Kansas CTE

Introduction to Family and Consumer Sciences: Middle Level

Personal Development

1 **Demonstrate foundational life literacy skills.** MSFCS1

1 Identify Maslow's hierarchy of needs on meeting basic needs. MSFCS1.1

2 Analyze factors that impact development of self-esteem and self-worth. MSFCS1.2

3 Assess personal hygiene and self-care strategies. MSFCS1.3

4 Analyze the benefits of making intelligent decisions. MSFCS1.4

5 Demonstrate effective communication skills. MSFCS1.5

6 Analyze role of communication on preventing conflicts with friends, family and others. MSFCS1.6

7 Apply problem-solving strategies to real-life situations. MSFCS1.7

8 Demonstrate strategies for respecting self and others. MSFCS1.8

9 Understand and practice appropriate skills and ethical behavior when using technology. MSFCS1.9

10 Evaluate the importance of building foundational life literacy skills MSFCS1.10

Healthy Relationships

2 **Demonstrate positive relationship skills and understanding of others at school, in the community and at home.** MSFCS2

1 Analyze the importance of family and the role families play in personal development. MSFCS2.1

2 Analyze how to be a responsible and supportive family member. MSFCS2.2

3 Evaluate the needs of children regarding safety, activities, food and positive discipline techniques. MSFCS2.3

4 Demonstrate appreciation and support for family members and others. MSFCS2.4

5 Demonstrate the qualities necessary for successful friendships and how to handle peer pressure in a positive manner. MSFCS2.5

6 Analyze the negatives and positives of technology on the health of relationships. MSFCS2.6

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Understand what it means to be a good community citizen. MSFCS2.7

8 Analyze the impact of one person through volunteering, serving as a community leader and working for the common good. MSFCS2.8

Personal Resource Management

3 Practice foundational personal management, consumer and personal finance skills to meet personal goals. MSFCS3

1 Apply leadership and cooperative learning skills to achieve personal goals. MSFCS3.1

2 Practice personal management skills in a variety of settings. MSFCS3.2

3 Distinguish the difference between needs and wants. MSFCS3.3

4 Analyze impact of personal financial decisions on the family, community and the environment. MSFCS3.4

5 Identify the basics of financial planning. MSFCS3.5

6 Investigate basic roles and responsibilities of the consumer. MSFCS3.6

7 Identify and apply wise consumer practices. MSFCS3.7

Healthy Living Environment

4 Analyze management and organization of personal possessions to promote safety and healthy living environment. MSFCS4

1 Evaluate personal and shared living spaces for function and meeting needs of self and family. MSFCS4.1

2 Apply concepts of personal safety in physical environments. MSFCS4.2

3 Analyze storage needs of personal possession that fits lifestyle and space. MSFCS4.3

Nutrition, Wellness and Food Preparation

5 Demonstrate foundational nutrition, wellness and food preparation knowledge and skills to enhance individual and family well-being. MSFCS5

1 Apply nutrition basics in making healthy food choices. MSFCS5.1

2 Assess personal exercise and sleep habits to enhance health. MSFCS5.2

3 Apply wellness concepts to live a healthy lifestyle. MSFCS5.3

4 Apply nutrition concepts to prepare healthy food. MSFCS5.4

5 Analyze food sources and practices that impact the nutritional value of the food we consume. MSFCS5.5

6 Demonstrate food preparation and food safety concepts when preparing healthy food. MSFCS5.6

7 Demonstrate kitchen safety and personal sanitation habits in food labs. MSFCS5.7

8 Utilize basic kitchen math while preparing food. MSFCS5.8

9 Create a safe and effective work environment. MSFCS5.9

Apparel and Textiles

6 Analyze personal decisions regarding apparel and its role in meeting physical, ocial and emotional needs. MSFCS6

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1 Analyze needs met through apparel decisions. MSFCS6.1

2 Compare and contrast different price points of clothing to determine best value. MSFCS6.2

3 Analyze factors in making wise apparel decisions. MSFCS6.3

4 Practice appropriate repair and care of apparel as a means of extending life of item. MSFCS6.4

Career Readiness

7 **Demonstrate foundational knowledge and skills for success in career and work.** MSFCS7

1 Investigate interest aptitudes and abilities to align to careers that meet personal needs and interests. MSFCS7.1

2 Research and create a plan of study based upon personal interests through high school and beyond. MSFCS7.2

3 Evaluate of basic life literacy skills provides a foundational readiness for all career clusters. MSFCS7.3

4 Analyze the technical knowledge and skill development needed for specific career clusters. MSFCS7.4

FCS Career Awareness

8 **Demonstrate foundational skills in Family and Consumer Sciences careers.** MSFCS8

1 Identify careers that are part of the Family and Consumer Sciences family. MSFCS8.1

2 Analyze the relationship between life literacy skills and human services careers. MSFCS8.2

3 Analyze the technical knowledge and skills needed to be successful in Family and Consumer Sciences related careers. MSFCS8.3

4 Demonstrate safety practices and techniques related to practicing foundational occupational skills in community and laboratory settings. MSFCS8.4

5 Develop foundational culinary skills. MSFCS8.5

6 Develop foundational apparel design and production skills. MSFCS8.6

7 Develop foundational early childhood education skills. MSFCS8.7

8 Develop foundational interior design skills. MSFCS8.8

9 Develop foundational skills needed to work in the field of geriatrics. MSFCS8.9

10 Develop foundational understanding of role of credit counselling and family financial planning skills. MSFCS8.10

11 Develop foundational hospitality and lodging skills. MSFCS8.11

12 Develop foundational family and consumer sciences teaching skills. MSFCS8.12