Colorado CTE

Family and Community Services (2015): Grades 9, 10, 11, 12, Higher Education

Adopted 2015

Demonstrate respectful and caring relationships in the family, workplace and community. FMCS.01

01. Analyze functions and expectations of various types of relationships. FMCS.01.01

- a. Analyze processes for building and maintaining interpersonal relationships. FMCS.01.01.A
- b. Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships. FMCS.01.01.B
- c. Analyze factors that contribute to healthy and unhealthy relationships. FMCS.01.01.C
- d. Analyze processes for handling unhealthy relationships. FMCS.01.01.D
- e. Demonstrate stress management strategies for family, work, and community settings. FMCS.01.01.E

02. Analyze personal needs and characteristics and their impact on interpersonal relationships. FMCS.01.02

- a. Analyze the effects of personal characteristics on relationships. FMCS.01.02.A
- b. Analyze the effect of personal need on relationships. FMCS.01.02.B
- c. Analyze the effects of self-esteem and self-image on relationships. FMCS.01.02.C
- d. Analyze the effects of life span events and conditions on relationships. FMCS.01.02.D
- e. Explain the effects of personal standards and behaviors on interpersonal relationships. FMCS.01.02.E

03. Demonstrate communication skills that contribute to positive relationships. FMCS.01.03

- a. Analyze communication styles and their effects on relationships. FMCS.01.03.A
- b. Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. FMCS.01.03.B
- c. Demonstrate effective listening and feedback techniques. FMCS.01.03.C
- d. Analyze strategies to overcome communication barriers in family, community and work settings. FMCS.01.03.D

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e. Analyze the effects of communication technology in family, work, and community settings. FMCS.01.03.E

04. Evaluate effective conflict prevention and management techniques. FMCS.01.04

a. Analyze the origin and development of attitudes and behaviors regarding conflict. FMCS.01.04.A

b. Explain how similarities and differences among people affect conflict prevention and management. FMCS.01.04.B

c. Apply the roles of decision making and problem solving in reducing and managing conflict. FMCS.01.04.C

d. Demonstrate nonviolent strategies that address conflict. FMCS.01.04.D

e. Demonstrate effective responses to harassment. FMCS.01.04.E

f. Assess community resources that support conflict prevention and management. FMCS.01.04.F

05. Demonstrate standards that guide behavior in interpersonal relationships. FMCS.01.05

a. Apply critical thinking and ethical criteria to evaluate interpersonal relationships. FMCS.01.05.A

b. Apply guidelines for assessing the nature of issues and situations. FMCS.01.05.B

c. Apply critical thinking and ethical standards when making judgments and taking action. FMCS.01.05.C

d. Demonstrate ethical behavior in family, workplace, and community settings. FMCS.01.05.D

e. Compare the relative merits of opposing points of view regarding current ethical issues. FMCS.01.05.E

Demonstrate nutrition and wellness practice that enhance individual and family well-being. FMCS.02

01. Analyze factors that influence nutrition and wellness practices across the lifespan. FMCS.02.01

a. Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. FMCS.02.01.A

b. Analyze legislation and regulations related to nutrition and wellness. FMCS.02.01.B

02. Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span. FMCS.02.02

a. Analyze the effect of nutrients on health, appearance, and peak performance. FMCS.02.02.A

b. Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. FMCS.02.02.B

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c. Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. FMCS.02.02.C

d. Analyze sources of food and nutrition information, including food labels, related to health and wellness. FMCS.02.02.D

Evaluate the significance of family and its effects on the well being of individuals and society. FMCS.03

01. Analyze the effects of family as a system on individuals and society. FMCS.03.01

a. Analyze family as the basic unit of society. FMCS.03.01.A

b. Analyze the role of family in transmitting societal expectations. FMCS.03.01.B

c. Analyze the effects of change and transitions over the life course. FMCS.03.01.C

Evaluate the effects of parenting roles and responsibilities on strengthening the well being of individuals and families. FMCS.04

01. Evaluate external support systems that provide services for parents. FMCS.04.01

a. Assess community resources and services available to families. FMCS.04.01.A

b. Summarize current laws and policies related to parenting. FMCS.04.01.B

Analyze factors that influence human growth & development. FMCS.05

01. Analyze conditions that influence human growth and development. FMCS.05.01

a. Analyze the effects of life events on individuals' physical, intellectual, social, moral, and emotional development. FMCS.05.01.A

