

Family & Consumer Sciences Investigation

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7/1/2015

2015 – 2016

**Arkansas Department of Career Education
Model Framework**

Course Title: Family & Consumer Sciences Investigation**

Career Cluster: Human Services

Course Number	399080
Credit	Not Applicable
CIP Number	19.0101
Grade Level	7-8
Prerequisite	none
Course Type	Foundation
Teacher Certification	090, 091, 215
CTSO	FCCLA
Facility Requirements	http://arkansasfacilities.arkansas.gov/SchoolFacManual.aspx
Industry Certifications	American Red Cross Babysitter's Certification, CPR Certification

Course Description

Family and Consumer Science Investigation is a one semester course that emphasizes introductory competencies related to personal development, communication, relationships, home environment, nutrition and wellness, food safety and preparation, resource management, child development, and clothing. Students will have an opportunity to fully participate in the CTSO activities of Family, Career, and Community Leaders of America. Upon completion of this course, students will gain skills that will enable them to function more effectively as a family member, community leader, and productive citizen.

2015-16

**Arkansas Department of Career Education
Student Performance Standards**

Course Title: Family & Consumer Science Investigation Course Number: 399080 Course Credit: .5

Course Description: At the completion of the course the student will be able to:

- 1.0 Actively collaborate with others in the leadership and service organization, Family, Career and Community Leaders of America (FCCLA)**
 - 1.1 Investigate FCCLA as a leadership and service organization
 - 1.2 Analyze the benefits of active participation in FCCLA
 - 1.3 Apply the five steps of the FCCLA planning process to develop a service project

- 2.0 Analyze factors that contribute to individual identity, identifying changes that occur during adolescence**
 - 2.1 Investigate changes that occur during adolescence
 - 2.2 Explore personal values, goals, and decision-making strategies that promote personal development

- 3.0 Utilize techniques for effective communication**
 - 3.1 Assess the benefits of practicing effective communication techniques
 - 3.2 Evaluate methods and effectiveness of a conflict resolution process

- 4.0 Investigate behaviors that contribute to successful personal and family relationships**
 - 4.1 Evaluate characteristics of strong relationships
 - 4.2 Research the attributes of strong families

- 5.0 Evaluate the concepts of functionality, safety, and conservation to the home environment**
 - 5.1 Evaluate the need for and benefits of a safe and functional living space
 - 5.2 Assess the need for conservation in the home environment

- 6.0 Determine the personal benefits of making healthy food and nutrition choices**
 - 6.1 Analyze factors that influence food choices
 - 6.2 Develop guidelines for a healthy diet
 - 6.3 Determine the consequences of unhealthy behaviors in adolescents

- 7.0 Incorporate safety and sanitation practices into meal preparation**
 - 7.1 Demonstrate food handling and equipment safety
 - 7.2 Demonstrate food preparation and dining skills

- 8.0 Develop resource management skills**
 - 8.1 Apply management skills for daily living
 - 8.2 Evaluate the need for effective financial management

- 9.0 Investigate child development stages and related safety factors**
 - 9.1 Investigate the developmental tasks of children
 - 9.2 Summarize ways to keep children safe and prevent accidents

- 10.0 Evaluate principles of purchasing and caring for clothing**
 - 10.1 Determine guidelines for buying and caring for clothing
 - 10.2 Evaluate the need for clothing construction skills

- 11.0 Evaluate potential for personal success in careers related to Family and Consumer Sciences**
 - 11.1 Assess personal interest in Family and Consumer Science careers
 - 11.2 Determine the education and training needed for a successful career in Family and Consumer Sciences

Standard 1.0 <i>Actively collaborate with others in the leadership and service organization, Family, Career and Community Leaders of America (FCCLA)</i>		
Performance Indicator 1.1 Investigate FCCLA as a leadership and service organization	CCTC Standards	National FACS Standards
1.1.1 Investigate the origin, history, and influence of FCCLA as a student organization	ED1, ED2, CRP4, CRP6, CRP11	CCFC1.1
1.1.2 Identify reasons for belonging to Family, Career, and Community Leaders of America (FCCLA)	ED1, ED2	CCFC1.1
Performance Indicator 1.2 Analyze the benefits of active participation in FCCLA	CCTC Standards	National FACS Standards
1.2.1 State the requirements for active membership in FCCLA	ED1, ED2, CRP7, CRP11	CCFC1.1
1.2.2 Assess the benefits of actively participating in FCCLA activities such as STAR Events	ED1, ED2, CRP4, CRP6, CRP11	CCFC1.2, CCFC1.3
Performance Indicator 1.3 Apply the five steps of the FCCLA planning process to develop a service project	CCTC Standards	National FACS Standards
1.3.1 Assess the benefits of using the FCCLA planning process		
1.3.2 Design an individualized project using the FCCLA planning process	ED2, ED3	CCFC1.2
Standard 2.0 <i>Analyze factors that contribute to individual identity, identifying changes that occur during adolescence</i>		
Performance Indicator 2.1 Investigate changes that occur during adolescence	CCTC Standards	National FACS Standards
2.1.1 Research the physical, intellectual, social and emotional development of adolescents	ED2, HU-EC3, HU-EC7	EEC4.5, EEC4, P15.1
2.1.2 Identify typical adolescent behaviors, exploring possible causes		
2.1.3 Differentiate between positive and negative peer pressure , evaluating the roles of prejudice and stereotyping		IR13.1, IR13.4
2.1.4 Investigate positive coping mechanisms for dealing with peer pressure	HU2	IR13.1

