Connecticut CTE

Family and Consumer Sciences (Grades 9-12)

Family Consumer Science

A Early Childhood Education and Services FCS.EC

1 Family and Consumer Sciences Skills: Develop a common core of skills related to Family and Consumer Sciences Education. FCS.EC.A

a Describe the impact of technology on individual and family resources as related to child development, parenting education, and early childhood education and services. FCS.EC.A.1

b Describe the roles of teamwork and leadership skills in the family, workplace, and community. FCS.EC.A.2

2 Principles of Human Growth and Development: Analyze principles of human growth and development during childhood. FCS.EC.B

a Analyze physical, emotional, social, moral, and intellectual development. FCS.EC.B.3

b Interpret interrelationships among physical, emotional, social, and intellectual aspects of human growth and development during childhood. FCS.EC.B.4

3 Factors Affecting Human Growth and Development: Analyze conditions that influence human growth and development during childhood. FCS.EC.C

a Describe the impact of heredity and environment on human growth and development during childhood. FCS.EC.C.5

b Explain how society's changing economic and technological conditions influence individual growth, including parenting practices of caregivers and family members. FCS.EC.C.6

c Compare the effects of gender, ethnicity, and culture on individual development during childhood. FCS.EC.C.7

d Analyze the effects of life events during childhood on an individual’s physical and emotional development. FCS.EC.C.8

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4 Strategies for Promoting Growth and Development: Analyze strengths that promote growth and development during childhood. FCS.EC.D

- a Explain the role of nurturance on the growth and development of children. FCS.EC.D.9
- b Explain the role of communication on the growth and development of children. FCS.EC.D.10
- c Analyze the role of family and support systems in meeting the growth and development needs of children. FCS.EC.D.11

5 Roles and Responsibilities of Parenting: Analyze the roles and responsibilities of parenting. FCS.EC.E

- a Examine parenting roles across the life span. FCS.EC.E.12
- b Summarize expectations and responsibilities of the family unit. FCS.EC.E.13
- c Identify potential consequences of parenting practices for the individual, family, and society. FCS.EC.E.14
- d Assess various societal conditions that impact parenting across the life span. FCS.EC.E.15
- e Compare and contrast cultural differences in roles and responsibilities of parenting. FCS.EC.E.16

6 Parenting Practices: Evaluate parenting practices that maximize human growth and development. FCS.EC.F

- a Describe communication and nurturing strategies that promote positive selfesteem in children. FCS.EC.F.17
- b Analyze common practices and emerging research about discipline on human growth and development. FCS.EC.F.18
- c Assess the possible impacts of abuse and neglect on children and families and describe methods for prevention. FCS.EC.F.19
- d Determine criteria for selecting care and services for children. FCS.EC.F.20

7 External Support Systems: Evaluate external support systems that provide services for parents. FCS.EC.G

- a Explore community resources that are available to parents and families. FCS.EC.G.21
- b Analyze the benefits of community resources and support systems for individuals and families. FCS.EC.G.22

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8 Pre-Parenting Factors: Analyze physical and emotional factors related to beginning the parenting process. FCS.EC.H

- a Identify biological processes related to prenatal development, birth, and health of child, mother, and father. FCS.EC.H.23
- b Distinguish biological and environmental factors that affect the health of the child and parents. FCS.EC.H.24
- c Explain the emotional factors of prenatal development and birth in relation to the health of the parents and child. FCS.EC.H.25
- d Analyze alternatives to biological parenthood. FCS.EC.H.26
- e Identify legal and ethical technological advances from conception to birth. FCS.EC.H.27

9 Career Paths: Analyze career paths within early childhood education, childcare services, and related fields. FCS.EC.I

- a Demonstrate interpersonal skills that promote positive and productive relationships with children. FCS.EC.I.28
- b Determine the roles and functions of individuals engaged in early childhood education childcare services, and related fields. FCS.EC.I.29
- c Identify education and training requirements and opportunities for career paths in early childhood education, childcare services, and related fields. FCS.EC.I.30
- d Explore career opportunities in early childhood education, childcare services occupations, and related fields. FCS.EC.I.31
- e Describe and demonstrate effective employability skills. FCS.EC.I.32