Integrate multiple life roles and responsibilities in family work and community settings. FMCS.06

01. Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community and global). FMCS.06.01

a. Summarize local and global policies, issues, and trends in the workplace and community that affect individuals and families. FMCS.06.01.A

b. Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals. FMCS.06.01.B

02. Evaluate the reciprocal effects of individual and family participation in community activities. FMCS.06.02

a. Analyze personal and family assets and skills that provide services to the community. FMCS.06.02.A

b. Analyze community resources and system of formal and in support available to individuals and families. FMCS.06.02.B

c. Analyze the effects of public policies, agencies and institute the family. FMCS.06.02.C

Evaluate management practices related to human, economic and environmental resources. FMCS.07

01. Demonstrate the management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time and human capital. FMCS.07.01

a. Apply management and planning skills and processes to organize tasks and responsibilities. FMCS.07.01.A

b. Summarize information about procuring and maintaining health care to meet the needs of individuals and family members. FMCS.07.01.B

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Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities. FMCS.08

01. Evaluate reasoning for self and others. FMCS.08.01

a. Analyze different kinds of reasoning (e.g., scientific, practical, interpersonal). FMCS.08.01.A

b. Distinguish between adequate and inadequate reasoning. FMCS.08.01.B

c. Establish criteria for adequate reasoning. FMCS.08.01.C

d. Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. FMCS.08.01.D

02. Analyze recurring and evolving family, workplace and community concerns. FMCS.08.02

a. Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. FMCS.08.02.A

b. Describe recurring and evolving concerns facing individuals, families, workplaces, and communities. FMCS.08.02.B

c. Describe conditions and circumstances that create or sustain recurring and evolving concerns. FMCS.08.02.C

d. Describe levels of concerns: individual, family, workplace, community, cultural/societal, global/environmental. FMCS.08.02.D

03. Analyze practical reasoning components. FMCS.08.03

a. Differentiate types of knowledge needed for reasoned action: value-ends, goals, contextual factors, possible actions, and consequences. FMCS.08.03.A

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04. **Implement practical reasoning for responsible action in families, workplaces and communities.** FMCS.08.04

- a. Synthesize information from a variety of sources that are judged to be reliable. FMCS.08.04.A
- b. Describe a particular recurring and evolving individual, family, workplace, or community concern. FMCS.08.04.B
- c. Select goals/valued ends to resolve a particular concern. FMCS.08.04.C
- d. Establish standards for choosing responsible action to address a particular concern. FMCS.08.04.D
- e. Evaluate the conditions of a particular concern, e.g. historical, social-psychological, socioeconomic, political, cultural, global/environmental. FMCS.08.04.E
- f. Use adequate and reliable information to critique possible actions. FMCS.08.04.F
- g. Evaluate potential short- and long-term consequences of possible actions on self, others, culture/society, and global environment. FMCS.08.04.G
- h. Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. FMCS.08.04.H
- i. Implement and monitor a plan of action based on established standards and valued ends. FMCS.08.04.I

05. **Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action.** FMCS.08.05

- a. Delineate scope, concepts, and scientific terminology for a particular inquiry. FMCS.08.05.A
- b. Judge validity and reliability of information, sources, opinions, and evidence. FMCS.08.05.B

(NUWL) Demonstrate nutrition and wellness practices that enhance individual and family well-being. FMCS.09

01. **(NUWL) Analyze factors that influence nutrition and wellness practices across the life span.** FMCS.09.01

- a. (NUWL) Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. FMCS.09.01.A
- b. (NUWL) Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. FMCS.09.01.B
- c. (NUWL) Analyze legislation and regulations related to nutrition and wellness. FMCS.09.01.C

02. **(NUWL) Evaluate the nutritional needs of individual and families in relation to health and wellness across the lifespan.** FMCS.09.02

- a. (NUWL) Analyze the effect of nutrients on health, appearance, and peak performance. FMCS.09.02.A
- b. (NUWL) Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. FMCS.09.02.B

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c. (NUWL) Analyze sources of food and nutrition information, including food labels, related to health and wellness. FMCS.09.02.C

d. (NUWL) Investigate and assess the role of vitamins and minerals in maintaining optimal health. FMCS.09.02.D

e. (NUWL) Investigate the role of non-nutritive compounds in a healthy diet. FMCS.09.02.E

