Virginia CTE

# Family and Consumer Sciences II (8261)

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| Understanding Human Development | A | Describe the developmental characteristics of early adolescence. I.A |
| | B | Identify factors and conditions that influence individual and family development. I.B |
| | C | Describe factors that influence the development of self-esteem, self-concept, and personality. I.C |
| Demonstrating Interpersonal Relationships | A | Demonstrate examples of caring, respectful, and responsible behaviors. II.A |
| | B | Demonstrate characteristics of positive relationships. II.B |
| | C | Create strategies for handling peer pressure. II.C |
| | D | Use communication skills that express feelings, needs, and ideas. II.D |
| | E | Explain the consequences of positive and negative behaviors in communication. II.E |
| | F | Set goals for individuals and families. II.F |
| | G | Demonstrate social etiquette. II.G |
| Exploring Family Relationships(Optional) | A | Define family. III.A |
| | B | Describe the function of the family. III.B |
| | C | Explain ways an individual can strengthen the family unit. III.C |
| Maintaining Living Environments (Personal Environments) (Optional) | A | Demonstrate ways to conserve natural resources within the family. IV.A |
| | B | Maintain a clean and safe environment. IV.B |
| | C | Organize personal space. IV.C |
| De an | | xplain the essential nutrients. V.A |
| | | Demonstrate nutrition and wellness practices that enhance well-being. V.B |

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| | **C** Identify common food allergies. V.C |
| | **D** Demonstrate food safety and sanitation practices. V.D |
| | **E** Demonstrate kitchen safety. V.E |
| | **F** Identify food preparation terms and equipment. V.F |
| | **G** Perform sequential steps in all aspects of food preparation. V.G |
| | **H** Plan a nutritious family meal. V.H |
| | **I** Demonstrate dining etiquette. V.I |
| **Using Consumer and Family Resources** | **A** Apply steps in a problem-solving/decision-making model. VI.A |
| | **B** Manage personal resources. VI.B |
| | **C** Evaluate forms and techniques of advertising. VI.C |
| | **D** Analyze personal saving and spending habits. VI.D |
| | **E** Identify consumer rights and responsibilities. VI.E |
| | **F** Identify consumer resources. VI.F |
| **Developing Textile, Fashion, and Apparel Concepts (Optional)** | **A** Demonstrate clothing maintenance techniques. VII.A |
| | **B** Describe factors affecting clothing choices. VII.B |
| | **C** Create an apparel/textile product. VII.C |
| | **D** Demonstrate basic measurement and fitting techniques. VII.D |
| **Developing Education and Early Childhood Concepts(Optional)** | **A** Describe responsible behaviors in caring for children. VIII.A |
| | **B** Identify the stages of early childhood development. VIII.B |
| | **C** Identify developmentally appropriate and nutritious snacks for children. VIII.C |
| | **D** Evaluate age-appropriate activities for children. VIII.D |
| **Exploring Career, Community, and Family Connections(Optimal)** | **A** Demonstrate workplace etiquette. IX.A |
| | **B** List management strategies for balancing family, school/work, and extracurricular activities. IX.B |
| | **C** Demonstrate ways to be a responsible citizen. IX.C |

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| | **D** Identify career clusters and pathways that lead to Family and Consumer Science careers. IX.D |
| | **E** Explore entrepreneurship opportunities for adolescents. IX.E |
| **Developing Leadership Skills** | **A** Use the FCCLA planning process. X.A |
| | **B** Complete a national FCCLA program project and/or a state-level competitive event. X.B |