Arkansas CTE

Family and Consumer Sciences: Grades 9, 10, 11, 12

Adopted 2007

FCCLA

1.1 Define terms related to Family, Career and Community Leaders of America

1. Demonstrate knowledge of terms using correct context 1.1.1

1.2 Name reasons for belonging to FCCLA

1. Relate FCCLA purposes to life applications 1.2.1

1.3 State membership requirement for FCCLA

1. Participate in membership drive 1.3.1

1.4 Name the organizational levels of FCCLA

1. Explore activities in each organizational level of FCCLA 1.4.1

1.5 Describe the relationship between the FCCLA organization and the Family and Consumer Sciences Curriculum

1. Demonstrate how FACS curriculum relate to FCCLA activities 1.5.1

1.6 Describe the FCCLA history, motto, colors, flower, pin, creed, purposes, publication, and national programs including STAR events

1. Utilize components in FCCLA meetings 1.6.1

1.7 Name the five steps in the process of planning in-depth projects

1. Develop an individualized project using the process of planning in-depth projects 1.7.1

1.8 Describe benefits of using parliamentary procedure

1. Demonstrate the use of parliamentary procedure in a simulated chapter meeting 1.8.1

Family/Individual Health and Relationships

2.1 Define terms related to family/individual health and relationships

1. Demonstrate knowledge of terms using correct context 2.1.1

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Name characteristics of a positive and a negative self-concept

1. Describe the effects of self-concept on individual health 2.2.1

2.3 Match stages of the individual life cycle with the correct age range

1. Describe the physical changes which may occur in each stage of the individual life cycle 2.3.1
2. Describe emotional/social changes that may occur during adolescence 2.3.2

2.4 Determine positive and negative habits that effect personal health

1. Develop an individual plan for healthy living 2.4.1
2. Describe the effect of harmful substances on the body 2.4.2

2.5 State the symptoms of stress

1. Name positive methods for coping with stress 2.5.1
2. Determine coping strategies for stress situations 2.5.2

2.6 Name types of relationships and provide reasons for establishing meaningful relationships

1. Describe ways to build and maintain positive relationships 2.6.1

2.7 Describe effects of verbal and nonverbal communication upon relationships

1. Analyze the effects of communication on relationships 2.7.1

2.8 Name the steps of conflict resolution

1. State positive ways to resolve conflicts 2.8.1

2.9 Name the types of family structures

1. Match types of family structures with components of each 2.9.1

2.10 Name the influences that may cause a change in family lifestyle

1. Determine strategies for coping with the influences 2.10.1

2.11 Identify types of peer pressure during adolescence

1. Explain coping skills for dealing with peer pressure 2.11.1

2.12 Describe the value of dating

1. Explain how dating prepares you for long term relationships 2.12.1
2. Designate socially acceptable behavior for specific occasions 2.12.2
3. Recognize warning signs of an abusive relationship 2.12.3

2.13 Discuss the occupations dealing with relationships

1. Identify the personality traits for working in relationship areas 2.13.1

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Define terms related to housing

1. Demonstrate knowledge of terms using correct context 3.1.1

3.2 Name housing choices with the definition of each

1. Examine the factors to consider when choosing a house 3.2.1

3.3 Name the elements of design

1. Apply the elements of design as related to housing 3.3.1

3.4 Name principles of design

1. Apply the principles of design as related to housing 3.4.1

3.5 Name the three classifications of color

1. Chart colors as warm or cool 3.5.1

3.6 Identify the basic color schemes

1. Illustrate use of color scheme in decoration of a room 3.6.1

3.7 Select daily, weekly, and occasional household chores needed for home care

1. Develop a cleaning schedule for a home 3.7.1

3.8 Designate features needed for home safety

1. Complete a checklist to evaluate safety features in the home 3.8.1
2. Plan actions to take when natural disasters threaten home safety 3.8.2

