Indiana CTE

Middle School Family and Consumer Science (2014)

Career Planning and Continued Education: Students demonstrate knowledge and skills necessary for success in further education, career, and life. FCS-MS 1

1. **Exploring Self, Family, and Community: Analyze factors that impact self-formation, including;** FCS-MS 1.1
    1. Standards and ethics FCS-MS 1.1.1
    2. Goals, priorities, values FCS-MS 1.1.2
    3. Aptitudes, abilities, interests, motivations FCS-MS 1.1.3
    4. Roles, responsibilities, and life events FCS-MS 1.1.4
    5. Family, career, community, and global connections FCS-MS 1.1.5
    6. Behavior, etiquette, and personal appearance in different situations FCS-MS 1.1.6
2. **Exploring Work: Explore factors that impact personal image and feelings of personal worth, including;** FCS-MS 1.2
    1. Work and individual identity FCS-MS 1.2.1
    2. Work ethics and time management/prioritization FCS-MS 1.2.2
3. **Exploring Careers: Investigate personal attributes, standards, goals, interests, and aptitudes as they relate to career concepts, including;** FCS-MS 1.3
    1. Career clusters, career pathways , career research FCS-MS 1.3.1
    2. Career planning, four-year course planning FCS-MS 1.3.2
    3. Study skills, listening skills, note-taking FCS-MS 1.3.3

Financial Literacy: Students will apply management practices to personal, family, and financial resources. FCS-MS 2

1. **Identifying and Managing Resources: Identify and manage resources to provide for personal and family needs and wants, including;** FCS-MS 2.1
    1. Personal and community resources FCS-MS 2.1.1
    2. Consumer protection laws and resources, marketing/advertising techniques FCS-MS 2.1.2
    3. Taxes and income FCS-MS 2.1.3
    4. Controlling personal information, financial account fraud FCS-MS 2.1.4
    5. Volunteering/charitable giving FCS-MS 2.1.5
2. **ersonal and Family Financial Literacy: Demonstrate skills to manage financial esources to meet personal and family goals, including;** FCS-MS 2.2.

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1. Budgeting/personal finance plan FCS-MS 2.2.1
2. Banking and financial institutions, electronic banking FCS-MS 2.2.2
3. Managing credit and debt, credit cards vs. debit cards FCS-MS 2.2.3
4. Saving/Investing, , and Insurance FCS-MS 2.2.4
5. Checking accounts, utilizing financial records FCS-MS 2.2.5

Nutrition and Wellness: Students will demonstrate nutrition, wellness, and food preparation practices that enhance individual and family well-being. FCS-MS 3

1. **Nutrition: Evaluate nutrition choices and practices in a variety of settings, using reliable guidelines and sources of information, including;** FCS-MS 3.1
   1. Dietary guidelines/MyPlate FCS-MS 3.1.1
   2. Comparing food intake to recommendations/ Serving/Portion Sizes FCS-MS 3.1.2
   3. Nutrients, nutritional label analysis FCS-MS 3.1.3
   4. Selecting foods at home and away FCS-MS 3.1.4
2. **Food and Wellness Issues: Examine factors and issues that impact current and future health and wellness, including;** FCS-MS 3.2
   1. Activity and exercise FCS-MS 3.2.1
   2. Food safety and food borne illnesses FCS-MS 3.2.2
   3. Wellness issues (for example, calcium/osteoporosis, diabetes, obesity, eating disorders, cardio-vascular health) FCS-MS 3.2.3
3. **Preparing and Serving Food: Demonstrate skills needed for preparing and serving foods, including;** FCS-MS 3.3
   1. Laboratory/kitchen safety and sanitation practices FCS-MS 3.3.1
   2. Cooking terms, equivalents, abbreviations, measurements FCS-MS 3.3.2
   3. Reading and using recipes FCS-MS 3.3.3
   4. Techniques and equipment for preparing and serving food FCS-MS 3.3.4
   5. Teamwork in the laboratory setting and hands on activities FCS-MS 3.3.5

Human Development and Relationships: Students will demonstrate relationship skills and understanding in contexts across the life span such as school, parenting, and the workplace FCS-MS 4

1. **Positive Family Relationships: Analyze factors that contribute to positive relationships with family members, including;** FCS-MS 4.1
   1. Roles and responsibilities FCS-MS 4.1.1
   2. Coping with family changes FCS-MS 4.1.2
   3. Setting rules, compromising, cooperating FCS-MS 4.1.3
2. **Caring for Children and Others: Demonstrate skills for positive guidance and care-giving of children and others, including;** FCS-MS 4.2
   1. Understanding ages and developmental stages from birth through adolescence FCS-MS 4.2.1

      Caregiver responsibilities / Babysitting Skills FCS-MS 4.2.2

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3 Handling emergencies and keeping children safe FCS-MS 4.2.3

4 Nutritious and developmentally appropriate foods for children FCS-MS 4.2.4

5 Children's play and toys (for learning as well as safety, recalls, and age appropriate) FCS-MS 4.2.5

3 Communication: Examine factors that contribute to positive relationships, including; FCS-MS 4.3

1 Communication skills and styles FCS-MS 4.3.1

2 Conflict prevention and resolution FCS-MS 4.3.2

4 Quality Friendships: Analyze factors that contribute to positive relationships with peers, including; FCS-MS 4.4

1 Peer pressure, assuming responsibility for choices and actions FCS-MS 4.4.1

2 Appreciating diversity FCS-MS 4.4.2

3 Changing male/female relationships FCS-MS 4.4.3

Life Skills and Resource Management: Students will integrate multiple life roles and responsibilities in school, family, career, and community settings. FCS-MS 5

1 Leadership for Life: Demonstrate teamwork and leadership skills, including; FCS-MS 5.1

1 Leadership skills and styles FCS-MS 5.1.1

2 Taking risks, overcoming setbacks FCS-MS 5.1.2

3 Character/citizenship, service FCS-MS 5.1.3

4 Working in a group FCS-MS 5.1.4

5 Leadership development through FCCLA projects or Chapter activities FCS-MS 5.1.5

2 Decision Making, Problem Solving, and Critical Thinking: Accomplish tasks and fulfill responsibilities by using thinking and problem-solving processes, including; FCS-MS 5.2

1 Decision-making, evaluating information, and planning processes FCS-MS 5.2.1

2 Choices, options, and consequences FCS-MS 5.2.2

3 Personal Safety: Demonstrate skills needed for responsibility for self and self-protection, including; FCS-MS 5.3

1 Refusal skills FCS-MS 5.3.1

2 Physical, emotional, and sexual abuse FCS-MS 5.3.2

4 Caring for Resources: Demonstrate skills needed to care for personal and family resources, including; FCS-MS 5.4

1 Reading use/care labels and manuals FCS-MS 5.4.1

Care, repair, and storage of personal resources FCS-MS 5.4.2

Clothing care, repair, stain removal, laundry FCS-MS 5.4.3

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5. **Caring for the Environment: Analyze resource consumption and apply conservation practices, including;** FCS-MS 5.5
    1. Product selection and use FCS-MS 5.5.1
    2. Reduce, reuse, recycle FCS-MS 5.5.2
6. **Using Technology Wisely in Personal and Family Settings: Demonstrate skills to use technology and evaluate impact of change and innovations in school, family, career, and community settings;** FCS-MS 5.6
    1. Technology integration throughout FACS units and topics as available FCS-MS 5.6.1
    2. Digital etiquette on email, cell phones, etc. FCS-MS 5.6.2
    3. Digital ethics; plagiarism, commenting vs. anonymity FCS-MS 5.6.3