

Course #7000 Introduction To Family and Consumer Sciences I

This co-ed survey course emphasizes the study of family relations at home, school, and work. Communication/cooperation skills are used in various types of labs (childcare, foods, clothing/crafts, and design). Students will explore various related careers.

Family and Consumer Education Benchmarks	
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7000-1.2	Examine the family as the basic unit of society.
7000-1.4	Analyze the reciprocal nature between families and communities.
7000-1.5	Interpret how one's self-concept affects the well being of an individual.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7000-2.2	Apply necessary math skills used in various family and consumer science areas.
7000-2.5	Understand and apply universal safety precautions.
	Standard 3: Evaluate nutritional wellness practices to promote individual and family well-being throughout the life span.
7000-3.2	Plan, select, prepare, and serve foods to meet nutritional needs of individuals and families across the life span.
7000-3.10	Understand responsibilities/consequences of personal behaviors.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7000-4.3	Describe strategies that promote healthy development throughout the life span.
7000-4.4	Explain and translate emotional, physical, social, and intellectual stages and how they are interrelated.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7000-5.1	Describe attributes of respectful, healthy relationships.
7000-5.5	Describe nonviolent strategies to prevent and manage conflict.
7000-5.10	Demonstrate use of personal management skills.

Family and Consumer Education Benchmarks	
	Standard 6: Integrate multiple life roles connecting family, career, and community responsibilities.
7000-6.6	Develop a project to show the interrelationship between the concepts of individual, family, or community need.
	Standard 9: Develop an awareness and/or explore family and consumer science related careers for further career options.
7000-9.4	Evaluate personal strengths and weaknesses as they relate to career exploration and development.
	Standard 10: Develop employment competencies in the family and consumer science area.
7000-10.1	Recognize the importance of reliability and work responsibility.
7000-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7000-10.5	Apply decision-making skills.
7000-10.6	Understand the value of setting goals.

Course #7000: Introduction to Family and Consumer Sciences I

Suggested Topics to be Addressed in this Course:

1. The Science of Nutrition
2. Nutrients Needed
3. Use of the Food Pyramid
4. Reading Labels
5. Safety/Sanitation
6. Meal Planning and Preparation:
 - Eggs
 - Fruit
 - Quick Breads
 - Casserole
 - Dairy Products
 - Breakfast Type Meats
 - Beverages
 - Healthy Snacks
7. Recycling
8. Correct Use of Equipment
9. Careers in Family and Consumer Science
10. Etiquette
11. Apply Math to Individual Projects
12. Constructing a Sewing Project for Self, Family, and Community
13. Learning About Children
14. Relationships/Communication
15. Making Health Choices
16. Using Resources
17. Working Cooperatively
18. Introduction to Family Career Community Leaders

Resources Adopted to Teach the Benchmarks:

- Glosson, Linda R., PHD, Meek, Janis P., & Smock, Linda G. Creative Living. Glencoe McGraw-Hill. 1997.

Course #7005 Introduction To Family and Consumer Sciences II	
This is a survey course that explores relationships, family consumerism, and use of various technological advances in the foods, interior and clothing industry.	
Family and Consumer Education Benchmarks	
The student will:	
Standard 1: Analyze how the well being of individuals in society is dependent upon the family.	
7005-1.2	Examine the family as the basic unit of society.
7005-1.4	Analyze the reciprocal nature between families and communities.
Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.	
7005-2.1	Evaluate chemical reactions (i.e., food, clothing, shelter, environmental practices, etc.).
7005-2.2	Apply necessary math skills used in various family and consumer science areas.
7005-2.3	Collect, organize, and evaluate data.
7005-2.5	Understand and apply universal safety precautions.
Standard 3: Evaluate nutritional wellness practices to promote individual and family well being throughout the life span.	
7005-3.2	Plan, select, prepare, and serve foods to meet nutritional needs of individuals and families across the life span.
7005-3.6	Analyze natural / food resources to provide wellness for the family.
7005-3.10	Understand responsibilities/consequences of personal behaviors.
Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.	
7005-4.3	Describe strategies that promote healthy development throughout the life span.
7005-4.4	Explain and translate emotional, physical, social, and intellectual stages and how they are interrelated.
Standard 5: Create respectful and caring relationships in the family, workplace, and community.	
7005-5.1	Describe attributes of respectful, healthy relationships.
7005-5.5	Describe nonviolent strategies to prevent and manage conflict.
7005-5.8	Recognize personal and financial conditions affecting family and self.