03. (NUWL) Demonstrate ability to acquire, handle and use foods to meet nutrition and wellness needs of individuals and families across the lifespan. FMCS.09.03

a. (NUWL) Apply various dietary guidelines in planning to meet nutrition and wellness needs. FMCS.09.03.A

b. (NUWL) Design strategies that meet the health and nutrition requirements of individuals and families with special needs. FMCS.09.03.B

04. (NUWL) Evaluate factors that affect food safety from production through consumption. FMCS.09.04

a. (NUWL) Analyze how changes in national and international food production and distribution systems influence the food supply. FMCS.09.04.A

b. (NUWL) Analyze public dialogue about food safety and sanitation. FMCS.09.04.B

05. (NUWL) Evaluate the influence of science and technology on food composition, safety and other issues. FMCS.09.05

a. (NUWL) Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods. FMCS.09.05.A

b. (NUWL) Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness. FMCS.09.05.B

(NUWL) Demonstrate basic knowledge of the digestive tract and its functions, metabolism and energy balance. FMCS.10

01. (NUWL) Analyze the breakdown of food, the absorption of nutrients and their conversion to energy by the body in the digestive process. FMCS.10.01

a. (NUWL) Examine the relationship between calories, nutrients, and food intake versus energy output for healthy weight management and prevention of chronic disease. FMCS.10.01.A

b. (NUWL) Describe the impact of the metabolism rate. FMCS.10.01.B

c. (NUWL) Demonstrate the ability to calculate BMR, Body fat and BMI. FMCS.10.01.C

(NUWL) Integrate knowledge, skills, practices required for food science, food technology, dietetics an

01. (NUWL) Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans. FMCS.11.01

a. (NUWL) Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions. FMCS.11.01.A

b. (NUWL) Analyze nutritional data. FMCS.11.01.B

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c. (NUWL) Critique the selection of foods to promote a healthy lifestyle. FMCS.11.01.C

(NUWL) Synthesize wellness practices that impact an individual's physical and emotional health, optimal performance, quality of life and longevity. FMCS.12

01. (NUWL) Analyze current information pertaining to individual wellness. FMCS.12.01

a. (NUWL) Understand the food label information and government Regulations. FMCS.12.01.A

b. (NUWL) Utilize sources of credible wellness information and research. FMCS.12.01.B

02. (NUWL) Analyze career paths within dietetics, fitness and nutrition industries. FMCS.12.02

a. (NUWL) Determine the roles and functions of individuals engaged in dietetics, fitness and nutrition careers. FMCS.12.02.A

b. (NUWL) Examine education and training requirements and opportunities for career paths in dietetics, fitness and nutrition. FMCS.12.02.B

(NUWL) Design strategies to integrate exercise and fitness throughout the life cycle for optimal wellness. FMCS.13

01. (NUWL) Assess the effect of exercise on optimal health, fitness level and performance and emotional well being. FMCS.13.01

a. (NUWL) Examine the benefits of exercise and fitness in lifelong wellness. FMCS.13.01.A

b. (NUWL) Investigate factors to consider when choosing fitness activities. FMCS.13.01.B

02. (NUWL) Integrate knowledge, skills and practices of exercise and fitness required for lifelong wellness. FMCS.13.02

a. (NUWL) Identify various types of exercise of physical activity. FMCS.13.02.A

b. (NUWL) Investigate factors to consider when choosing fitness activities. FMCS.13.02.B

c. (NUWL) Research, develop, and modify a personal fitness program that promotes wellness. FMCS.13.02.C

d. (NUWL) Examine the effects of different fluids and foods on energy levels and body performance during various physical activities. FMCS.13.02.D

e. (NUWL) Distinguish between facts and myths about sports nutrition. FMCS.13.02.E

(NUWL) Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces an co

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01. (NUWL) Evaluate reasoning for self and others. FMCS.14.01

a. (NUWL) Analyze different kinds of reasoning (e.g., scientific, practical, interpersonal). FMCS.14.01.A

b. (NUWL) Distinguish between adequate and inadequate reasoning. FMCS.14.01.B

c. (NUWL) Establish criteria for adequate reasoning. FMCS.14.01.C

d. (NUWL) Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. FMCS.14.01.D

02. (NUWL) Analyze recurring and evolving family, workplace and community concerns. FMCS.14.02

a. (NUWL) Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. FMCS.14.02.A

b. (NUWL) Describe recurring and evolving concerns facing individuals, families, workplaces, and communities. FMCS.14.02.B

c. (NUWL) Describe conditions and circumstances that create or sustain recurring and evolving concerns. FMCS.14.02.C

d. (NUWL) Describe levels of concerns: individual, family, workplace, community, cultural/societal, global/environmental. FMCS.14.02.D

