



FAIRBANKS NORTH STAR BOROUGH SCHOOL DISTRICT

CAREER & TECHNICAL EDUCATION



Career and Technical Education

Adopted: May 13, 2014

Course Information	
Course Name	FAMILY & CONSUMER SCIENCES I
Course Number	CTE73/CTE74
Grade(s)	7
Length	One Quarter or One Semester
Credit	.25 or .5
Prerequisites	None
Sequence or CTEPS (You must first have the Sequence or CTEPS entered into the system.)	Human Services
Date of District Course Revision	Spring 2014
Career & Technical Student Organization (CTSO)	
CTSO Embedded in this Sequence	N/A
Occupational Standards	
Source of Occupational Standards	National Association of State Administrators of Family & Consumer Sciences (NASAFACS), 2008
Names/Numbers of Occupational Standards	NASAFACS: http://nasafacs.org/national-standards-home.html
Registration Information	
Course Description (brief paragraph – as shown in your student handbook or course list)	In <i>Family & Consumer Sciences I</i> , students will explore and practice basic life skills in the areas of personal health, safety, nutrition, basic food preparation techniques, and sewing. Depending on the school resources, needs and schedule, this course may vary as to topics taught and in length from nine weeks (one quarter) to 18 weeks (one semester). A nine-week offering will be introductory with limited topics. An 18-week course offering will explore chosen topics in greater depth.
Instructional Topic Headings (please separate each heading by a semi-colon)	Foods and nutrition; sewing skills; caregiving throughout the life cycle; careers and employability.
Summative Assessments and Standards	
Technical Skills Assessment (TSA)	None
Course Addresses	N/A
Alaska ELA and Math Standards	Yes
Alaska Cultural Standards	Yes
All Aspects of Industry (AAI)	Yes
Core Technical Standards	Yes
Career Ready Practices	Yes
Employability Standards	
Source of Employability Standards	Alaska

Tech Prep	
Current Tech Prep Articulation Agreement? (Y/N)	No
Date of Current Agreement	N/A
Postsecondary Institution Name	N/A
Postsecondary Course Name	N/A
Postsecondary Course Number	N/A
Number of Postsecondary Credits	N/A
Author	
Course Developed By	K. Easterly-Keill
Course Adapted From	FNSBSD Curriculum
Date of Previous Course Revision	May 6, 2006
Course Delivery Model	
Is the course brokered through another institution or agency? (Y/N)	No

Standards Alignment

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standards	Alaska ENG/LA Standards	Alaska Math Standards	Alaska Cultural Standards	Common Technical Core Standards	Career Ready Practices	All Aspects of Industry	Formative Assessments
Students will demonstrate proper care and safe use of kitchen tools and equipment.	FCS 9.5	RST.7.3 RST.7.4		B2, 4	HT-RFB 2; *CRP 2	A2, 6	Tech/Prod; Health/Safety; Work Habits	Performance Observation; Written Test
Students will demonstrate proper food preparation techniques, following recipe instructions and measuring various types of ingredients, while following guidelines for prevention of food borne illness.	FCS 9.2, 9.5	RST.7.3 RST.7.4 RST.7.5		B2, 4	HT-RFB 2; *CRP 2	A1-2, 6	Tech/Prod; Health/Safety; Work Habits; Business Plan	Performance Observation; Written Test
Students will classify foods and recipe ingredients and plan meals according to the <i>MyPlate Food Guide</i> .	FCS 9.3-4, 14.2	RST.7.3 WHST.7.7 WHST.7.8		B4; C3	HT-RFB 3; *CRP 2, 4	A2	Tech/Prod; Health/Safety; Work Habits	Class Demo; Presentation; Written Test
Students will be able to describe the benefits of the <i>MyPlate Food Guide</i> , the basic nutrients, and give examples of foods that contain these nutrients.	FCS 9.3-4, 14.2	RST.7.3 WHST.7.7 WHST.7.8		B4; C3	HT-RFB 3; *CRP 3	A2	Health/Safety	Class Demo; Presentation; Written Test
Students will demonstrate basic hand and sewing machine skills and how to properly and safely use sewing tools and the sewing machine.	FCS 16.3-4	RST.7.3 RST.7.4		B2, 4	*CRP 2, 11	A2, 6	Tech/Prod; Work Habits	Performance Observation; Written/ Practical Test
Students will follow multi-step directions to complete a sewing project.	FCS 16.3-4	RST.7.3 RST.7.7		B3	*CRP 2, 8	A1-2, 6	Tech/Prod; Business Plan; Work Habits	Performance Observation; Final Product
Students will describe the development of children from infancy through the teen years and identify and respect the special needs of some children.	FCS 4.2, 12.1, 15.1-2	RST.7.3 RST.7.4		A1, 5	HU-EC 1, 7-8; *CRP 1	A2; B1	Community; Health/Safety	Class Demo; Presentation; Written Test
Students will explain the importance of safety and play in child development.	FCS 4.2, 4.4	RST.7.2		A1	HU-EC 5, 7	A2, 6	Community; Health/Safety	Class Demo; Research Project; Written Test
Students will describe life changes to which older people must adjust, the options available for their various special needs, and identify skills that can enhance the lives of the elderly.	FCS 1.3, 7.5, 12.1			A1, 5	HU-FAM 2; HU 2; *CRP 5	A2	Community; Health/Safety; Business Plan	Class Demo; Research; Presentation
Students will research career clusters and identify the job and employability skills required for success.	FCS 1.2	RST.7.3 RST.7.4 RST.7.7		A1; B3	*CRP 10	A1; B1-5	Work Habits; Business Plan; Labor	Class Demo; Research; Presentation
Students will demonstrate how to apply math skills to everyday living (e.g., pricing, measuring ingredients, changing recipes, measuring in sewing).	FCS 2.1	RST.7.3 RST.7.4 RST.7.7	7.NS.3	A1	*CRP 2	A2	Finance; Business Plan; Tech/Prod	Class Demo; Written Test