Performance Indicator 2.2 Explore personal values, goals, and decision-making strategies the promote personal development	CCTC Standards	National FACS Standards
2.2.1 Prioritize personal values , differentiating between needs and wants	HU3	F6.2
2.2.2 Develop a strategy for achieving personal goals	HU3	IR13.2
2.2.3 Investigate factors that influence self-esteem and personal character development	CRP2, CRP6	CCFC1
2.2.4 Apply the steps in the decision making process, evaluating possible consequences of making poor decisions	CRP2, CRP6	CFR2.4
Standard 3.0 <i>Utilize techniques for effective communication</i>		
Performance Indicator 3.1 Assess the benefits of practicing effective communication techniques	CCTC Standards	National FACS Standards
3.1.1 Demonstrate effective verbal and non-verbal communication skills	HU3, HU-EC1	IR13.3
3.1.2 Differentiate between active and passive listening	ED2	IR13.1
3.1.3 Identify barriers to effective communication, such as gossip	CRP4, CRP8	IR13.4
Performance Indicator 3.2 Evaluate methods of conflict resolution	CCTC Standards	National FACS Standards
3.2.1 Distinguish between positive and negative methods of conflict resolution	ED5	IR13.4
3.2.2 Evaluate the harmful effects of bullying and cyberbullying		EEC4.4, FMM5.5
3.2.3 Research effective ways to deal with bullies and bullying	HU-FAM5	IR13.6

Standard 4.0 <i>Investigate behaviors that contribute to successful personal and family relationships</i>		
Performance Indicator 4.1 Evaluate characteristics of strong relationships	CCTC Standards	National FACS Standards
4.1.1 Identify skills that build strong relationships	CRP2, CRP6	IR13, IR13.3
4.1.2 Analyze techniques for making and keeping relationships, assessing the benefits of maintaining strong relationships	ED2, CRP2, CRP6	IR13.2, IR13.4, IR13.6
Performance Indicator 4.2 Research the attributes of strong families	CCTC Standards	National FACS Standards
4.2.1 Assess the family dynamics of a variety of family structures	ED2	F6.2
4.2.2 Evaluate the characteristics of a strong, functional family	CRP2, CRP6	IR13.3
4.2.3 Assess individual roles and responsibilities at different stages of the family life cycle	ED2	F6.1
4.2.4 Predict possible life changes , identifying coping strategies for each	HU-FAM2	FCS7.4
Standard 5.0 <i>Evaluate the concepts of functionality, safety, and conservation to the home environment.</i>		
Performance Indicator 5.1 Evaluate the need for and benefits of a safe and functional living space	CCTC Standards	National FACS Standards
5.1.1 Assess factors to consider when organizing personal living space	HU1, CRP6	HID11.3, HID11.7
5.1.2 Justify the need for maintaining a clean and orderly home	HT-LOD2, CRP5	FMM5.3
5.1.3 Evaluate safety precautions that contribute to home security	FAM4, HU-FAM5	HID11.6
Performance Indicator 5.2 Assess the need for conservation in the home environment	CCTC Standards	National FACS Standards
5.2.1 Differentiate between conservation and recycling		