3.9 Name ways to apply conservation techniques in the home

1. Explore ways to conserve energy 3.9.1
2. Examine benefits of recycling 3.9.2

3.10 Discuss the occupations related to housing

1. Identify the personality traits needed to work in the area of housing 3.10.1

Clothing and Textiles

4.1 Define terms related to clothing and textiles

1. Demonstrate knowledge of terms using correct context 4.1.1

4.2 List the factors to consider in clothing selection

1. Determine factors that affect clothing selection 4.2.1

4.3 Describe ways to create special effects in clothing selection by using the elements and principles of design

1. Design ways to use element and principle of design in wardrobe selection 4.3.1

4.4 List the characteristics of a well made garment

1. Evaluate a garment according to construction technique 4.4.1

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State the guidelines for selection and use of clothing accessories

1. Demonstrate the guideline for selection and use of clothing accessories 4.5.1

4.6 Identify care and storage techniques for clothing

1. Examine labels of garments to determine clothing care 4.6.1
2. Explain technique for routine care 4.6.2

4.7 Chart the natural and synthetic fibers with sources of each

1. Examine positive and negative characteristics of natural and synthetic fibers 4.7.1

4.8 Apply the factors to consider when selecting a pattern

1. Summarize the guidelines to consider when selecting a pattern 4.8.1

4.9 Name the steps in determining pattern type and size

1. Determine pattern type and size 4.9.1

4.10 Identify the specific information found on a pattern envelope

1. Explain the factors to consider when choosing notions 4.10.1
2. Identify questions to consider when choosing fabric for selected pattern 4.10.2
3. Calculate yardage for a specific garment 4.10.3

4.11 Identify basic sewing equipment

1. Demonstrate the proper use of basic sewing equipment 4.11.1

4.12 Identify basic pressing equipment

1. Demonstrate proper use of basic pressing equipment 4.12.1

4.13 Identify the basic parts of a sewing machine and function of each

1. Thread a sewing machine and bobbin in correct sequence 4.13.1

4.14 Name the steps in constructing a simple garment using a pattern

1. Demonstrate transfer of pattern markings to fabric 4.14.1
2. Construct a simple garment using a pattern 4.14.2

4.15 Describe specific hand sewing techniques

1. Demonstrate hand sewing techniques 4.15.1

4.16 Describe clothing repair techniques

1. Demonstrate clothing repair techniques 4.16.1

4.17 Discuss the occupations related to clothing and textiles

1. Identify the personality traits needed to work in the area of clothing and textiles 4.17.1

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Child Development

5.1 Define the terms related to child development

1. Demonstrate knowledge of terms using correct context 5.1.1

5.2 Describe the basic stages of growth and development

1. Summarize basic stages of growth and development from prenatal to adolescence 5.2.1

5.3 List the basic needs of children

1. Design activities to meet basic needs of children 5.3.1

5.4 Describe parenting styles

1. Distinguish between positive and negative guidance techniques 5.4.1

5.5 Discuss the major parenting responsibilities

1. List the major responsibilities of a parent 5.5.1

5.6 Discuss the major responsibilities of a caregiver for children

1. List the major responsibilities of a caregiver 5.6.1

5.7 Describe the ways children learn

1. Examine the ways children learn through play 5.7.1

5.8 Name the characteristics of safe, educational play materials

1. Evaluate play materials for young children 5.8.1

5.9 Explain the health and safety procedures necessary for care and feeding of children

1. Describe safety procedures for the home 5.9.1
2. Plan a daily menu for a young child 5.9.2

5.10 Identify the basic first-aid procedures for common accidents and emergencies

1. Demonstrate basic first-aid techniques 5.10.1

5.11 Discuss the occupations related to child development

1. Identify the personality traits needed for working in this area 5.11.1

Food and Nutrition

6.1 Define the terms related to food and nutrition

1. Demonstrate knowledge of terms using correct context 6.1.1

6.2 Name characteristics of a healthy person

1. Evaluate personal health habits 6.2.1

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Name the basic nutrient groups

