

# Family & Consumer Science ELOs:

## 7<sup>th</sup> Grade F/CS

Students will:

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## 8<sup>th</sup> Grade F/CS

Students will:

- Demonstrate their ability to thread a needle, sewing a straight stitch and using a sewing machine.
- Read and interpret simple sewing patterns.
- Complete a variety of sewing projects, showcasing mastery of different stitches and techniques.
- Demonstrate knowledge of basic child health and safety practices.
- Demonstrate proper kitchen safety procedures.
- Understand the principles of food sanitation and hygiene.
- Follow recipes accurately and adapt them as needed.

## 8<sup>th</sup> Grade Health

Students will:

- Demonstrate an understanding of the human body and its systems.
- Comprehend the principles of nutrition and maintain a balanced diet.
- Explain the importance of regular physical activity and its impact on overall health.
- Recognize signs of mental health issues and understand the importance of seeking help.
- Demonstrate effective communication skills in various social contexts.
- Students will exhibit responsible use of technology, particularly in relation to health and safety.
- Comprehend the reproductive system and its functions.
- Understand the concept of consent and practice responsible decision-making in relationships.
- Students will engage in health promotion activities, advocating for positive change.

## 10<sup>th</sup> Grade Health

Students will:

- Demonstrate knowledge of the impact of physical activity on overall well-being.
- Identify common stressors and coping mechanisms.
- Understand the importance of seeking help for mental health issues.
- Understand the characteristics of healthy relationships.
- Describe the anatomy and physiology of the reproductive system.
- Understand the concepts of consent, contraception, and sexually transmitted infections.
- Understand the risks and consequences of substance abuse.
- Demonstrate basic first aid skills.
- Analyze and evaluate media messages related to health and wellness.

## Intro to Foods

Students will:

- Describe and demonstrate safety and sanitation practices used in food preparation.
- Describe food terminology and proper measuring while demonstrating basic food preparation techniques in the kitchen.
- Demonstrate the ability to read a recipe and adjust the yield.
- Contribute constructively to project teams, assuming various roles and responsibilities to work effectively toward a common goal.
- Calculate and analyze food-cost.
- Demonstrate proficiency in various areas of savory and baking and pastry production.

## Food Science

Students will:

- Explore the use of new technologies and techniques in food production.
- Apply research skills to investigate food science topics.
- Analyze and critically evaluate scientific literature in the field.
- Interpret food labels and understand regulatory requirements.
- Demonstrate awareness of food labeling laws and their implications.
- Understand the role of sensory analysis in product development.
- Understand the function of various ingredients in food formulation.
- Evaluate factors affecting food quality, including sensory attributes.
- Understand the chemical composition of major food components (carbohydrates, proteins, lipids, vitamins, minerals).

## **Advanced Foods**

Students will:

- Analyze career paths within the food production and food services industries.
- Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
- Demonstrate food safety and sanitation procedures.
- Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
- Demonstrate the concept of internal and external customer service.
- Contribute constructively to project teams, assuming various roles and responsibilities to work effectively toward a common goal.
- Demonstrate the importance of customer service and how to provide a quality experience for the guest.
- Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.

## **Child Development**

Students will:

- Compare and contrast historical and current childhood education perspectives, theories, program types, and philosophies.
- Describe the development of children from conception through the age of five in physical, social, emotional, and intellectual domains.
- Describe strategies used to promote the health, safety, and nutrition of children and adults in prenatal through early childhood settings.
- Analyze the roles and responsibilities of parenting.
- Identify age-appropriate milestones at ages and stages from conception through age six.
- Identify the positive and negative consequences of choices that parents make.
- Examine the realistic cost associated with raising a child.
- Identify careers related to Child Development.
- Identify differences in physical, emotional, social spiritual, and intellectual development.

## **Medical Terminology**

Students will:

- Break down medical terms into their basic components (prefixes, root words, suffixes).
- Construct and analyze medical terms to understand their meanings.
- Demonstrate an understanding of anatomical terms and directional references.
- Identify and define terms related to body systems, organs, and tissues.
- Interpret common medical abbreviations appropriately and accurately.
- Understand the importance of accurate medical documentation.