10 Developmentally Appropriate Practices: Analyze developmentally appropriate practices to plan for early childhood education and childcare services. FCS.EC.J

- a Apply child development theories and assess their implications for educational and childcare practices. FCS.EC.J.33
- b Determine a variety of assessment methods to observe and interpret children's growth and development. FCS.EC.J.34
- c Identify various cultural and environmental influences when assessing children's development. FCS.EC.J.35

11 Integration of Curriculum: Demonstrate integration of curriculum and instruction to meet children’s developmental needs and interests. FCS.EC.K

- a Identify a variety of curriculum and instructional models. FCS.EC.K.36
- b Plan and implement learning activities in all curriculum areas that meet the developmental needs and learning styles of children. FCS.EC.K.37
- c Develop and demonstrate a variety of teaching methods to meet individual needs of children. FCS.EC.K.38
- d Determine and demonstrate methods to establish activities, routines, and transitions. FCS.EC.K.39

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12 Safe and Healthy Learning Environment: Plan a safe and healthy learning environment for children. FCS.EC.L

- a Describe methods to manage physical space, maintaining a safe and healthy learning environment. FCS.EC.L.40
- b Describe and implement strategies to teach children health, safety, and sanitation habits. FCS.EC.L.41
- c Plan for the nutritional needs of children. FCS.EC.L.42
- d Describe the process for recognizing and reporting suspected child abuse and neglect. FCS.EC.L.43
- e Identify basic health practices and disease prevention procedures for workers and children regarding childhood illness and communicable diseases. FCS.EC.L.44
- f Demonstrate security and emergency procedures. FCS.EC.L.45

13 Positive Collaborative Relationships: Demonstrate techniques for positive collaborative relationships with children. FCS.EC.M

- a Identify and implement developmentally-appropriate guidelines for behavior. FCS.EC.M.46
- b Demonstrate problem-solving methods and skills used with children. FCS.EC.M.47
- c Identify and apply interpersonal skills that promote positive and productive relationships with children and families. FCS.EC.M.48
- d Determine methods for constructive and supportive interactions with parent/caregiver. FCS.EC.M.49

B Nutrition and Food Production FCS.N

1 Family and Consumer Sciences Skills: Develop a common core of skills related to Family and Consumer Sciences Education. FCS.N.A

- a Analyze ways in which individuals and families manage resources to meet goals related to food acquisition, and production, and nutrition. FCS.N.A.1

2 Nutrition and Wellness Practices: Analyze factors that influence nutrition and wellness practices across the life span. FCS.N.B

- a Explain the impact of physical, psychological, cultural, spiritual, and social influences on food choices. FCS.N.B.2
- b Describe the impact of global and local events and conditions on the cost and availability of foods. FCS.N.B.3

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3 Nutritional Needs: Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span. FCS.N.C

- a Describe the effect of nutrients on health, appearance, and peak performance. FCS.N.C.4
- b Explain the relationship of nutrition and wellness to individual and family health throughout the life span addressing the diversity of people, culture, and religions. FCS.N.C.5
- c Describe the impact of food and diet fads, food addictions, and eating disorders on wellness. FCS.N.C.6
- d Evaluate sources of food and nutrition information, including food labels, related to health and wellness. FCS.N.C.7

4 Acquisition, Handling, and Use of Foods: Demonstrate the ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span. FCS.N.D

- a Demonstrate the ability to select, store, prepare, and serve nutritious foods. FCS.N.D.8
- b Describe principles to maximize nutrient retention in prepared foods. FCS.N.D.9
- c Utilize USDA dietary guidelines to select foods that promote a healthy lifestyle. FCS.N.D.10

5 Food Safety: Evaluate factors that affect food safety, from production through consumption. FCS.N.E

- a Determine conditions and practices that promote safe food handling, production, and consumption. FCS.N.E.11
- b Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. FCS.N.E.12
- c Describe food borne illness as a health issue for individuals and families. FCS.N.E.13