Family and Consumer Education Benchmarks	
7005-5.10	Demonstrate use of personal management skills.
	Standard 6: Integrate multiple life roles connecting family, career, and community responsibilities.
7005-6.2	Develop a personal life plan that reflects family, career, learning, leisure, and community goals.
7005-6.6	Develop a project to show the interrelationship between the concepts of individual, family, or community need.
	Standard 9: Develop an awareness and/or explore family and consumer science related careers for further career options.
7005-9.4	Evaluate personal strengths and weaknesses as they relate to career exploration and development.
	Standard 10: Develop employment competencies in the family and consumer science area.
7005-10.1	Recognize the importance of reliability and work responsibility.
7005-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7005-10.4	Apply problem-solving techniques.
7005-10.6	Understand the values of setting goals.

Resources Adopted to Teach the Benchmarks:

- Glosson, Linda R., Meek, Janis P., & Smock, Linda G. Creative Living. Glencoe McGraw -Hill. 1997.

Course #7010 Family Foods and Wellness

Emphasis is placed on the health of individuals to maintain and acquire good healthy habits for a lifetime. A study is done on the individual's nutrient intake vs. expenditures of nutrients and calories. A unit on sports nutrition, effects of food consumption on appearance, health and relationships is incorporated. The students will acquire and use knowledge about sanitation and other government regulations. Food labs are incorporated as they apply to the various units of food preparations using various scientific methods of food preparation.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7010-1.1	Examine the development and composition of the family system.
7010-1.3	Evaluate the characteristics of strong, healthy families.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7010-2.1	Evaluate chemical reactions (i.e., food, clothing, shelter, environmental practices, etc.).
7010-2.3	Collect, organize, and evaluate data.
7010-2.5	Understand and apply universal safety precautions.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well being throughout the life span.
7010-3.1	Evaluate the nutritional information and contents of food to meet health and wellness needs of individuals and families.
7010-3.2	Plan, select, prepare, and serve foods to meet nutritional needs of individuals and families across the life span.
7010-3.3	Evaluate handling and storage of food to meet health and safety needs.
7010-3.4	Evaluate the factors and their relationships that contribute to nutritional practices and wellness across the life span.
7010-3.5	Assess impact of science and technology on food, nutrition, and wellness of individuals and families.
7010-3.6	Analyze natural / food resources to provide wellness for the family.
7010-3.7	Simulate health standards needed during one's life span.
7010-3.8	Identify healthy life styles.

Family and Consumer Education Benchmarks	
7010-3.9	Differentiate the importance of healthy versus unhealthy choices including physical, mental, and social factors.
7010-3.10	Understand responsibilities and consequences of personal behaviors.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7010-4.2	Analyze the influences that impact human growth and development.
7010-4.5	Explain how the growth and development of an individual affects one's health.
7010-4.6	Understand the significance of nutrition and growth.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7010-5.3	Demonstrate empathy with others based on their perspectives, needs, and characteristics.
7010-5.5	Describe nonviolent strategies to prevent and manage conflict.
7010-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7010-5.10	Demonstrate use of personal management skills.
7010-5.13	Demonstrate etiquette as related to various life situations.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental and technological resources enabling individuals, families, and communities to achieve self-sufficiency.
7010-8.3	Practice individual, family, and consumer behaviors that maintain and protect the environment.
7010-8.5	Apply management principles to meet individual, family, and consumer needs and wants in relation to food, clothing, shelter, healthcare, and transportation.
	Standard 9: Develop an awareness and/or explore family and consumer science related careers for further career options.
7010-9.2	Analyze the relationship of good physical and mental health to job success and achievement.

