

# Family and Consumer Sciences: Grades 9, 10, 11, 12

Adopted 2007

## FCCLA

### **1.1 Define terms related to Family, Career and Community Leaders of America**

1. Demonstrate knowledge of terms using correct context [1.1.1](#)
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### **1.2 Name reasons for belonging to FCCLA**

1. Relate FCCLA purposes to life applications [1.2.1](#)
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### **1.3 State membership requirement for FCCLA**

1. Participate in membership drive [1.3.1](#)
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### **1.4 Name the organizational levels of FCCLA**

1. Explore activities in each organizational level of FCCLA [1.4.1](#)
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### **1.5 Describe the relationship between the FCCLA organization and the Family and Consumer Sciences Curriculum**

1. Demonstrate how FACS curriculum relate to FCCLA activities [1.5.1](#)
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### **1.6 Describe the FCCLA history, motto, colors, flower, pin, creed, purposes, publication, and national programs including STAR events**

1. Utilize components in FCCLA meetings [1.6.1](#)
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### **1.7 Name the five steps in the process of planning in-depth projects**

1. Develop an individualized project using the process of planning in-depth projects [1.7.1](#)
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### **1.8 Describe benefits of using parliamentary procedure**

1. Demonstrate the use of parliamentary procedure in a simulated chapter meeting [1.8.1](#)
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## Family/Individual Health and Relationships

### **2.1 Define terms related to family/individual health and relationships**

1. Demonstrate knowledge of terms using correct context [2.1.1](#)
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### **2.2 Name characteristics of a positive and a negative self-concept**

1. Describe the effects of self-concept on individual health [2.2.1](#)

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**2.3 Match stages of the individual life cycle with the correct age range**

1. Describe the physical changes which may occur in each stage of the individual life cycle [2.3.1](#)
  2. Describe emotional/social changes that may occur during adolescence [2.3.2](#)
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**2.4 Determine positive and negative habits that effect personal health**

1. Develop an individual plan for healthy living [2.4.1](#)
  2. Describe the effect of harmful substances on the body [2.4.2](#)
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**2.5 State the symptoms of stress**

1. Name positive methods for coping with stress [2.5.1](#)
  2. Determine coping strategies for stress situations [2.5.2](#)
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**2.6 Name types of relationships and provide reasons for establishing meaningful relationships**

1. Describe ways to build and maintain positive relationships [2.6.1](#)
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**2.7 Describe effects of verbal and nonverbal communication upon relationships**

1. Analyze the effects of communication on relationships [2.7.1](#)
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**2.8 Name the steps of conflict resolution**

1. State positive ways to resolve conflicts [2.8.1](#)
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**2.9 Name the types of family structures**

1. Match types of family structures with components of each [2.9.1](#)
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**2.10 Name the influences that may cause a change in family lifestyle**

1. Determine strategies for coping with the influences [2.10.1](#)
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**2.11 Identify types of peer pressure during adolescence**

1. Explain coping skills for dealing with peer pressure [2.11.1](#)
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**2.12 Describe the value of dating**

1. Explain how dating prepares you for long term relationships [2.12.1](#)
  2. Designate socially acceptable behavior for specific occasions [2.12.2](#)
  3. Recognize warning signs of an abusive relationship [2.12.3](#)
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**2.13 Discuss the occupations dealing with relationships**

1. Identify the personality traits for working in relationship areas [2.13.1](#)
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**Housing and Interior Design****3.1 Define terms related to housing**

1. Demonstrate knowledge of terms using correct context [3.1.1](#)

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### **3.2 Name housing choices with the definition of each**

1. Examine the factors to consider when choosing a house [3.2.1](#)
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### **3.3 Name the elements of design**

1. Apply the elements of design as related to housing [3.3.1](#)
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### **3.4 Name principles of design**

1. Apply the principles of design as related to housing [3.4.1](#)
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### **3.5 Name the three classifications of color**

1. Chart colors as warm or cool [3.5.1](#)
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### **3.6 Identify the basic color schemes**

1. Illustrate use of color scheme in decoration of a room [3.6.1](#)
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### **3.7 Select daily, weekly, and occasional household chores needed for home care**

1. Develop a cleaning schedule for a home [3.7.1](#)
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### **3.8 Designate features needed for home safety**

1. Complete a checklist to evaluate safety features in the home [3.8.1](#)
  2. Plan actions to take when natural disasters threaten home safety [3.8.2](#)
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### **3.9 Name ways to apply conservation techniques in the home**