6 Career Paths: Analyze career paths within hospitality, food production and services, and food science. FCS.N.F

- a Determine education and training requirements and opportunities for career paths in food production and services. FCS.N.F.14
- b Identify opportunities for employment. FCS.N.F.15

7 Safety Issues: Demonstrate procedures applied to safety issues. FCS.N.G

- a Demonstrate procedures applied to safety issues. FCS.N.G.16
- b Demonstrate skills in safe handling of knives, tools, and equipment. FCS.N.G.17
- c Examine procedures for safe and secure storage for equipment and tools. FCS.N.G.18

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8 Food Safety and Sanitation: Demonstrate food safety and sanitation procedures. FCS.N.H

- a Describe and practice good personal hygiene/health procedures, and report symptoms of illness. FCS.N.H.19
- b Explain and demonstrate methods for properly handling and storing both raw and prepared foods. FCS.N.H.20
- c Explain and demonstrate techniques for food handling and preparation that prevent cross contamination between raw, cooked, and ready-to-eat foods and between animal or fish sources and other food products. FCS.N.H.21
- d Demonstrate procedures for cleaning and sanitizing small equipment, serving dishes, glassware, and utensils. FCS.N.H.22

9 Food Production Equipment: Demonstrate selecting, using, and maintaining food production equipment. FCS.N.I

- a Describe and demonstrate techniques for operating tools and equipment following safety procedures. FCS.N.I.23
- b Describe and demonstrate the process for maintaining tools and equipment following safety procedures. FCS.N.I.24
- c Describe and demonstrate the proper procedures for storing equipment and tools. FCS.N.I.25

10 Planning Menu Items: Demonstrate menu planning based on standardized recipes. FCS.N.J

- a Describe and apply menu planning principles to develop, adjust, and modify recipes and menus. FCS.N.J.26
- b Analyze food, equipment, and supplies needed for menus. FCS.N.J.27

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11 Food Preparation: Demonstrate preparation for all menu categories to produce a variety of food products. FCS.N.K

a Describe and demonstrate a variety of cooking methods such as roasting, baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, and convection. FCS.N.K.28

b Describe the fundamentals of time and temperature as they relate to cooking, cooling, and reheating of a variety of foods. FCS.N.K.29

c Describe and demonstrate the process for preparing various meats and poultry. FCS.N.K.30

d Describe and demonstrate the process for preparing various stocks, soups, and sauces. FCS.N.K.31

e Describe and demonstrate the process for preparing various fruits, vegetables, starches, and farinaceous items. FCS.N.K.32

f Describe and demonstrate the process for preparing various salads, dressings, marinades, and seasonings. FCS.N.K.2833

g Describe and demonstrate the process for preparing baked goods and desserts. FCS.N.K.34

h Describe and demonstrate the process for preparing, eggs, grains, and batter products. FCS.N.K.35

i Describe and demonstrate techniques for food presentation. FCS.N.K.36

C Culinary and Food Production FCS.C

D Textiles and Design FCS.TD

1 Family and Consumer Sciences Skills: Develop a core of skills related to areas of family and consumer resource management. FCS.TD.A

a Apply consumer skills to providing and maintaining clothing. FCS.TD.A.1

b Analyze how clothing and textile buying decisions are influenced through media and technology. FCS.TD.A.2

c Demonstrate the management of financial resources and analyze how individuals and families manage resources to meet goals relating to textiles and apparel. FCS.TD.A.3

2 Fibers and Textiles: Evaluate fibers and textiles. FCS.TD.B

a Identify, compare, and analyze the most common natural and manufactured textile fibers. FCS.TD.B.4

b Evaluate performance characteristics of commonly used textile fibers and fabrics. FCS.TD.B.5

c Describe and assess effects of textile characteristics on design, construction, care, use, and maintenance of products. FCS.TD.B.6

d Apply appropriate procedures for care of textile products. FCS.TD.B.7

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3 Apparel and Textile Design: Demonstrate apparel and textile design skills. FCS.TD.C