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standards	Alaska ENG/LA Standards	Alaska Math Standards	Alaska Cultural Standards	Common Technical Core Standards	Career Ready Practices	All Aspects of Industry	Formative Assessments
Students will use effective communication and interpersonal skills when working with others in the classroom.	FCS 12.3 FCS 13.3 FCS 13.5			A1, 3; B1; C2; E3, 8	ED 1; *CRP 4	A2	All	Observation; Performance
Students will describe the skills needed for future independent living (e.g., consumer education and personal health and well-being).	FCS 1.1 FCS 12.1	RST.7.2 WHST.7.7		C3	*CRP 3	A2	All	Observation; Performance; Presentation

Course Information	
Course Name	FAMILY & CONSUMER SCIENCES II
Course Number	CTE86/CTE87
Grade(s)	8
Length	One Quarter or One Semester
Credit	.25 or .5
Prerequisites	None
Sequence or CTEPS (You must first have the Sequence or CTEPS entered into the system.)	Human Services
Date of District Course Revision	Spring 2014
Career & Technical Student Organization (CTSO)	
CTSO Embedded in this Sequence	N/A
Occupational Standards	
Source of Occupational Standards	National Association of State Administrators of Family & Consumer Sciences (NASAFACS), 2008
Names/Numbers of Occupational Standards	NASAFACS: http://nasafacs.org/national-standards-home.html
Registration Information	
Course Description (brief paragraph – as shown in your student handbook or course list)	In <i>Family & Consumer Sciences II</i> , students will explore and practice life skills needed for the varied roles in adult life, such as wage earner, consumer of resources, family/group member, community member, and care-giving/parenting, while using current technology and resources. Depending on the school resources, needs, and schedule, this course may vary as to topics taught and in length from nine weeks (one quarter) to 18 weeks (one semester). A nine-week offering will be introductory with limited topics. An 18-week course offering will explore chosen topics in greater depth.
Instructional Topic Headings (please separate each heading by a semi-colon)	Foods and nutrition; sewing skills; clothing care; caregiving throughout the life cycle; personal finance; consumer education; careers and employability.
Summative Assessments and Standards	
Technical Skills Assessment (TSA)	None
Course Addresses	N/A
Alaska ELA and Math Standards	Yes
Alaska Cultural Standards	Yes
All Aspects of Industry (AAI)	Yes
Core Technical Standards	Yes
Career Ready Practices	Yes
Employability Standards	
Source of Employability Standards	Alaska

Tech Prep	
Current Tech Prep Articulation Agreement? (Y/N)	No
Date of Current Agreement	N/A
Postsecondary Institution Name	N/A
Postsecondary Course Name	N/A
Postsecondary Course Number	N/A
Number of Postsecondary Credits	N/A
Author	
Course Developed By	K. Easterly-Keill
Course Adapted From	FNSBSD Curriculum
Date of Previous Course Revision	May 6, 2006
Course Delivery Model	
Is the course brokered through another institution or agency? (Y/N)	No

