Arkansas CTE

Family and Consumer Science Investigation: Grades 7, 8

Adopted 2007

Family, Career and Community Leaders of America

1.1 Define FCCLA terms

1. Apply terminology in correct context 1.1.1

1.2 Name reasons for belonging to FCCLA

1. Demonstrate leadership in FCCLA activities 1.2.1

1.3 Describe the FCCLA history, motto, mission, colors, flower, creed, purposes, publications, and national programs (including STAR events)

1. Utilize these components in FCCLA meetings 1.3.1

1.4 Name the five steps of the FCCLA planning process

1. Develop an individualized project using the FCCLA planning process 1.4.1

1.5 State the requirements for active membership in FCCLA

1. Participate in a membership drive 1.5.1

Personal Development

2.1 Define personal development terms

1. Apply terms in correct context 2.1.1

2.2 Identify physical, intellectual, social, and emotional changes during adolescence

1. Analyze adolescent behaviors according to physical, intellectual, social, or emotional categories 2.2.1

2.3 Identify personal values

1. Prioritize personal values 2.3.1

2.4 Name factors that influence self-esteem and personal character development

1. Display positive qualities of self-esteem and character 2.4.1

2.5 List guidelines for achieving personal goals

1. Outline a plan for achieving a personal goal 2.5.1

List the steps of the decision making process

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1. Apply the steps of the decision making process to solve a personal problem 2.6.1

2.7 Explore careers which require the application of knowledge and skills related to personal development

1. Evaluate individual interest in careers related to personal development 2.7.1

Family Relationships

3.1 Define family relationships terms

1. Apply terms in correct context 3.1.1

3.2 Identify major types of family structures: blended, extended, nuclear or single-parent

1. Examine personal family structure 3.2.1

3.3 Identify characteristics of a strong, functional family

1. Practice behaviors that will contribute to a strong, happy family 3.3.1

3.4 Name the family life cycle stages: beginning, parenting, launching, retirement

1. Examine family roles and responsibilities related to each stage 3.4.1

3.5 Name life changes that could impact family life

1. Plan coping strategies for specific life changes 3.5.1

3.6 Explore careers which require the application of knowledge and skills related to family relationships

1. Evaluate individual interest in careers related to family relationships 3.6.1

Relationships

4.1 Define relationship terms

1. Apply terms in correct context 4.1.1

4.2 Specify skills that build strong, effective relationships

1. Recognize benefits of strong relationships 4.2.1

4.3 Describe effective communication skills

1. Demonstrate effective verbal and non-verbal communication skills 4.3.1
2. Examine barriers which hinder communication 4.3.2

4.4 Name qualities of a good friend

1. Analyze techniques for making and keeping friends 4.4.1

4.5 Compare positive and negative peer pressure

1. Determine techniques for coping with peer pressure 4.5.1

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4.6 List methods of conflict resolution

1. Distinguish between positive and negative methods of conflict resolution 4.6.1

4.7 Explore careers which require the application of knowledge and skills related to personal relationships

1. Evaluate individual interest in careers related to personal relationships 4.7.1

Home Environment

5.1 Define home environment terms

1. Apply terms in correct context 5.1.1

5.2 List housing options

1. Compare advantages and disadvantages of housing options 5.2.1

5.3 Determine factors to consider when arranging personal living space

1. Design a bedroom to meet personal needs 5.3.1

5.4 State advantages of maintaining a clean, orderly home

1. Perform tasks that contribute to a clean, orderly home 5.4.1

5.5 Designate safety precautions that keep a home safe and secure

1. Design a home security plan 5.5.1
2. Create an emergency exit plan 5.5.2

5.6 Describe the use of technology in the home

1. Develop Internet safety guidelines 5.6.1

5.7 Explain the benefit of conservation and recycling in the home environment

1. Participate in a conservation/recycling activity 5.7.1

5.8 Explore careers which require the application of knowledge and skills related to housing and/or the home environment

1. Evaluate individual interest in careers related to housing and/or the home environment 5.8.1

Nutrition and Wellness

6.1 Define nutrition and wellness terms

1. Apply terms in correct context 6.1.1

6.2 List factors that influence food choices

1. Research food choices related to culture, tradition, and availability 6.2.1

6.3 Discuss reasons why calories are important

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1. Compare nutrient-dense and empty calorie food choices 6.3.1
2. Calculate daily calorie needs to maintain a healthy weight 6.3.2

