

Course Number and Title: 5808 Family and Consumer Sciences 1
Career Cluster: Human Services
CIP Code: 190101

Course Description: Family and Consumer Sciences 1 is a comprehensive course designed to provide students with the core knowledge and skills needed to manage their lives. Project based instruction provides students with opportunities to utilize higher order thinking, communication, and leadership skills impacting families and communities. Concepts include interpersonal skills, career, community, and family connections, family well-being, nutrition and wellness, family and consumer resources, human development, and textiles and apparel.

South Carolina State Standards and Indicators

UNIT 1: TOPIC: B. INTERPERSONAL SKILLS

State Standard: B1. Analyze personal character traits that impact interpersonal relationships

Indicators:

1. Analyze qualities that promote positive self-esteem.
2. Identify different emotions.
3. Describe types of interpersonal relationships and their functions.
4. Compare and contrast positive and negative character traits.
5. Describe various communication styles.
6. Explain the importance of effective communication skills.
7. Distinguish between factors that contribute to healthy and unhealthy relationships.
8. Identify various personal role expectations and conflicts.
9. Differentiate the various patterns/styles of adjustment (e.g., accommodations, compromise, concession, hostility).

Unit 2: Topic: C. CAREER, COMMUNITY, AND FAMILY CONNECTIONS

State Standard: C. Investigate knowledge, skills, and attitudes of potential careers.

Indicators:

1. Distinguish between jobs and careers.
2. Develop strategies for selecting a career.
3. Analyze employment requirements.
4. Analyze components of a paycheck (e.g., net vs. gross pay, take-home pay, bonus, deductions, taxes).
5. Create short-and long-term goals.
6. Identify personal priorities.
7. Execute the steps in problem-solving.
8. Demonstrate effective communication skills.
9. Identify interviewing skills.
10. Apply basic technical and academic skills.
11. Investigate FCCLA membership and involvement.

Unit 3: Topic: D. FAMILY WELL-BEING

State Standard: D1. Analyze the effects of cultural and social diversities on individuals and families.

Indicators:

1. Identify phases of the family life cycle.
2. Analyze caring and nurturing environments.
3. Assess the relationship between work and the family.
4. Differentiate various parenting strategies.
5. Compare culturally diverse societies.
6. Identify the impact of stereotyping and opportunity limitations.
7. Differentiate various family structures.
8. Demonstrate ethical decision-making.

Unit 4: Topic: E. NUTRITION AND WELLNESS

State Standard: E1. Analyze factors that affect nutrition and wellness.

Indicators:

1. Identify nutritional guidelines for serving healthy and appealing snacks and meals.
2. Evaluate sources of energy nutrients.
3. Analyze foods using Nutrition Facts Labels.
4. Evaluate safe food handling practices.
5. Demonstrate food preparation techniques.

Unit 5: Topic: F. FAMILY AND CONSUMER RESOURCES

State Standard: F1. Examine resources that meet the needs and wants of consumers.

Indicators:

1. Differentiate between needs and wants.
2. Identify and demonstrate consumer skills.
3. Identify community resources available.
4. Demonstrate money management skills.
5. Identify and implement time management skills.
6. Analyze various housing expenses.
7. Identify types of advertisements.
8. Explore on-line shopping resources.
9. Identify the factors that lead to food and clothing costing methods.
10. Analyze cost cutting strategies.
11. Identify government agencies.

Unit 6: Topic: G. HUMAN DEVELOPMENT

State Standard: G1. Analyze the effects heredity, parenting, and environment on human growth and development.

Indicators:

1. Identify forces that impact personality development.
2. Define the theory of Life Course Development.
3. Explain the stages of the life span.
4. Evaluate parenting practices on human development.
5. Describe the importance of nurturing practices.
6. Explain the process of heredity.
7. Identify the various types of Special Needs.
8. Discuss ways the physical environment affects human growth and development.

Unit 7: Topic: H. TEXTILES AND APPAREL

State Standard: H1. Demonstrate basic skills for producing, repairing, and altering textile and apparel products.

Indicators:

1. Integrate apparel and textiles terminology in discussions, writings, and presentations.
2. Describe safe and unsafe technical practices.
3. Explain the functions of equipment, tools, and supplies.
4. Evaluate types and care of fabrics and fibers.
5. Demonstrate technical skills.