1. Classify the functions of each nutrient 6.3.1
2. Classify foods according to each nutrient group 6.3.2

6.4 List the food groups in MyPyramid

1. Categorize specific foods in the correct pyramid band 6.4.1
2. Chart the daily requirements for food groups in MyPyramid 6.4.2

6.5 Name factors to consider in meal planning

1. Plan attractive meals 6.5.1

6.6 Describe grocery shopping techniques

1. List types of grocery stores 6.6.1
2. List appropriate food storage procedures 6.6.2

6.7 Designate safety and sanitation procedures in the kitchen area

1. Apply kitchen safety and sanitation procedures 6.7.1

6.8 Identify kitchen appliances

1. Match kitchen appliances with functions of each 6.8.1
2. Name the basic guidelines for using a microwave 6.8.2

6.9 Identify basic kitchen utensils

1. Match basic kitchen utensils with functions of each 6.9.1

6.10 List the information needed on a recipe

1. Analyze recipes 6.10.1

6.11 List common abbreviations and equivalents used in recipes

1. Match abbreviation with term 6.11.1
2. List measurement equivalents 6.11.2

6.12 Describe measuring techniques

1. Demonstrate measuring techniques 6.12.1

6.13 List basic food preparation terms

1. Match basic food preparation terms with correct definitions 6.13.1

6.14 Describe basic techniques of food preparation

1. Prepare, serve and evaluate a bread 6.14.1
2. Prepare, serve and evaluate a nutritious snack 6.14.2
3. Prepare, serve and evaluate a meat 6.14.3
4. Prepare, serve and evaluate a vegetable 6.14.4

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5. Prepare, serve and evaluate a dish made from dairy products 6.14.5

6.15 Describe types of meal service

1. Demonstrate types of meal service 6.15.1

6.16 Designate the correct procedure for setting a table

1. Demonstrate procedure for setting a table for a variety of menus 6.16.1

6.17 State general rules for acceptable table manners

1. Practice acceptable table manners 6.17.1

6.18 Explain the procedure for preparing and serving a meal in the foods lab

1. Plan, prepare, serve, and evaluate a meal 6.18.1

6.19 Discuss the occupations related to food and nutrition

1. Identify the personality trait needed for working in the area of food and nutrition 6.19.1

Home Management and Consumer Education

7.1 Define the terms related to home management and consumer education

1. Demonstrate knowledge of terms using correct context 7.1.1

7.2 Name the steps in the management process

1. Apply the management process in achieving a sort term goal 7.2.1

7.3 Identify examples of human and material resources

1. Construct a list of human and material resources 7.3.1

7.4 Provide techniques for managing resources

1. Plan ways to manage resources using a computer 7.4.1

7.5 Distinguish between needs and wants

1. Complete a list of needs verses wants 7.5.1

7.6 List the steps in developing a financial plan

1. Examine sources of income 7.6.1
2. Calculate compound interest 7.6.2

7.7 Identify basic banking services

1. Chart services provided 7.7.1

7.8 Describe the correct procedure for writing a check

1. Demonstrate correct procedure for writing a check 7.8.1

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List the steps in reconciling a bank statement with personal check register

1. Reconcile a bank statement with personal check register 7.9.1

7.10 List shopping alternatives

1. Compare and contrast shopping alternatives 7.10.1
2. Demonstrate effective consumer shopping skills 7.10.2

7.11 Explain how advertising influences consumer choices

1. Interpret tactics used in advertising 7.11.1

7.12 Name consumer rights and responsibilities

1. Examine sources of consumer protection 7.12.1

7.13 Name the advantages and disadvantages of credit

1. Examine ways to protect your credit rating 7.13.1
2. Compare and contrast credit card applications 7.13.2

7.14 List types of insurance with definition of each

1. Match types of insurance with definition of each 7.14.1
2. Describe reasons for having insurance 7.14.2

7.15 List the occupations in home management and consumer education

1. Identify the personality traits needed to work in the area of home management and consumer education 7.15.1