1. Explore ways to conserve energy [3.9.1](#)
  2. Examine benefits of recycling [3.9.2](#)
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### **3.10 Discuss the occupations related to housing**

1. Identify the personality traits needed to work in the area of housing [3.10.1](#)
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## **Clothing and Textiles**

### **4.1 Define terms related to clothing and textiles**

1. Demonstrate knowledge of terms using correct context [4.1.1](#)
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### **4.2 List the factors to consider in clothing selection**

1. Determine factors that affect clothing selection [4.2.1](#)
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### **4.3 Describe ways to create special effects in clothing selection by using the elements and principles of design**

1. Design ways to use element and principle of design in wardrobe selection [4.3.1](#)
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### **4.4 List the characteristics of a well made garment**

1. Evaluate a garment according to construction technique [4.4.1](#)

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#### **4.5 State the guidelines for selection and use of clothing accessories**

1. Demonstrate the guideline for selection and use of clothing accessories 4.5.1
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#### **4.6 Identify care and storage techniques for clothing**

1. Examine labels of garments to determine clothing care 4.6.1
  2. Explain technique for routine care 4.6.2
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#### **4.7 Chart the natural and synthetic fibers with sources of each**

1. Examine positive and negative characteristics of natural and synthetic fibers 4.7.1
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#### **4.8 Apply the factors to consider when selecting a pattern**

1. Summarize the guidelines to consider when selecting a pattern 4.8.1
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#### **4.9 Name the steps in determining pattern type and size**

1. Determine pattern type and size 4.9.1
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#### **4.10 Identify the specific information found on a pattern envelope**

1. Explain the factors to consider when choosing notions 4.10.1
  2. Identify questions to consider when choosing fabric for selected pattern 4.10.2
  3. Calculate yardage for a specific garment 4.10.3
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#### **4.11 Identify basic sewing equipment**

1. Demonstrate the proper use of basic sewing equipment 4.11.1
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#### **4.12 Identify basic pressing equipment**

1. Demonstrate proper use of basic pressing equipment 4.12.1
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#### **4.13 Identify the basic parts of a sewing machine and function of each**

1. Thread a sewing machine and bobbin in correct sequence 4.13.1
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#### **4.14 Name the steps in constructing a simple garment using a pattern**

1. Demonstrate transfer of pattern markings to fabric 4.14.1
  2. Construct a simple garment using a pattern 4.14.2
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#### **4.15 Describe specific hand sewing techniques**

1. Demonstrate hand sewing techniques 4.15.1
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#### **4.16 Describe clothing repair techniques**

1. Demonstrate clothing repair techniques 4.16.1

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#### **4.17 Discuss the occupations related to clothing and textiles**

1. Identify the personality traits needed to work in the area of clothing and textiles 4.17.1
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### **Child Development**

#### **5.1 Define the terms related to child development**

1. Demonstrate knowledge of terms using correct context 5.1.1
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#### **5.2 Describe the basic stages of growth and development**

1. Summarize basic stages of growth and development from prenatal to adolescence 5.2.1
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#### **5.3 List the basic needs of children**

1. Design activities to meet basic needs of children 5.3.1
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#### **5.4 Describe parenting styles**

1. Distinguish between positive and negative guidance techniques 5.4.1
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#### **5.5 Discuss the major parenting responsibilities**

1. List the major responsibilities of a parent 5.5.1
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#### **5.6 Discuss the major responsibilities of a caregiver for children**

1. List the major responsibilities of a caregiver 5.6.1
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#### **5.7 Describe the ways children learn**

1. Examine the ways children learn through play 5.7.1
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#### **5.8 Name the characteristics of safe, educational play materials**

1. Evaluate play materials for young children 5.8.1
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#### **5.9 Explain the health and safety procedures necessary for care and feeding of children**

1. Describe safety procedures for the home 5.9.1
  2. Plan a daily menu for a young child 5.9.2
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#### **5.10 Identify the basic first-aid procedures for common accidents and emergencies**

1. Demonstrate basic first-aid techniques 5.10.1
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#### **5.11 Discuss the occupations related to child development**

1. Identify the personality traits needed for working in this area 5.11.1
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### **Food and Nutrition**

#### **6.1 Define the terms related to food and nutrition**

1. Demonstrate knowledge of terms using correct context 6.1.1

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## **6.2 Name characteristics of a healthy person**

1. Evaluate personal health habits [6.2.1](#)
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## **6.3 Name the basic nutrient groups**

