Iowa CTE

Middle School Family & Consumer Science Standards

Family and Consumer Sciences Standards IA MS FCS

1 Career and community connections IA MS FCS 1.

1.0.1 Integrate multiple life roles and responsibilities in family, work and community settings. IA MS FCS 1.0.1

1.01.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community and global). IA MS FCS 1.01.1

1.1.1.4 Analyze potential effects of various career path decisions on balancing work and family. IA MS FCS 1.1.1.4

1.1.1.6 Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family and career goals. IA MS FCS 1.1.1.6

2 Financial literacy IA MS FCS 2.

2.2. Evaluate management practices related to the human, economic and environmental resources in a global context. IA MS FCS 2.2

2.2.1. Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time and human capital. IA MS FCS 2.2.1

2.2.1.1 Apply time management, organizational and process skills to prioritize tasks and achieve goals. IA MS FCS 2.2.1.1

2.2.1.2 Analyze how individuals and families make choices to satisfy needs and wants. IA MS FCS 2.2.1.2

2.2.6 Demonstrate management of financial resources to meet the goals of individuals and families across the lifespan. IA MS FCS 2.2.6

2.2.6.1 Evaluate the need for personal and family financial planning. IA MS FCS 2.2.6.1

2.2.6.2 Apply financial management principles to individual and family financial practices. IA MS FCS 2.2.6.2

6 Family IA MS FCS 6.

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6.6 Evaluate the significance of family and its effects on the well-being of individuals and society. IA MS FCS 6.6

6.6.1 Analyze the effects of family as a system on individuals and society. IA MS FCS 6.6.1

6.6.1.1 Analyze family as the basic unit of society. IA MS FCS 6.6.1.1

6.6.1.2 Analyze the role of family in transmitting societal expectations. IA MS FCS 6.6.1.2

6.6.2 Evaluate the effects of diverse perspectives, needs and characteristics of individual families. IA MS FCS 6.6.2

6.6.2.1 Demonstrate awareness of multiple diversities and their effects on individuals, families and society. IA MS FCS 6.6.2.1

6.6.2.2 Analyze the effects of social and cultural diversity on individuals and families. IA MS FCS 6.6.2.2

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7 Family and Human Services IA MS FCS 7.0

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8 Food preparation IA MS FCS 8.8

8.8 Integrate knowledge, skills and practices required for careers in food production and services. IA MS FCS 8.1

8.8.2 Demonstrate food safety and sanitation procedures. IA MS FCS 8.8.2

8.8.2.5 Practice standard personal hygiene and wellness procedures. IA MS FCS8.8.2.8

8.8.2.8 Analyze current types of cleaning and sanitizing materials for proper use. IA MS FCS 8.8.2.6

8.8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs. IA MS FCS 8.8.5

8.8.5.1 Demonstrate professional skills in safe handling of knives, tools and equipment. IA MS FCS 8.8.5.1

8.8.5.2 Demonstrate professional skill 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. IA MS FCS 8.8.5.2

11.11 Housing and interior design IA MS FCS 11.11

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11.11.2 Evaluate housing and design concepts and theories, including sustainability and universal design, in relation to available resources and options. IA MS FCS 11.11.2

11.11.2.1 Evaluate the use of elements and principles of design in housing and commercial and residential interiors. IA MS FCS 11.11.2.1

11.11.2.2 Analyze the psychological impact that the principles and elements of design have on the individual. IA MS FCS 11.11.2.2

12 Human/child development IA MS FCS 12.

12.12.0 Analyze factors that influence human growth and development. IA MS FCS 12.12

12.12.1 Analyze principles of human growth and development across the life span. IA MS FCS 12.12.1

12.12.1.1 Analyze physical, emotional, social, moral and cognitive development. IA MS FCS 12.12.1.1

12.12.1.2 Analyze interrelationships among physical, emotional, social, moral and cognitive aspects of human growth and development. IA MS FCS 12.12.1.2