	Standard 10: Develop employment competencies in the family and consumer science area.
7010-10.1	Understand the importance of reliability and work responsibility.
7010-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7010-10.3	Identify legal issues in the workplace (i.e., sexual harassment, discrimination, disabilities, etc.).
7010-10.4	Apply problem-solving techniques.
7010-10.5	Apply decision-making skills.

Course #7010: Family Foods and Wellness
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Suggested topics to be addressed in this course:

1. Food Choices
2. Food Facts and Fallacies
3. The Science of Nutrition
4. Nutrients Needed
5. Food and Well-being
6. Use of the Food Pyramid
7. Special Food Needs for Dietary Concerns (Athlete, Weight Control)
8. Kitchen Safety and Sanitation
9. Correct Use of Equipment
10. Food Storage
11. Food Preparation Techniques
12. Microwave Cooking
13. Recycling
14. Etiquette
15. Food Preparation and Techniques for:
 - Vegetables
 - Salads and Salad Dressings
 - Dairy Foods
 - Meat
 - Poultry
 - Yeast Breads
 - Pasta
 - Sauces
16. Labeling
17. Scientific Functions of Various Ingredients in the Baked or Cooked Product
18. Careers in Food and Nutrition

Resources Adopted to Teach the Benchmarks:

- Kowtaluk, Helen. Food for Today. Glencoe McGraw-Hill. 1997.
- West, Dorothy. Nutrition and Fitness. The Goodheart-Wilcox Publishing Co., 2000

Course #7020 Foods Management and Occupations

Major emphasis is placed on hands-on experiences in labs by learning and applying management and occupational skills in food preparation. Consumerism in the home and market place, understanding personal roles in the family food cycle, exploration of regional and international cookery and its role in today's society, future food changes and diet needs of individuals are emphasized in this course. Career options are explored.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7020-1.1	Examine the development and composition of family systems.
7020-1.4	Analyze the reciprocal nature between families and communities.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7020-2.1	Evaluate chemical reactions (i.e., food, clothing, shelter, environmental practices, etc.).
7020-2.2	Apply necessary math skills used in various family and consumer related areas.
7020-2.3	Collect, organize, and evaluate data.
7020-2.4	Demonstrate a variety of effective communication strategies.
7020-2.5	Understand and apply universal safety precautions.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well being throughout the life span.
7020-3.2	Plan, select, prepare, and serve foods to meet nutritional needs of individuals and families across the life span.
7020-3.5	Assess the impact of science and technology on food, nutrition, and wellness of individuals and families.
7020-3.6	Analyze natural food resources to provide wellness for the family.
7020-3.7	Simulate health standards needed during one's life span.
7020-3.10	Understand responsibilities/consequences of personal behavior.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7020-4.3	Describe strategies that promote healthy development throughout the life span.

	Family and Consumer Education Benchmark
7020-4.6	Understand the significance of nutrition and growth.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7020-5.5	Describe nonviolent strategies to prevent and manage conflict.
7020-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.
7020-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7020-5.8	Recognize personal and financial conditions affecting family/self.
7020-5.9	Recognize the value of family unity and time.
7020-5.10	Demonstrate use of personal management skills.
7020-5.11	Recognize consumer consumption in regional and global lives.
7020-5.12	Establish personal guides affecting self and others.
7020-5.13	Demonstrate etiquette as related to various life situations.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental and technological resources enabling individuals, families, and communities to achieve self-sufficiency.
7020-8.3	Practice individual, family, and consumer behaviors that maintain and protect the environment.
7020-8.4	Analyze the impact of technology on resource management for individuals, family, and consumers.
7020-8.5	Apply management principles to meet individual, family, and consumer needs and wants in relation to food, clothing, shelter, healthcare, and transportation.
	Standard 9: Develop an awareness and/or explore family and consumer science related careers for further career options.
7020-9.1	Investigate and evaluate career paths.
7020-9.2	Analyze the relationship of good physical and mental health to job success and achievement.
7020-9.5	Relate personal interests, wants, and abilities to career choices.