1. Classify the functions of each nutrient [6.3.1](#)
  2. Classify foods according to each nutrient group [6.3.2](#)
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## **6.4 List the food groups in MyPyramid**

1. Categorize specific foods in the correct pyramid band [6.4.1](#)
  2. Chart the daily requirements for food groups in MyPyramid [6.4.2](#)
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## **6.5 Name factors to consider in meal planning**

1. Plan attractive meals [6.5.1](#)
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## **6.6 Describe grocery shopping techniques**

1. List types of grocery stores [6.6.1](#)
  2. List appropriate food storage procedures [6.6.2](#)
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## **6.7 Designate safety and sanitation procedures in the kitchen area**

1. Apply kitchen safety and sanitation procedures [6.7.1](#)
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## **6.8 Identify kitchen appliances**

1. Match kitchen appliances with functions of each [6.8.1](#)
  2. Name the basic guidelines for using a microwave [6.8.2](#)
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## **6.9 Identify basic kitchen utensils**

1. Match basic kitchen utensils with functions of each [6.9.1](#)
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## **6.10 List the information needed on a recipe**

1. Analyze recipes [6.10.1](#)
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## **6.11 List common abbreviations and equivalents used in recipes**

1. Match abbreviation with term [6.11.1](#)
  2. List measurement equivalents [6.11.2](#)
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## **6.12 Describe measuring techniques**

1. Demonstrate measuring techniques [6.12.1](#)
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## **6.13 List basic food preparation terms**

1. Match basic food preparation terms with correct definitions [6.13.1](#)

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**6.14 Describe basic techniques of food preparation**

1. Prepare, serve and evaluate a bread 6.14.1
  2. Prepare, serve and evaluate a nutritious snack 6.14.2
  3. Prepare, serve and evaluate a meat 6.14.3
  4. Prepare, serve and evaluate a vegetable 6.14.4
  5. Prepare, serve and evaluate a dish made from dairy products 6.14.5
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**6.15 Describe types of meal service**

1. Demonstrate types of meal service 6.15.1
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**6.16 Designate the correct procedure for setting a table**

1. Demonstrate procedure for setting a table for a variety of menus 6.16.1
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**6.17 State general rules for acceptable table manners**

1. Practice acceptable table manners 6.17.1
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**6.18 Explain the procedure for preparing and serving a meal in the foods lab**

1. Plan, prepare, serve, and evaluate a meal 6.18.1
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**6.19 Discuss the occupations related to food and nutrition**

1. Identify the personality trait needed for working in the area of food and nutrition 6.19.1
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**Home Management and  
Consumer Education****7.1 Define the terms related to home management and consumer education**

1. Demonstrate knowledge of terms using correct context 7.1.1
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**7.2 Name the steps in the management process**

1. Apply the management process in achieving a sort term goal 7.2.1
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**7.3 Identify examples of human and material resources**

1. Construct a list of human and material resources 7.3.1
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**7.4 Provide techniques for managing resources**

1. Plan ways to manage resources using a computer 7.4.1
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**7.5 Distinguish between needs and wants**

1. Complete a list of needs verses wants 7.5.1
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**7.6 List the steps in developing a financial plan**

1. Examine sources of income 7.6.1
2. Calculate compound interest 7.6.2

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**7.7 Identify basic banking services**

1. Chart services provided 7.7.1

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**7.8 Describe the correct procedure for writing a check**

1. Demonstrate correct procedure for writing a check 7.8.1

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**7.9 List the steps in reconciling a bank statement with personal check register**

1. Reconcile a bank statement with personal check register 7.9.1

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**7.10 List shopping alternatives**

1. Compare and contrast shopping alternatives 7.10.1
2. Demonstrate effective consumer shopping skills 7.10.2

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**7.11 Explain how advertising influences consumer choices**

1. Interpret tactics used in advertising 7.11.1

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**7.12 Name consumer rights and responsibilities**

1. Examine sources of consumer protection 7.12.1

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**7.13 Name the advantages and disadvantages of credit**

1. Examine ways to protect your credit rating 7.13.1
2. Compare and contrast credit card applications 7.13.2

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**7.14 List types of insurance with definition of each**

1. Match types of insurance with definition of each 7.14.1
2. Describe reasons for having insurance 7.14.2

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**7.15 List the occupations in home management and consumer education**

1. Identify the personality traits needed to work in the area of home management and consumer education 7.15.1