your home and how to avoid injury
- Describe personal safety skills that should be developed
- Apply personal safety skills
- Determine safe actions to maintain personal safety
- Identify three ways to be better prepared for emergencies
- Compare and contrast the differences and similarities between prevention and mitigation



- Identify three types of emergencies and give examples of each
- Recall the steps for performing CPR
- Recite what C-A-B stands for (Compressions, Airway, Breathing)
- Differentiate between adult, child, and infant CPR
- Identify a disaster that may occur in your area and what needs to be done to be prepared

UNIT 5: HOUSE & CAREERS

- **Section 5.1: Buying vs Renting**
- **Section 5.2: Home & Car Maintenance**
- **Section 5.3: Consumer Science Careers**

Learning Objectives:

- Discuss the advantages of renting vs. buying
- Evaluate whether a family might benefit more from renting or buying
- Describe the role of a realtor
- Explain mortgages
- Act out the home buying process
- Compare and evaluate the pros and cons of renting vs buying a home
- Describe the responsibilities associated with home maintenance
- Perform tasks required for home maintenance
- Discuss the responsibilities of car ownership
- Locate resources to learn how to perform car maintenance work
- Complete a home or car maintenance task and evaluate the experience
- Discuss the tasks performed by dietitians
- Describe the requirements to become a dietitian
- Discuss the responsibilities of childcare providers
- Analyze the advantages and challenges of childcare workers and stay at home parents



- Discuss the requirements to become a fashion or interior designer
- Describe the skills and responsibilities of fashion and interior designers
- Identify and compare resources that provide support and education for parents