3. Predict the outcome of excessive/inadequate calorie intake 6.3.3

6.4 List the six basic nutrients and the function of each

1. Illustrate food sources for each of the six basic nutrients 6.4.1

6.5 List the six food groups in MyPyramid

1. Categorize food items into the correct pyramid band 6.5.1
2. Analyze dietary guidelines as related to MyPyramid 6.5.2

6.6 Name the major eating disorders affecting adolescents

1. Examine causes, symptoms, and health problems associated with anorexia and bulimia 6.6.1

6.7 Describe the effects of high-risk behaviors in adolescence

1. Develop strategies to avoid harmful substances 6.7.1
2. Develop strategies to avoid high-risk behaviors 6.7.2

6.8 Recognize benefits of healthy life-style choices

1. Develop a life-style plan which includes: stress management strategies, exercise, rest and relaxation 6.8.1

6.9 Explore careers which require the application of knowledge and skills related to nutrition and wellness

1. Evaluate individual interest in careers related to nutrition and wellness 6.9.1

Food Safety and Preparation

7.1 Define terms related to food safety and food preparation

1. Apply terms in correct context 7.1.1

7.2 Designate safety and sanitation procedures to observe during storage and preparation of food

1. Analyze a hazardous kitchen 7.2.1
2. Demonstrate safe and sanitary practices in the foods lab 7.2.2

7.3 Identify basic kitchen equipment

1. Use equipment, utensils, and appliances correctly 7.3.1

7.4 Match abbreviations with the correct word

1. Analyze abbreviations used in simple recipes 7.4.1

7.5 Match equivalents with the correct measurement

1. Calculate basic measurement equivalents 7.5.1

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List characteristics of nutritious snacks

1. Plan and prepare a nutritious snack 7.6.1

7.7 State general rules for acceptable table manners

1. Practice acceptable table manners 7.7.1
2. Demonstrate a basic table setting 7.7.2

7.8 Explore careers which require the application of knowledge and skills related to food safety and food preparation

1. Evaluate individual interest in careers related to food safety and food preparation 7.8.1

Resource Management

8.1 Define terms related to resource management

1. Apply terms in correct context 8.1.1

8.2 Name types of resources: human and material

1. Sort resources by category: human or material 8.2.1

8.3 Designate techniques for effective time management

1. Develop a personal time management plan which includes adequate time for study 8.3.1

8.4 List sources of income

1. Analyze a sample paycheck 8.4.1

8.5 Name common banking services

1. Demonstrate proper check writing skills 8.5.1
2. Develop a personal spending plan 8.5.2
3. Evaluate advantages and disadvantages of credit 8.5.3

8.6 List factors which influence buying decisions

1. Analyze the influence of advertising on impulse purchases 8.6.1

8.7 Explore careers which require the application of knowledge and skills related to resource management

1. Evaluate individual interest in careers related to resource management 8.7.1

Child Development

9.1 Define child development terms

1. Apply terms in correct context 9.1.1

9.2 List stages of child development

1. Chart developmental tasks of children at various stages 9.2.1

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9.3 List five areas of development: Emotional, Intellectual, Moral, Physical and Social

1. Categorize activities according to the area of development `9.3.1`

9.4 Explain value of play for children

1. Select play activities suitable for children of various ages `9.4.1`

9.5 List ways to keep children safe

1. Analyze age appropriate toys for children `9.5.1`
2. Recommend ways to handle emergencies when caring for children `9.5.2`
3. Develop a plan for childproofing a home `9.5.3`

9.6 Explore careers which require the application of knowledge and skills related to child development

1. Evaluate individual interest in careers related to child development `9.6.1`

Clothing

10.1 Define clothing terms

1. Apply terms in the correct context `10.1.1`

10.2 Specify characteristics of quality clothing

1. Judge garment quality `10.2.1`

10.3 Describe appropriate dress for specific occasions

1. Plan clothing for specific occasions `10.3.1`

10.4 Select basic guidelines for clothing care

1. Demonstrate simple clothing repair `10.4.1`
2. Analyze clothing care label `10.4.2`

10.5 Explore careers which require the application of knowledge and skills related to clothing

1. Evaluate individual interest in careers related to clothing `10.5.1`