	Family and Consumer Education Benchmark
	Standard 10: Develop employment competencies in the family and consumer science area.
7020-10.1	Understand the importance of reliability and work relationships.
7020-10.2	Understand the importance of work ethic, workplace, relationships, diversity, and communication skills.
7020-10.3	Identify legal issues in the workplace (i.e., sexual harassment, discriminations, disabilities, etc.).
7020-10.4	Apply problem-solving techniques.
7020-10.5	Apply decision-making skills.
7020-10.7	Apply principles used in preparing to enter the work force.

Course #7020: Foods Management and Occupations

Suggested topics to be addressed in this course:

1. The Science of Nutrition
2. Integration of food production, processing, preparation, evaluation, and utilization of food while practicing the use of various types of resources
3. Nutrition Issues
4. Safety in the Labs
5. Buying Food
6. Storing Food
7. Sanitation Issues (Local, State, and Federal Regulations)
8. Safe Use of Foods
9. Meal Management Techniques
10. Food Preparation:
 - Protein Foods
 - Grains
 - Vegetables
 - Dairy Products-Processing and Use
 - Fermentation of Foods
 - Preservation of Foods
 - Dehydration of Foods
 - Food Additives
 - Acid and Bases
 - Water
 - Carbohydrates
 - Lipids
 - Protein
 - Vitamins and Minerals
11. Consumer Rights and Responsibilities
12. Foods of the World
13. Regional Foods of America
14. Careers in the Foods/Hospitality Industry
15. Quantity Food Cooking
16. Identify Labeling Information
17. Understanding the Importance of Metabolism/Nutrition

Resources Adopted to Teach the Benchmarks:

- Largen, Velda L., & Bence, Deborah L. Guide to Good Food. The Goodheart-Wilcox Company. 1996

Course #7025 Culinary Arts	
This course provides the beginning content for becoming a food service professional. Units covered include successful customer relations, safety, sanitation, basic procedures, equipment and nutrition. Performance activities will be part of lab experience. This class works towards a one year Wisconsin Restaurant Association Certification	
	Family and Consumer Education Benchmarks
	The student will:
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7025-2.2	Apply necessary math skills used in various family and consumer related areas.
7025-2.3	Collect, organize and evaluate data.
7025-2.4	Demonstrate a variety of effective communication strategies.
7025-2.5	Understand and apply universal safety precautions.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well being throughout the life span.
7025-3.1	Evaluate the nutritional information and content of food to meet health and wellness needs of individuals and families.
7025-3.2	Plan, select, prepare and serve foods to meet nutritional needs of individuals and families across the life span.
7025-3.3	Evaluate handling and storage of food to meet health and safety needs
7025-3.5	Assess impact of science and technology on food, nutrition, and wellness of individuals and families.
7025-3.7	Simulate health standards needed during one's life span.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7025-5.2	Assess one's own perspectives, needs, and characteristics and their influences on relationships with others.
7025-5.4	Demonstrate communication skills that contribute to healthy relationships.
7025-5.5	Describe nonviolent strategies to prevent and manage conflict.
7025-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.
7025-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7025-5.10	Demonstrate use of personal management skills.

Family and Consumer Education Benchmarks	
7025-5.13	Demonstrate etiquette as related to various life situations.
	Standard 6: Integrate multiple life roles connecting family, career, and community responsibilities.
7025-6.2	Develop a personal life plan that reflects family, career, learning leisure, and community goals.
7025-6.3	Demonstrate employability skills.
7025-6.7	Examine health concerns that can impact a community.
	Standard 8: Analyze the consumers role in managing human, economic, environmental, and technical resources enabling individuals, families.
7025-8.1	Analyze the interrelationship between the economic system and consumer decision and actions.
7025-8.3	Practice individual, family and consumer behaviors that maintain and protect the environment.
7025-8.4	Analyze the impact of technology on resource management for individual, families and consumers.
7025-8.5	Apply management principles to meet individual, family and consumer needs and wants in relation to food, clothing, shelter, health care, and transportation.
	Standard 9: Develop awareness and/or explore family and consumer science related careers for further career options.
7025-9.1	Investigate and evaluate career paths.
7025-9.2	Analyze the relationship of good physical and mental health to job success and achievement.
7025-9.5	Relate personal interests, wants, and abilities to career choices.
	Standard 10: Develop employment competencies in the family and consumer science area.
7025-10.1	Understand the importance of reliability and work responsibility.
7025-10.2	Understand the importance of work ethic, workplace, relationships, diversity, and communication skills.
7025-10.3	Identify legal issues in the workplace (i.e., sexual harassment, discriminations, disability, etc.).
7025-10.4	Apply problem-solving techniques.
7025-10.5	Apply decision-making skills.
7025-10.7	Apply principles used in preparing to enter the work force.

