Indiana CTE

Middle School Family and Consumer Sciences (2014): Grades 6, 7, 8

Adopted 2014

Career Planning And Continued Education

FCS-MS 1. Students demonstrate knowledge and skills necessary for success in further education, career, and life. FCS-MS 1

1. 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. 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. 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-M 1.3.1
    2. Career planning, four-year course planning FCS-M 1.3.2
    3. Study skills, listening skills, note-taking FCS-M 1.3.3

Financial Literacy

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

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1. 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. Demonstrate skills to manage financial resources to meet personal and family goals, including; FCS-MS 2.2
    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

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

1. 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. 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

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3. 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

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

1. 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. 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
    2. Caregiver responsibilities/Babysitting Skills FCS-MS 4.2.2
    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. 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. 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

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Life Skills And Resource Management

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

1. 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. 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. 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. 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
    2. Care, repair, and storage of personal resources FCS-MS 5.4.2
    3. Clothing care, repair, stain removal, laundry FCS-MS 5.4.3
5. 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. 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