5.2.2 Define the term recycle , assessing the benefits of recycling	HU2, CRP5	HID11.2, HID 11.9
Standard 6.0 <i>Determine the personal benefits of making healthy food & nutrition choices</i>		
Performance Indicator 6.1 Analyze factors that influence food choices	CCTC Standards	National FACS Standards
6.1.1 Research the ways culture, tradition, and availability affect food choices	ED2, CRP4, CRP6, CRP7	NW14.1, NW14.2
6.1.2 Assess the benefits of making healthy life-style choices	ED1, ED2, CRP4	NW14.1, FSDN9.3
Performance Indicator 6.2 Develop guidelines for a healthy diet	CCTC Standards	National FACS Standards
6.2.1 Investigate the role calories play in maintaining health and wellness	ED1, ED2, CRP4	NW14.1, FSDN9.3
6.2.2 Investigate the six basic nutrient groups and the primary function of each	ED1, ED2	NW14.1, FSDN9.3
6.2.3 Evaluate the need for Dietary Guidelines for Americans	CRP2, CRP6	NW14.1, FSDN9.2
Performance Indicator 6.3 Determine the consequences of unhealthy behaviors in adolescents	CCTC Standards	National FACS Standards
6.3.1 Assess the harmful effects of eating disorders	ED2, CRP4	NW14.2
6.3.2 Investigate the harmful effects of substance abuse	ED1, ED2	NW14.2
Standard 7.0 <i>Incorporate safety and sanitation practices into meal preparation</i>		
Performance Indicator 7.1 Demonstrate food handling and equipment safety	CCTC Standards	National FACS Standards
7.1.1 Develop safety and sanitation procedures to observe during handling, preparation, and storage of food	HT-RFB1	NW14.5, FSD9.2
7.1.2 Identify the basic kitchen equipment used to plan and prepare a food lab	HU-CSM2	FPS8.2

Performance Indicator 7.2 Demonstrate food preparation and dining skills	CCTC Standards	National FACS Standards
7.2.1 Identify abbreviations commonly used in a recipe	HT3, CRP1, CRP4	HTR10.3 HTR10.4
7.2.2 Calculate basic measurements and their equivalents	HT3, CRP1, CRP4	HTR10.3 HTR10.4
7.2.3 Apply concepts related to food handling and preparation to prepare foods		
7.2.4 Assess the need for proper etiquette	HT3, CRP1, CRP4	HD12.1 IR13.3
Standard 8.0 Develop resource management skills		
Performance Indicator 8.1 Apply management skills for daily living	CCTC Standards	National FACS Standards
8.1.1 Differentiate between human and non-human resources	HU-CSM6	CFR2
8.1.2 Practice effective time management techniques	FCS7	CFR2.1
Performance Indicator 8.2 Evaluate the need for effective financial management	CCTC Standards	National FACS Standards
8.2.1 Assess the benefits of developing and following a personal spending plan	FCS7.2	CFR2.5, CFR2.6
8.2.2 Analyze factors that influence buying decisions	FCS7.2	CFR2.6
Standard 9.0 Investigate child development stages and related safety factors		
Performance Indicator 9.1 Investigate the developmental tasks of children	CCTC Standards	National FACS Standards
9.1.1 Identify and describe the stages and ages of child development	HU-EC1, HU-EC7	EEC4.2, EEC4.3
9.1.2 Describe the five areas of development	HU-EC1, HU-EC7	EEC4.2, EEC4.3
9.1.3 Research the ways in which play contributes to overall development	HU-EC1, HU-EC7	EEC4.2, EEC4.3

Performance Indicator 9.2 Summarize ways to keep children safe and prevent accidents	CCTC Standards	National FACS Standards
9.2.1 Identify safety practices for each stage of child development	HU-EC5	EEC4.4
9.2.2 Recommend ways to handle emergencies when caring for children	CRP2, CRP6	EEC4.4
Standard 10.0 Evaluate principles of purchasing and caring for clothing		
Performance Indicator 10.1 Determine guidelines for buying and caring for clothing	CCTC Standards	National FACS Standards
10.1.1 Critique the characteristics of quality clothing	CRP4	CFR2, TFA16.2, TFA16.5
10.1.2 Evaluate age-appropriate dress for specific occasions	CRP6	TFA16.3
10.1.3 Develop basic guidelines for clothing care	CRP2	TFA16.4
Performance Indicator 10.2 Evaluate the need for clothing construction skills	CCTC Standards	National FACS Standards
10.2.4 Assess the benefits of altering and mending garments		
10.2.4 Construct a simple sewing project	CRP2, CRP6	TFA16.4
Standard 11.0 Evaluate potential for personal success in careers related to Family and Consumer Science		
Performance Indicator 11.1 Assess personal interest in Family and Consumer Science careers	CCTC Standards	National FACS Standards
11.1.1 Evaluate individual interest in the area of Family & Consumer Sciences	CRP10	TFA16.1
11.1.2 Research careers of interest in the area of Family and Consumer Science careers	CRP10	TFA16.1

Performance Indicator 11.2 Determine the education and training needed for a successful career in Family and Consumer Sciences	CCTC Standards	National FACS Standards
11.2.1 Assess the earning potential of a variety of entry-, mid-, and upper-level careers in Family and Consumer Science		
11.2.3 Demonstrate knowledge of the career-planning process in identifying a potential career		