Standards Alignment

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standards	Alaska ENG/LA Standards	Alaska Math Standards	Alaska Cultural Standards	Common Technical Core Standards	Career Ready Practices	All Aspects of Industry	Formative Assessments
Students will demonstrate proper care and safe use of kitchen tools and equipment.	FCS 9.5	RST.8.3 RST.8.4		B2, 4	HT-RFB 2; *CRP 2	A2, 6	Tech/Prod; Health/Safety; Work Habits	Performance/ Observation; Written Test
Students will demonstrate proper food preparation techniques, following recipe instructions and measuring various types of ingredients, while following guidelines for prevention of food borne illness.	FCS 9.2, 9.5	RST.8.3 RST.8.4 RST.8.5		B2, 4	HT-RFB 2; *CRP 2	A1-2, 6	Tech/Prod; Health/Safety; Work Habits	Performance/ Observation; Written Test
Students will apply their knowledge of reading food labels to learn the nutritional content of foods.	FCS 9.3, 14.3	RST.8.4		B2, 4; C3	*CRP 2	A2	Tech/Prod; Work Habits; Finance; Health/Safety	Class Demo; Written Test
Students will be able to describe the benefits of the <i>MyPlate Food Guide</i> and nutrients and give examples of foods that contain these nutrients.	FCS 9.3	RST.8.3 WHST.8.7 WHST.8.8		B4; C 3	HT-RFB 3; *CRP 3	A2	Health/Safety	Class Demo; Research/ Informal Presentation; Written Test
Students will classify foods and recipe ingredients and plan meals according to the <i>MyPlate Food Guide</i> .	FCS 9.3-4, 14.2	RST.8.3 WHST.8.7 WHST.8.8		B4; C3	HT-RFB 3; *CRP 2, 4	A2	Tech/Prod; Work Habits; Health/Safety	Class Demo; Research/ Informal Presentation; Written Test
Students will demonstrate basic hand and sewing machine skills and how to properly and safely use sewing tools and the sewing machine.	FCS 16.3-4	RST.8.3 RST.8.4		B2, 4	*CRP 2, 11	A2, 6	Finance; Tech/Prod; Work Habits	Performance/ Observation; Practical Test; Written Test
Students will follow multi-step directions to complete a sewing project.	FCS 16.3-4	RST.8.3 RST.8.7		B3	*CRP 2, 8	A1-2, 6	Tech/Prod; Business Plan; Work Habits	Performance/ Observation; Final Product
Students will identify proper clothing care practices for various fabrics and types of clothing.	FCS 16.2	RST.8.4		B2	*CRP 2, 5	A2	Finance; Work Habits	Class Demo; Research/ Informal Presentation; Written Test
Students will describe the growth and development of children from infancy through the teen years and what parenting/caregiving practices support a child's growth and development.	FCS 4.2, 12.1, 15.1-2	RST.8.3 RST.8.4		A1, 5	HU-EC 1, 7- 8	A2; B1	Community; Health/Safety	Class Demo; Informal Presentation; Written Test
Students will identify and respect special needs of some children.	FCS 4.2	RST.8.2		A1	HU-EC 1, 7- 8	A2; B1	Community; Health/Safety	Class Demo; Research/ Informal Presentation

Students will explain the importance of safety and play in child development.	FCS 4.2, 4	RST.8.2		A1	HU-EC 5, 7	A2, 6	Community; Health/Safety	Class Demo; Research/ Informal Presentation; Written Test
Students will describe life changes to which older people must adjust, the options available for their various special needs and identify skills that can enhance the lives of the elderly.	FCS 1.3, 12.1	RST.8.2		A1	HU-FAM 2; HU 2; *CRP 5	A2	Community; Health/Safety; Business Plan	Class Demo; Research/ Informal Presentation
Students will demonstrate how to use guidelines for personal budgeting, checking and savings accounts and explain guidelines using credit (credit/debit/loans).	FCS 2.1, 6, 3.3	RST.8.3 R.4		B2	*CRP 2	A2	Finance; Business Plan; Work Habits	Class Demo; Written Test
Students will describe how to use the resources of time, energy, and knowledge to make wise consumer choices.	FCS 2.1, 3.5	RST.8.4 RST.8.8 WHST.8.7		B2, 4	*CRP 1, 3, 8	A2	Finance; Business Plan; Work Habits	Class Demo; Research/ Informal Project
Students will research career clusters and personal career choices and identify the job skills and employability skills required for success.	FCS 1.2	RST.8.3 RST.8.4 RST.8.7		A1; B3	*CRP 10	A1; B1-5	Work Habits; Business Plan; Labor	Class Demo; Research/ Informal Project
Students will practice applying their math skills to everyday living (e.g., checkbook register, pricing, measuring ingredients, changing recipes, measuring in sewing).	FCS 2.1	RST.8.3 RST.8.4 RST.8.7	8.NS.1-3	A1	*CRP 2	A2	Finance; Business Plan; Tech/Prod; Work Habits	Class Demo; Written Test
Students will use effective communication and interpersonal skills when working with others in the classroom.	FCS 12.3, 13.3, 5			A1, 3; B1; C2; E3, 8	ED 1; *CRP 4	A2	All	Observation/ Performance
Students will describe the skills needed for future independent living (e.g., consumer education and personal health and well-being).	FCS 1.1, 12.1	RST.8.2 WHST.8.7		C3	*CRP 3	A2	All	Observation; Informal Presentation