03. (NUWL) Analyze practical reasoning components. FMCS.14.03

a. (NUWL) Differentiate types of knowledge needed for reasoned action: value-ends, goals, contextual factors, possible actions, and consequences. FMCS.14.03.A

b. (NUWL) Analyze short-term and long-term consequences on self, family, culture/society, and global environment. FMCS.14.03.B

c. (NUWL) Analyze assumptions that underlie beliefs and actions. FMCS.14.03.C

d. (NUWL) Distinguish adequate and/or reliable information from inadequate and/or unreliable information. FMCS.14.03.D

e. (NUWL) Analyze role exchange, universal consequences, the role of ethics, and other tests for making responsible judgments. FMCS.14.03.E

f. (NUWL) Distinguish adequate from inadequate reasons. FMCS.14.03.F

04. (NUWL) Implement practical reasoning for responsible action in families, workplaces and communities. FMCS.14.04

a. (NUWL) Synthesize information from a variety of sources that are judged to be reliable. FMCS.14.04.A

b. (NUWL) Describe a particular recurring and evolving individual, family, workplace, or community concern. FMCS.14.04.B

c. (NUWL) Select goals/valued ends to resolve a particular concern. FMCS.14.04.C

d. (NUWL) Establish standards for choosing responsible action to address a particular concern. FMCS.14.04.D

e. (NUWL) Evaluate the conditions of a particular concern, e.g. historical, social-psychological, socioeconomic, political, cultural, global/environmental. FMCS.14.04.E

f. (NUWL) Use adequate and reliable information to critique possible actions. FMCS.14.04.F

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g. (NUWL) Evaluate potential short- and long-term consequences of possible actions on self, others, culture/society, and global environment. FMCS.14.04.G

h. (NUWL) Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. FMCS.14.04.H

i. (NUWL) Implement and monitor a plan of action based on established standards and valued ends. FMCS.14.04.I

05. (NUWL) Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action. FMCS.14.05

a. (NUWL) Delineate scope, concepts, and scientific terminology for a particular inquiry. FMCS.14.05.A

b. (NUWL) Judge validity and reliability of information, sources, opinions, and evidence. FMCS.14.05.B

(FSDN) Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition. FMCS.15

01. (FSDN) Analyze career paths within food science, food technology, dietetics, and nutrition industries. FMCS.15.01

a. (FSDN) Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers. FMCS.15.01.A

b. (FSDN) Analyze opportunities for employment and entrepreneurial endeavors. FMCS.15.01.B

c. (FSDN) Summarize education and training requirements and opportunities for career paths in food science, food technology, dietetics, and nutrition. FMCS.15.01.C

d. (FSDN) Analyze the impact of food science, dietetics, and nutrition occupations on local, state, national, and global economies. FMCS.15.01.D

e. (FSDN) Analyze the role of professional organizations in food science, food technology, dietetics, and nutrition careers. FMCS.15.01.E

02. (FSDN) Apply risk management procedures to food safety, food testing, and sanitation. FMCS.15.02

a. (FSDN) Analyze factors that contribute to food borne illness. FMCS.15.02.A

b. (FSDN) Analyze food service management safety and sanitation programs. FMCS.15.02.B

c. (FSDN) Use the Hazard Analysis Critical Control Point (HACCP) during all food handling processes to minimize the risks of food borne illness. FMCS.15.02.C

d. (FSDN) Demonstrate practices and procedures that assure personal and workplace health and hygiene. FMCS.15.02.D

e. (FSDN) Demonstrate standard procedures for receiving and storage of raw and prepared foods. FMCS.15.02.E

f. (FSDN) Classify current types of cleaning materials and sanitizers and their proper use. FMCS.15.02.F

g. (FSDN) Use Occupational Safety and Health Administration's (OSHA) Right to Know Law and Material Safety Data Sheets (MSDS) and explain their requirements in handling hazardous materials. FMCS.15.02.G