- a Describe the ways in which the texture and design of a fabric can affect visual appearance. FCS.TD.C.8
- b Apply basic and complex color schemes and color theory to develop and enhance visual effects. FCS.TD.C.9
- c Utilize elements and principles of design in designing, constructing, and/or altering textile, apparel, and fashion products. FCS.TD.C.10
- d Apply elements and principles of design to assist consumers in making decisions. FCS.TD.C.11

4 Textile and Apparel Products: Demonstrate skills needed to produce, alter, or repair textile and apparel products. FCS.TD.D

- a Explain the purposes and uses of a variety of common equipment, tools, and supplies for apparel and textile construction, alteration, and repair. FCS.TD.D.12
- b Describe and demonstrate basic skills for producing and altering textile products and apparel. FCS.TD.D.13
- c Implement the use of commercial pattern layouts, markings, and symbols. FCS.TD.D.14
- d Implement the use of commercial pattern envelope information to complete a project. FCS.TD.D.15
- e Implement the use of commercial pattern guide sheet instructions to construct a project. FCS.TD.D.16
- f Demonstrate the correct and safe operation of a consumer sewing machine. FCS.TD.D.17

5 Career Paths: Analyze career paths within textile and apparel industries. FCS.TD.E

- a Identify education and training pathways in textile, apparel, and fashion careers. FCS.TD.E.18
- b Demonstrate transferable and employability skills used in the community and workplace settings. FCS.TD.E.19

Career Paths: Analyze career paths within the food production and food services industries. FCS.C.A

- a **Explain the roles, duties, and functions of individuals engaged in food production and service careers.** FCS.C.A.1
- b **Summarize education and training requirements and opportunities for career paths in food production and services.** FCS.C.A.2

Food Safety and Sanitation: Demonstrate food safety and sanitation procedures. FCS.C.B

- a **Identify characteristics of major food-borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.** FCS.C.B.3
- b **Describe food service management safety and sanitation program procedures.** FCS.C.B.4

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	c Demonstrate good personal hygiene and health procedures and report symptoms of illness. FCS.C.B.5
	d Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods. FCS.C.B.6
	e Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products. FCS.C.B.7
Food Service Equipment: Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment. FCS.C.C	**a** Operate and maintain tools and equipment following safety procedures and OSHA requirements. FCS.C.C.8
	b Demonstrate procedures for cleaning, sanitizing, and storing equipment, tools, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. FCS.C.C.9
	c Identify a variety of equipment used for food processing, cooking, holding, storing, and serving, including hand tools and small ware. FCS.C.C.10
Menu Planning: Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs. FCS.C.D	**a** Apply menu-planning principles to develop and modify menus. FCS.C.D.11
	b Analyze food, equipment, and supplies needed for menus. FCS.C.D.12
Professional food Preparation Methods and Techniques: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs. FCS.C.E	**a** Demonstrate professional skills in safe handling of knives, tools, and equipment. FCS.C.E.13
	b Demonstrate professional skills for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. FCS.C.E.14
	c Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques. FCS.C.E.15
	d Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods. FCS.C.E.16
	e Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques. FCS.C.E.17
	f Prepare various stocks, soups, and sauces using safe handling and professional reparation techniques. FCS.C.E.18

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	g Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques. FCS.C.E.19
	h Prepare various salads, dressings, marinades, and seasonings using safe handling and professional preparation techniques FCS.C.E.20
	i Prepare sandwiches, canapés, and appetizers using safe handling and professional preparation techniques. FCS.C.E.21
	j Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques. FCS.C.E.22
	k Prepare breakfast meats, eggs, cereal grains, and batter products using safe handling and professional preparation techniques. FCS.C.E.23
	l Demonstrate professional plating, garnishing, and food presentation techniques. FCS.C.E.24
Customer Service: Demonstrate the concept of internal and external customer service. FCS.C.F	**a** Demonstrate quality services that meet industry standards in the food service industry. FCS.C.F.25
	b Analyze the relationship between employees and customer satisfaction. FCS.C.F.26