Family & Consumer Ed. (Grade 7)

Course Description:
The curriculum for this course is developed from the Wisconsin State Standards for Family and Consumer Science. This course is required for all 7th grade students for 9 weeks. The foods unit provides an introduction to safety and sanitation practices, food preparation procedures, consumer knowledge, and nutrition, In the Sewing unit, students gain knowledge in caring for their clothing properly and how to sew by creating a project. Grades are determined by quizzes, tests, projects and daily work. The information in this course overview outlines what students should understand and be able to do by the end of the 9-weeks.

Mastery Standards:

Demonstrate proper usage of common cooking tools and equipment. (FPS1.c5.m)

Apply measurement skills using a class recipe. (FPS1.e.14.m)

Use cooking tools and equipment needed to prepare a class recipe. (FPS1.c.8m)

Practice proper storage of food FSDN1.b.14.m

Explore food borne illness and discover ways to reduce the spread of microorganisms.. (FSDN1.b.9.m)

Prepare food products. (FPS1.e.15.m-21m)

Recognize healthy food choices. (EC1.g.2.m)

Utilize nutrition standards and guidelines from recommended intake in analyzing safe and nutritious food for individuals and families. (CRF1.a.9.m)

Identify equipment and terminology used in fashion and apparel construction. (TFA1.d.3.m)

Demonstrate skills for using sewing equipment by constructing a single item in a class project. (TFA1.d.1.m)

Unit	Description of Unit and Learning Targets
Unit Title: Safety and Sanitation Essential Questions: ● What are the basic principles and skills of safe cooking?	Students will… Learning Targets: ● I can demonstrate food safety practices ● I can demonstrate proper usage of common cooking tools and equipment. I can evaluate factors that affect food safety from production through consumption. ● I can create a product that is safe to consume using proper sanitation.
Unit Title: Measuring Essential Questions: ● How does proper measuring lead to a	Students will… Learning Targets: ● I can apply measurement skills in a class recipe.

consistent product?	
Unit Title: Nutrition Essential Questions: ● How can a health conscious consumer determine what products to purchase? ● How can knowledge of nutrition concepts assist students in making informed choices regarding your lifestyles.	Students will… Learning Targets: ● I can critically analyze dietary habits related to health and how they may affect body weight and long term health. ● I can evaluate the usefulness and credibility of nutrition information available online and in the media. ● I can research healthy diets and make recommendations for healthy living. ● I can evaluate and analyze my personal intake according to the dietary guidelines and MyPlate.
Unit Title: Food Preparation Essential Questions: ● How does science and technology impact food? ● What skills are needed to cook a balanced meal. ● In what way does culture contribute to the ethnic diversity of foods in the United States?	Students will… Learning Targets: ● I can prepare food products ● I can identify the sources and functions of nutrients and apply appropriate food preparation techniques to foods high in these nutrients. ● I can discuss how science is related to nutrition and food preparation. ● I can identify procedures that affect quality products ● I can create a product that is safe to consume using proper sanitation. ● I can prepare different foods using creativity in my planning and cooking techniques. ● I can explain how preparation of food products in an individual's home is influenced by culture?
Unit Title: Textiles Essential Questions: ● What sewing skills and experiences can be used for life? ● What influences clothing choices? ● How would I construct a basic sewing project?	Students will... Learning Targets: ● I can demonstrate skills needed to produce, alter, or repair textiles products and apparel. ● I can construct a simple project using a sewing machine. ● I can demonstrate skills for using equipment by constructing a single item in a class project. ● I can demonstrate sewing safety procedures. ● I can prioritize resources, equipment and tasks