12.12.2 Analyze conditions that influence human growth and development. IA MS FCS 12.12.2

12.12.2.1 Analyze the influences of heredity and environment on human growth and development. IA MS FCS 12.12.2.1

12.12.2.2 Analyze the influences of social, economic and technological forces on individual growth and development. IA MS FCS 12.12.2.2

12.12.2.4 Analyze the influences of life events on individuals' physical, emotional, social, moral and cognitive development. IA MS FCS 12.12.2.4

12.12.3 Analyze strategies that promote growth and development across the life span. IA MS FCS 12.12.3

12.12.3.1 Analyze the role of nurturance on human growth and development. IA MS FCS 12.12.3.1

12.12.3.2 Analyze the role of communication on human growth and development. IA MS FCS 12.12.3.2

13 Social and emotional learning IA MS FCS 13.

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13.13.0 Demonstrate respectful and caring relationships in the family, workplace and community. IA MS FCS 13.13

13.13.1 Analyze functions and expectations of various types of relationships. IA MS FCS 13.13.1

13.13.1.1 Analyze processes for building and maintaining interpersonal relationships. IA MS FCS 13.13.1.1

13.13.1.4 Analyze factors that contribute to healthy and unhealthy relationships. IA MS FCS 13.13.1.4

13.13.1.6 Demonstrate stress management strategies for family, work and community settings. IA MS FCS 13.13.1.6

13.13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships. IA MS FCS 13.13.2

13.13.2.1 Analyze the effects of personal characteristics on relationships. IA MS FCS 13.13.2.1

13.13.2.3 Analyze the effects of self-esteem and self-image on relationships. IA MS FCS 13.13.2.3

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14 Nutrition and wellness IA MS FCS 14.

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14.14 Demonstrate nutrition and wellness practices that enhance individual and family well-being. IA MS FCS 14.14

14.14.2 Examine the nutritional needs of individuals and families in relation to health and wellness across the life span. IA MS FCS 14.14.2

14.14.2.1 Evaluate the effect of nutrition on health, wellness and performance. IA MS FCS 14.14.2.1

14.14.2.3 Analyze the effects of food and diet fads, food addictions and eating disorders on wellness. IA MS FCS 14.14.2.3

14.14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness. IA MS FCS 14.14.2.4

14.14.3 Demonstrate ability to acquire, handle and use foods to meet nutrition and wellness needs of individuals and families across the life span. IA MS FCS 14.14.3

14.14.3.1 Apply current dietary guidelines in planning to meet nutrition and wellness needs. IA MS FCS 14.14.3.1

14.14.3.3 Demonstrate ability to select, store, prepare and serve nutritious, aesthetically pleasing food and food products. IA MS FCS 14.14.3.3

14.14.4 Evaluate factors that affect food safety from production through consumption. IA MS FCS 14.14.4

14.14.4.1 Analyze conditions and practices that promote safe food handling. IA MS FCS 14.14.4.1

14.14.4.5 Analyze foodborne illness factors, including causes, potentially hazardous foods and methods of prevention. IA MS FCS 14.14.4.5

16 Textiles, fashion and apparel IA MS FCS 16.

Analyze the impact of conditions that could influence the well-being of individuals and families. IA MS FCS 7.7.4

7.7.4.1 Investigate health, wellness and safety issues of individuals and families with a variety of conditions that could influence their well-being. IA MS FCS 7.7.4.1

7.7.4.4 Differentiate between situations that require personal prevention or intervention and those situations that require professional assistance. IA MS FCS 7.7.4.4

7.7.5.4 Summarize the importance of friends, family and community relationships for individuals with a variety of conditions that affect their well-being. IA MS FCS 7.7.5.4

Demonstrate skills

16.16.4.4 Analyze current technology, trends and innovations that facilitate design and production of textiles, fashion and apparel. IA MS FCS 16.16.4.4

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fashion and apparel. IA MS FCS 16.16.4

16.16.4.5 **Demonstrate basic skills for production, alteration, repair and recycling of textiles, fashion and apparel.** IA MS FCS 16.16.4.5