

# Introduction to Family and Consumer Sciences (090101)

Apply career-readiness skills and identify potential career opportunities. [HSE.HS.27.1](#)

- a** Summarize the history of Family and Consumer Sciences and the impact of the field on individuals, families, and communities to make connections to current career-ready skills. [HSE.HS.27.1.A](#)
- b** Identify personal traits and compare them with potential career opportunities. [HSE.HS.27.1.B](#)
- c** Investigate career opportunities, including but not limited to careers within Family and Consumer Sciences. [HSE.HS.27.1.C](#)

Apply leadership in family, workplace, and community. [HSE.HS.27.2](#)

- a** Investigate goal setting and resource management. [HSE.HS.27.2.A](#)
- b** Explain leadership styles and the impact of each style on others. [HSE.HS.27.2.B](#)
- c** Demonstrate strategies that utilize the strengths and minimize the limitations of team members. [HSE.HS.27.2.C](#)
- d** Describe the decision-making process. [HSE.HS.27.2.D](#)
- e** Demonstrate leadership skills within the family, workplace, or community. [HSE.HS.27.2.E](#)
- f** Investigate opportunities available for a member of FCCLA and/or Educators Rising. [HSE.HS.27.2.F](#)

Evaluate personal and work relationships. [HSE.HS.27.3](#)

- a** Compare and contrast healthy and unhealthy personal and work relationships. [HSE.HS.27.3.A](#)
- b** Evaluate personal traits and how they can be used to improve relationships. [HSE.HS.27.3.B](#)
- c** Demonstrate effective communication using a variety of delivery methods that can improve personal and work relationships. [HSE.HS.27.3.C](#)
- d** Demonstrate critical thinking and conflict resolution in personal and career settings. [HSE.HS.27.3.D](#)

---

**e Demonstrate inclusive teamwork in the family, workplace, or community.** HSE.HS.27.3.E

---

**Assess the family unit during each stage of the lifespan.** HSE.HS.27.4

**a Identify the stages of development across the lifespan.** HSE.HS.27.4.A

---

**b Categorize milestones of development in the areas of physical, intellectual, emotional, and social across the lifespan.** HSE.HS.27.4.B

---

**c Analyze family as the basic unit of society.** HSE.HS.27.4.C

---

**d Describe the impact of conditions that could influence the well-being of individuals and families.** HSE.HS.27.4.D

---

**Identify careers in counseling, mental health, and human behavior.** HSE.HS.27.5

**a Identify the importance of self-care and self-awareness.** HSE.HS.27.5.A

---

**b Summarize empathy.** HSE.HS.27.5.B

---

**c Examine the influence of cultural and societal issues on mental and emotional health.** HSE.HS.27.5.C

---

**d Connect the role of mental health and counseling to today's society** HSE.HS.27.5.D

---

**Differentiate skills for food preparation and maintaining nutrition and wellness.** HSE.HS.27.6

**a Identify basic food safety and sanitation practices.** HSE.HS.27.6.A

---

**b Demonstrate basic food preparation practices.** HSE.HS.27.6.B

---

**c Create meal plans that utilize food availability and cost effectiveness.** HSE.HS.27.6.C

---

**d Identify basic kitchen equipment and terminology.** HSE.HS.27.6.D

---

**e Analyze effects of personal choices on nutrition and wellness.** HSE.HS.27.6.E

---

**f Identify basic nutrients required for healthy living.** HSE.HS.27.6.F

---

**Apply skills required for fashion construction, housing, and interior design.** HSE.HS.27.7

**a Classify the elements and principles of design.** HSE.HS.27.7.A

---

**b Describe the basic care of different textiles.** HSE.HS.27.7.B

---

**c Compare and contrast design features in fashion and/or interior design.** HSE.HS.27.7.C

---

**d Produce, alter, or repair fashion and apparel items.** HSE.HS.27.7.D

---

**e Apply the principles and elements of design to design a room reflecting personal, family, or community style and needs.** HSE.HS.27.7.E

---

**Explain consumerism and personal finance.** HSE.HS.27.8

**a Identify factors that influence consumer choices.** HSE.HS.27.8.A

---

**b Summarize the rights and responsibilities of consumers.** HSE.HS.27.8.B

---

**c Outline the steps for creating a budget.** HSE.HS.27.8.C

---

**d Describe procedures for using savings and checking accounts.** HSE.HS.27.8.D

---

**e Compare the benefits and costs of credit.** HSE.HS.27.8.E