

# Family and Consumer Sciences

Family and Consumer Sciences is a one-credit course that serves as the foundation course for the Human Services cluster, except for the Personal Care Services pathway. Course content provides opportunities for students to explore the core content included in the Family Studies and Consumer Sciences; Early Childhood Development and Services; Fashion; Interior Design; Food, Wellness, and Dietetics; and Consumer Sciences pathways. Major topics are marriage and family life, parenting and caregiving, consumer services, apparel, housing, food and nutrition, and technology and careers. This course is not a prerequisite for courses included in all pathways within the cluster; however, students are encouraged to take the course before entering a pathway.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

## Foundations

Students will:

1. Apply mathematical, reading, writing, critical and creative thinking, decision-making, and problem-solving skills to effectively perform the work of the family and provide services to consumers.
2. Explain the impact of goal setting and teamwork on personal, family, work, and community life.
  - Recognizing the importance of FCCLA programs
3. Describe qualities of healthy relationships, including effective communication skills, conflict resolution techniques, and refusal skills.

## Marriage and Family

4. Describe stages of the family life cycle and issues that influence family life at each stage.
  - Explaining the significance of the dating and engagement period
5. Interpret customs, traditions, and legislation that affect marriage and family life.
6. Evaluate the impact of demands in the home, workplace, and community on marriage and family life.

## Parenting and Caregiving

7. Determine characteristics of a quality caregiver.
8. Evaluate the impact of parenting roles on the well-being of the child and family.
  - Determining physical, mental, emotional, and social needs of children

## Consumer Sciences

9. Describe consumer issues related to meeting needs and wants of individuals and families.
  - Examples: budgeting, establishing credit, purchasing insurance, investing and saving, reporting taxes
10. Interpret rights and responsibilities of consumers.
  - Proposing alternative solutions for filing a consumer complaint
  - Comparing advertising techniques used to influence consumers

## Apparel

11. Determine elements and principles of design used in selecting apparel and accessories.
12. Compare methods for the care and storage of apparel and accessories.
13. Demonstrate basic sewing techniques.
  - Utilizing sewing equipment in a safe and correct manner

## Housing

14. Evaluate housing options, living space, and storage space to meet individual and family housing needs across the life span.
15. Demonstrate the selection and placement of furniture, accessories, and equipment using elements and principles of design in the home to meet individual and family needs.

## Food and Nutrition

16. Compare the nutritive value and cost of restaurant meals to home-cooked meals.
17. Demonstrate food preparation using safe and correct use of equipment and sanitation practices.
  - Identifying a variety of table settings and appropriate etiquette for various occasions
18. Demonstrate skill in planning, preparing, serving, and storing food.

## Technology and Careers

19. Evaluate the impact of technology on the family.
  - Determining the impact of technology on services provided to consumers
20. Determine factors to be considered in the development of an effective career plan.
  - Describing procedures for obtaining employment in careers related to family and consumer sciences and human services