Course # 7025: Culinary Arts

Suggested topics to be addressed in this course:

1. Preparing for a successful career
2. Successful customer relations
3. Preparing and serving food safely
4. Preventing accidents and injuries
5. Kitchen basics
6. Food service equipment
7. Nutrition
8. Safe handling, storage and preparation of:
 - Breakfast foods
 - Salads and garnishes
 - Fruits and vegetables
9. Working with people
10. Business math
11. Controlling food service costs

Resources Adopted to Teach the Benchmarks:

- La Fleur, Gini & Reinhard, Karen & Stewart, Nancy,
Becoming a Food Service Professional, 1998
- Pro Start-National Restaurant Association Education
Foundation, 1998

Course #7030 Fashion and Interior Strategies

This course applies life long skills, which are applied in a sewing project for self/others and home. The student will have the opportunity to investigate related careers by hearing guest speakers and visiting fashion and design industries. New technologies will be incorporated with the use of computers in designing personal clothing and home interior projects.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7030-2.1	Evaluate chemical reactions (e.g., food, clothing, shelter, environmental practices, etc.).
7030-2.2	Apply necessary math skills used in various family and consumer related areas.
	Standard 6: Integrate multiple life roles connecting family, career, and community responsibilities.
7030-6.3	Demonstrate employability skills.
7030-6.6	Develop a project to show the interrelationship between the concepts of individual, family, or community need.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental, and technological resources enabling individuals, families, and communities to achieve self-sufficiency.
7030-8.4	Analyze the impact of technology on resource management for individuals, families, and consumers.
7030-8.5	Apply management principles to meet individual, family, and consumer needs and wants in relation to food, clothing, shelter, healthcare, and transportation.
	Standard 9: Develop an awareness and/or explore family and consumer science related careers for further career options.
7030-9.1	Investigate and evaluate career paths.
	Standard 10: Develop employment competencies in the family and consumer science area.
7030-10.1	Understand the importance of reliability and work responsibility.
7030-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7030-10.4	Apply problem-solving techniques.
7030-10.5	Apply decision-making skills.

Course #7030: Fashion and Interior Strategies

Suggested topics to be addressed in this course:

I. Design Elements, Principles, and Styles

II. Clothes and Fashion:

- Language of Fashion
- Art and Design
- Fabrics and Textiles
- Garment Projects
- History of Fashion

III. Housing Interiors:

- Housing Styles
- Understanding House Plans
- Applying Art Principles and Elements to Interiors
- Housing Interiors Project

IV. Career Exploration

Course #7040 Family Futures

In this course, students are given the opportunity to prepare for single, family and/or married life. Studies, discussions, and research will be used to explore the many factors affecting relationships, such as coping with stress, abuse of various types, societal changes affecting family life, decision making, money management, choosing a mate, marriage, laws, communication, maturity, and rearing a family. Several Experts from their field will speak to the class on timely topics.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7040-1.1	Examine the development and composition of family systems.
7040-1.2	Examine the family as the basic unit of society.
7040-1.3	Evaluate the characteristics of strong, healthy families.
7040-1.4	Examine the reciprocal nature between families and communities.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7040-2.2	Apply necessary math skills used in various family and consumer related areas.
7040-2.3	Collect, organize, and evaluate data.
7040-2.4	Demonstrate a variety of effective communication strategies.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well being throughout the life span.
7040-3.4	Evaluate the factors and their relationship that contribute to nutritional practices and well being across the life span.
7040-3.8	Identify healthy life styles.
7040-3.9	Differentiate the importance of healthy versus unhealthy choices, including physical, mental, and social factors.
7040-3.10	Understand responsibilities/consequences of personal behaviors.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7040-4.1	Analyze human growth and development across the life span.
7040-4.2	Analyze the influences of forces that impact human growth and development.

