

**Middle School Family and Consumer Science
7th Grade 45 Day Curriculum**

CONTENT STANDARD 1:

Students will integrate knowledge, skills, and practices required for working with textiles.

Demonstrate the safe and appropriate use of sewing tools and equipment.

Identify appropriate step-by-step instructions to complete a project.

Identify appropriate technology to be used in a variety of textile projects.

Demonstrate skills needed to produce, alter, or repair textile products and apparel.

CONTENT STANDARD 2:

Students will develop the knowledge, skills, and practices that strengthen the well-being of individuals and families.

Identify issues related to health and wellness that affect personal choices.

Know the essential money management skills involved in consumer decisions and personal choices.

Identify communication skills that contribute to positive relationships.

Analyze principals of human growth and development across the life span.

**Middle School Family and Consumer Science
7th Grade 45 Day Curriculum**

TEXTILES – 26 Days

Introduction – 1 day (Procedure, classroom management, curriculum overview, grading, pretest)

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Project – 20 days (Sports bag)

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Related Activities – 5 days (cost analysis, mending, laundry, ironing, hemming, hand sewing of buttons)

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PREP FOR LIFE – 19 Days

Developmental Characteristics – 6 days (Family stages, communication, learning, entertainment, nutrition)

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Alcohol – 6 days (Roles of the alcoholic family, resources, and recovery)

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Finance – 6 days (Savings, banking – financial institutions, budgeting, wants/needs, credit cards)

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Post Test - 1 day

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**Middle School Family and Consumer Science
8th Grade 45 Day Curriculum**

CONTENT STANDARD 1:

Students will integrate knowledge, skills, and practices required for food production.

Demonstrate the safe and appropriate use of kitchen tools and equipment.

Know and understand food safety and sanitation procedure.

Identify nutrition issues related to health and wellness.

Demonstrate time management skills related to food preparation, such as lab organization and project completion.

Apply computations related to food, such as receipt math, cost comparisons, and unit pricing.

Read, comprehend and execute a variety of recipes.

CONTENT STANDARD 2:

Students will develop the knowledge, skills, and practices that strengthen the well-being of individuals and families.

Identify issues related to health and wellness that affect personal choices.

Know the essential money management skills involved in consumer decisions and personal choices.

Identify communication skills that contribute to positive relationships.

Analyze principals of human growth and development across the life span.

**Middle School Family and Consumer Science
8th Grade 45 Day Curriculum**

FOOD SCIENCE – 25 DAYS

Introduction – 1 day (Procedure, classroom management, curriculum overview, grading, pretest)

Equipment, Safety, Sanitation – 1 day

Measuring – 1 day (includes demonstration)

Abbreviations, Cooking Math, Terms – 1 day

Recipe Reading and Lab Planning – 1 day

Nutrition and Food Pyramid – 2 days

Label Reading and Cost Analysis – 2 days

Body Image and Eating Disorders – 1 day

Breads Unit – 2 days (Oatmeal pancakes and eggs)

Milk Unit – 2 days (Cream of Potato Soup or Pudding)

Fruit Unit – 2 days (Apple Crisp or Peach Cobbler)

Meat and Vegetable Units – 4 days (Tacos-tortillas, meat, vegetables)

Meal Unit – 4 days (Pizza-yeast bread, sauce, cheese, etc.)

Test – 1 day

PREP FOR LIFE – 20 DAYS

Values/Decision Making – 1 day

Reproductive System – 2 days

Life's Greatest Miracle – 2 days

Contraception – 1 day

Sexually Transmitted Diseases – 1 day

HIV/aids – 1 day

Abusive Relationships and Date Rape – 1 day

Relationships and Dating – 3 days

- **Teen Parenting** (Too Soon For Jeff) – 1 day

Teenage Pregnancy – 3 days

Finance – Purchase Simulation – 3 days

Post Test – 1 day

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