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03. **(FSDN) Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.** FMCS.15.03

   a. (FSDN) Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions. FMCS.15.03.A

   b. (FSDN) Analyze nutritional data. FMCS.15.03.B

   c. (FSDN) Apply principles of food production to maximize nutrient retention in prepared foods. FMCS.15.03.C

   d. (FSDN) Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior. FMCS.15.03.D

   e. (FSDN) Critique the selection of foods to promote a healthy lifestyle. FMCS.15.03.E

   f. (FSDN) Categorize foods into exchange groups and plan menus, applying the exchange system to meet various nutrient needs. FMCS.15.03.F

04. **(FSDN) Apply basic concepts of nutrition and nutritional therapy in a variety of settings.** FMCS.15.04

   a. (FSDN) Analyze nutritional needs of individuals. FMCS.15.04.A

   b. (FSDN) Construct a modified diet based on nutritional needs and health conditions. FMCS.15.04.B

   c. (FSDN) Design instruction on nutrition for health maintenance and disease prevention. FMCS.15.04.C

05. **(FSDN) Demonstrate use of current technology in food product development and marketing.** FMCS.15.05

   a. (FSDN) Analyze various factors that affect food preferences in the marketing of food. FMCS.15.05.A

   b. (FSDN) Analyze data in statistical analysis in making development and marketing decisions. FMCS.15.05.B

   c. (FSDN) Maintain test kitchen/laboratory and related equipment and supplies. FMCS.15.05.C

   d. (FSDN) Implement procedures that affect quality product performance. FMCS.15.05.D

   e. (FSDN) Conduct sensory evaluations of food products. FMCS.15.05.E

   f. (FSDN) Conduct testing for safety of food products, utilizing available technology. FMCS.15.05.F

06. **(FSDN) Demonstrate food science, dietetics, and nutrition management principles and practices.** FMCS.15.06

   a. (FSDN) Implement food preparation, production, and testing systems. FMCS.15.06.A

   b. (FSDN) Create standardized recipes. FMCS.15.06.B

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c. (FSDN) Manage amounts of food to meet needs of customers, clients. FMCS.15.06.C

d. (FSDN) Analyze new products. FMCS.15.06.D

e. (FSDN) Implement procedures that provide cost effective products. FMCS.15.06.E

f. (FSDN) Establish par levels for the purchase of supplies based on an organization's needs. FMCS.15.06.F

g. (FSDN) Utilize Food Code Points of time, temperature, date markings, cross contamination, hand washing, and personal hygiene as criteria for safe food preparation. FMCS.15.06.G

(FSDN) Family & Consumer Sciences National Reasoning for Action Standards FMCS.16

01. (FSDN) Evaluate reasoning for self and others. FMCS.16.01

a. (FSDN) Analyze different types of reasoning (e.g., scientific, practical, interpersonal). FMCS.16.01.A

b. (FSDN) Establish criteria for adequate reasoning. FMCS.16.01.B

02. (FSDN) Analyze recurring and evolving family, workplace, and community standards. FMCS.16.02

a. (FSDN) Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. FMCS.16.02.A

03. (FSDN) Analyze practical reasoning components. FMCS.16.03

a. (FSDN) Distinguish adequate and/or reliable information from inadequate and/or unreliable information. FMCS.16.03.A

b. (FSDN) Analyze role exchange, universal consequences, the role of ethics, and other tests for making responsible judgments. FMCS.16.03.B

c. (FSDN) Distinguish adequate from inadequate reasons. FMCS.16.03.C

04. (FSDN) Implement practical reasoning for responsible action in families, workplaces and communities. FMCS.16.04

a. (FSDN) Describe a particular recurring and evolving individual, family, workplace, or community concern. FMCS.16.04.A

b. (FSDN) Use adequate and reliable information to critique possible actions. FMCS.16.04.B

c. (FSDN) Evaluate potential short and long term consequences of possible actions on self, others, culture/society, and global environment. FMCS.16.04.C

d. (FSDN) Design a plan for accomplishing a selected action. FMCS.16.04.D

e. (FSDN) Implement and monitor a plan of action based on established standards and valued ends. FMCS.16.04.E

05. (FSDN) Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action. FMCS.16.05

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a. (FSDN) Draw conclusions based on data and information that are judged to be reliable. FMCS.16.05.A