

Family and Consumer Sciences Scope & Sequence

Middle School Classes

7th grade

- Healthy Friendship Relationships
- Kitchen Tools and Appliances
- Proper measuring techniques
- Safety and Sanitation (labs)

8th grade

- Dating Relationships
- Shaken Baby Syndrome
- Food and Nutrition (labs)

High School Classes 9-12 unless indicated

Intro to Culinary

- Safety and Sanitation
- Measurement and Standardization
- Eggs
- Bread and Sandwiches
- Menu
- Meat, Poultry, and Fish
- Kitchen tools and equipment/cooking terms
- Fruits and Vegetables

Culinary 2

- Safety and Sanitation Review
- Appetizers and Beverages
- Pizza
- Knife Skills
- Food Allergens
- Pies
- Soups
- Cake and Cake Decorating
- Pasta

Intro to Textiles

- Housing Needs and Styles
- Elements and Principles of Design
- Floor Plans
- Fibers and Textiles

Advanced Textiles

- Floor Plans
- Furniture Styles
- Arranging Furniture
- Windows, lighting, and Accessories
- Home Safety and Security
- Maintaining your home
- Storage and Organization

Parent and Child grades 10-12

- Why we parent/parenting types
- Development-Conception to birth
- Development-Birth-2
- Development Early Childhood
- Development-Middle Childhood

Working with Children

- Child Development Review
- Childcare Facilities
- Working with Children Careers
- Types of Guidance
- Lesson Planning

Leadership and Life Skills

- Everyday Leadership
- Digital Footprint
- Financial Literacy
- Marriage
- Stress
- Life Skills

Nutrition for Healthy Living

- Well-being as it relates to Nutrition
- Dietary Recommendations
- Nutritional Requirements
- Nutritional Diversity
- Interpreting Food Labels
- Healthy Eating Patterns
- Nutritional Education
- Transition to the Professional Role

Mental Wellness and Stress Management

- Defining Emotional Wellness and Mental Health
- Emotional Dimension of Wellness Connections

- Stress
- Supporting the Emotional Wellness Dimension
- Best Practice in the Field of Emotional Wellness
- Application of Best Practice and Redefining Emotional Wellness
- Wellness Planning

Textbooks:

Middle School-Changes and Choices (2010), Teen Life! (2008)

Intro to Culinary and Culinary 2-Exploring Professional Cooking (1996), Culinary Essentials(2016)

Textiles 1 & 2- Housing Decisions (2006)

Parent and Child-Parents and their Children (2010)

Working with Children- Working with Young Children (2012)

Leadership and Life Skills-Building Everyday Leadership in All Teens (2007)