Kentucky CTE

Family and Consumer Sciences: FCS Essentials 200113 (2026–2027)

Examine personal values and character traits. 1	1 Examine personal values and character traits. 1
Assess personal social skills and integrate an improvement plan. 2	2 Assess personal social skills and integrate an improvement plan. 2
Identify and evaluate some positive and negative influences and consequences of peers on adolescent behavior, including high-risk behaviors. 3	3 Identify and evaluate some positive and negative influences and consequences of peers on adolescent behavior, including high-risk behaviors. 3
Develop personal short-term and long-term SMART goals. 4	4 Develop personal short-term and long-term SMART goals. 4
Analyze the practical problems faced by families to balance the demands of work and family. 5	5 Analyze the practical problems faced by families to balance the demands of work and family. 5
Identify physical, psychological, social, economic, technology and health influences on personal wellness. 6	6 Identify physical, psychological, social, economic, technology and health influences on personal wellness. 6
Predict the results of ac to	7 Predict the results of accomplishing or failing to accomplish the developmental asks of adolescence. 7

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developmental tasks of adolescence. 7	
Summarize ways of reducing or preventing teen pregnancy. 8	8 Summarize ways of reducing or preventing teen pregnancy. 8
Analyze the financial, social, physical and emotional costs of parenthood. 9	9 Analyze the financial, social, physical and emotional costs of parenthood. 9
Demonstrate wise spending practices such as advertising and comparison shopping. 10	10 Demonstrate wise spending practices such as advertising and comparison shopping. 10
Use the decision-making process. 11	11 Use the decision-making process. 11
Plan a personal budget. 12	12 Plan a personal budget. 12
Calculate sales tax, price per unit, and sale discounts. 13	13 Calculate sales tax, price per unit, and sale discounts. 13
Identify individual work habits and ethics (individual and team skills, confidentiality, problem-solving, punctuality, self-discipline, and communication skills) and explain their importance in the workplace. 14	14 Identify individual work habits and ethics (individual and team skills, confidentiality, problem-solving, punctuality, self-discipline, and communication skills) and explain their importance in the workplace. 14
Formulate a culminating assessment using comparison shopping techniques, budgeting practices, and managing res	15 Formulate a culminating assessment using comparison shopping techniques, budgeting practices, and managing resources. 15

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Analyze the causes and consequences of diet, exercise, rest and other substance choices on various body systems. 16	16 Analyze the causes and consequences of diet, exercise, rest and other substance choices on various body systems. 16
Plan, prepare and evaluate a menu using current Dietary Guidelines for Americans and the USDA MyPlate. 17	17 Plan, prepare and evaluate a menu using current Dietary Guidelines for Americans and the USDA MyPlate. 17
Identify proper kitchen equipment and utensils and demonstrate proper use. 18	18 Identify proper kitchen equipment and utensils and demonstrate proper use. 18
Demonstrate and practice knowledge of food service safety and sanitation. 19	19 Demonstrate and practice knowledge of food service safety and sanitation. 19
Illustrate design elements and principles. 20	20 Illustrate design elements and principles. 20
Compare and contrast societal housing trends within the United States. 21	21 Compare and contrast societal housing trends within the United States. 21
Utilize color schemes to create fashion apparel design using technology. 22	22 Utilize color schemes to create fashion apparel design using technology. 22
Analyze career opportunities in Family and Consumer Sciences career pathways. 23	23 Analyze career opportunities in Family and Consumer Sciences career pathways. 23
Demonstrate employability and social skills relevant to each career major and pathway. 24	24 Demonstrate employability and social skills relevant to each career major and pathway. 24

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Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development. 25	**25 Utilize activities of the Family, Career and Community Leaders of America (FCCLA) student organization as an integral component of course content and leadership development.** 25
Apply math, science, and literacy skills within technical content. 26	**26 Apply math, science, and literacy skills within technical content.** 26