Arkansas CTE

Family and Consumer Sciences (493080) (2020)

Assess the importance of making positive choices for your family, health, and relationships. 2.0	**1** Investigate the factors that contribute to individuality. 2.1.1
	2 Evaluate how one's self-concept affects individual health. 2.1.2
	3 Analyze functions and expectations of various types of relationships, citing reasons for establishing meaningful positive relationships. 2.1.3
	4 Evaluate the role proper etiquette plays in establishing and maintaining personal and professional relationships. 2.1.4
	5 Assess ways to build and maintain positive relationships, evaluating the effects of positive and negative communication. 2.1.5
	6 Apply the concepts of compromise, mediation, and tolerance to the conflict resolution process. 2.1.6
	7 Investigate effective coping skills when dealing with peer pressure and cliques. 2.1.7
	8 Assess the purpose and benefits of dating, examining unhealthy dating behaviors. 2.1.8
Assess how family structure influences the dynamics of the family. 2.2	**1** Analyze different family structure effects on individuals and society. 2.2.1
	2 Assess potential changes to the family that might influence the structure or function of the family unit. 2.2.2
Assess individual characteristics and needs associated with each stage of the individual life cycle. 2.3	**1** Classify the stages of the individual life cycle, evaluating the primary physical, emotional, and social needs of the life cycle. 2.3.1
	2 Evaluate the primary physical, emotional, and social needs at each stage of the life cycle. 2.3.2
Investigate health and wellness challenges that im	**1** Assess how a person's health may be impacted by personal habits. 2.4.1
	2 `valuate the effects of drug and substance abuse on the individual and ociety. 2.4.2

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	4 Summarize the symptoms of stress, identifying positive coping mechanisms. 2.4.4
Analyze housing choices available for individuals and families. 3.0	1 Evaluate housing choices 3.1.1
Apply the elements and principles of design to housing. 3.2	1 List and recognize the elements of design as related to housing 3.2.1
	2 Distinguish between warm and cool colors, identifying shades and tints of primary, secondary, and tertiary (intermediate) colors. 3.2.
Investigate factors that affect clothing selection. 4.1	1 Identify factors that influence clothing selection. 4.1.1
	2 Create illusion in clothing using the elements and principles of design. 4.1.2
Summarize methods for proper care and storage of clothing 4.2	1 Compare and contrast techniques for caring for natural and synthetic fibers. 4.2.1
	3 Demonstrate common clothing repair techniques. 4.2.3
Create a simple garment using a pattern. 4.3	1 Identify garment construction terminology and techniques. 4.3.1
	2 Identify the basic parts of a sewing machine 4.3.2
	4 Prepare fabric for construction 4.3.4
	5 Demonstrate the proper use of basic sewing equipment. 4.3.5
Investigate the stages of child development and factors affecting play. 5.1	1 Differentiate between the stages of growth and development, including conception and prenatal development. 5.1.1
	2 Evaluate the value of play in promoting social and emotional development 5.1.2
	3 Critique the safety and ageappropriateness of play materials and activities for young children. 5.1.
Investigate the responsibilities of being a parent or caregiver. 5.2	1 Evaluate ways parents may meet basic needs of children through support systems for parents and families. 5.2.1
	2 Evaluate parenting effects on human growth and development. 5.2.2
	3 List the major responsibilities of a caregiver/babysitter. 5.2.3
Ex fac the physical	)escribe safety procedures for the home. 5.3.1

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development of children. 5.3	2	Plan a daily menu for a young child. 5.3.2
	3	Research childhood immunizations. 5.3.
Analyze the effect of nutrition on overall health. 6.1	1	Identify the 6 nutrient groups, classifying foods according to nutrient content. 6.1.1
	2	Investigate the dietary needs across the life span. 6.1.2
	3	Compare and contrast anorexia and bulimia. 6.1.
Develop a well-balanced, appealing, and cost-effective meal plan. 6.2	1	Name factors to consider in meal planning 6.2.1
	2	Assess the need for a variety of place and table settings. 6.2.2
	3	Critique the need for and relevance of accepted rules of etiquette. 6.2.3
	4	List appropriate food storage procedures. 6.2.4
Demonstrate basic techniques for safe and sanitary food preparation. 6.3	1	Follow safety and sanitation procedures in the kitchen lab. 6.3.1
	2	Assess the need for and uses of a variety of kitchen utensils. 6.3.2
	3	Investigate recipe formats, evaluating for yield and ease of use. 6.3.3
	4	Determine abbreviations used in measuring, comparing common equivalents. 6.3.4
	5	Demonstrate basic food preparation techniques. 6.3.5
Apply concepts of the decision-making process to achieve short-, medium-, and long-term goals. 7.1	1	Distinguish between needs and wants. 7.1.1
	2	investigate ways in which resources may be used to set and achieve goals. 7.1.2
	3	Distinguish between long- and shortterm goals. 7.1.3
	4	Evaluate the benefits of using a decision making process for major decisions. 7.1.4
Assess the benefits of developing a sound financial plan. 7.2	1	Research a variety of online financial planning resources. 7.2.1
	2	Investigate sources of income. 7.2.2
Investigate banking services offered by local fin ins	1	Demonstrate correct procedures for writing a check, using a debit card, and online payment systems, and making a deposit. 7.3.1

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	2 Demonstrate correct procedures for reconciling and balancing a personal bank account. 7.3.2
	3 Assess the benefits of various types of savings accounts. 7.3.3
Demonstrate effective consumer skills. 7.4	1 Discuss how our behavior and values influence our shopping behavior. 7.4.1
	2 Assess how advertising strategies influence consumer shopping. 7.4.2
	3 Investigate the advantages and disadvantages of using credit. 7.4.3
	4 Discuss the meaning and importance of a credit score and research resources for checking a credit score 7.4.4
	5 Investigate the advantages and disadvantages of using credit. 7.4.5
	6 Examine ways to protect your credit rating from fraud and identity fraud. 7.4.6
	7 Assess the need for different types of insurance at various life stages. 7.4.7
Assess the benefits of acquiring transferable skills. 8.1	1 Assess how transferable skills contribute to a good work ethic. 8.1.1
	2 Discuss the importance of professionalism in the workplace. 8.1.2
	3 Assess the potential for personal success in a career related to FACS. 8.1.3
Investigate education and/or training needed for a career in Family and Consumer Sciences. 8.2	1 Explain appropriate job skills and personal qualifications for careers relating to Family and Consumer Sciences 8.2.1
	2 Create a resume based on appropriate guidelines. 8.2.2
	3 Create a letter of application based on appropriate guidelines. 8.2.3
	4 Complete a job application based on appropriate guidelines. 8.2.4
	5 Role Play a job interview based on FCCLA STAR Events Job Interview. 8.2.5
	6 Develop a career-driven portfolio such as the FCCLA STAR Events project Career Investigation. 8.2.6