	Family and Consumer Education Benchmarks
7040-4.3	Describe strategies that promote healthy development throughout the life span.
7040-4.4	Explain and translate emotional, physical, and social and intellectual stages, and how they are interrelated.
7040-4.5	Explain how the growth and development of an individual affect one's health.
7040-4.6	Understand the significance of nutrition and growth.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7040-5.1	Describe attributes of respectful, healthy relationships.
7040-5.2	Assess one's own perspectives, needs, and characteristics and their influences on relationships with others.
7040-5.3	Demonstrate empathy with others based on their perspectives, needs, and characteristics.
7040-5.4	Demonstrate communication skills that contribute to healthy relationships.
7040-5.5	Describe nonviolent strategies to prevent and manage conflict.
7040-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.
7040-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7040-5.8	Recognize personal and financial conditions affecting family and self.
7040-5.9	Recognize the value of family unity and time.
7040-5.10	Demonstrate use of personal management skills.
7040-5.11	Recognize consumer consumption in regional and global living.
7040-5.12	Establish personal guides affecting self and others.
7040-5.13	Demonstrate etiquette as related to various life situations.
	Standard 6: Integrate multiple life roles connecting family, careers, and community responsibilities.
7040-6.1	Analyze life roles related to family, careers, and community responsibilities.
7040-6.2	Develop a personal life plan that reflects family, career, learning, leisure, and community goals.
7040-6.3	Demonstrate employability skills.

Family and Consumer Education Benchmarks	
7040-6.4	Understand policies that support families.
7040-6.5	Analyze the impact of individual and family participation in the community.
7040-6.6	Develop a project to show the interrelationship between the concepts of individual, family, or community need.
7040-6.7	Examine health concerns that can impact a community.
7040-6.8	Analyze current family health care resources.
	Standard 7: Analyze parenting roles, responsibilities, and their impact on strengthening the well being of individuals and families.
7040-7.1	Analyze roles and responsibilities of parenthood.
7040-7.2	Explain society conditions that impact the family affecting family members throughout the life span.
7040-7.5	Analyze the importance of family and career.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental, and technical resources enabling individuals, families, and communities to achieve self-sufficiency.
7040-8.1	Analyze the interrelationship between the economic system and consumer decisions and actions.
7040-8.2	Design financial plans that meet the needs of individuals, family, and consumer.
7040-8.4	Analyze the impact of technology on resource management for individuals, families, and consumers.
7040-8.5	Apply management principles to meet individual, family, and consumer needs and wants in relation to food, clothing, shelter, healthcare, and transportation.
	Standard 9: Develop awareness and/or explore family and consumer science related careers for further career options.
7040-9.1	Investigate and evaluate career paths.
7040-9.7	Analyze information shared by an outside speaker on field trips.

Family and Consumer Education Benchmarks	
	Standard 10: Develop employment competencies in the family and consumer science area.
7040-10.1	Understand the importance of reliability and work responsibility.
7040-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7040-10.4	Apply problem-solving techniques.
7040-10.5	Apply decision-making skills.
7040-10.6	Understand the values of setting goals.

Course #7040: Family Futures

Suggested topics to be addressed in this course:

1. The Family Foundation
 - A. Impact of Families
 1. Emotional Needs
 2. Values
 3. Cultural Impact
 4. Basic Needs
 5. Self Concept
 - B. Family Identity
 1. Family Patterns
 2. Family Personality
 3. Family Life Cycle
 - C. Families in a Changing World
 1. Affect of Trends
 2. Impact of Technology
 3. Need for Strong Families

2. Strengthening Relationships
 - A. Relationships
 1. Types and Needs
 2. How Relationships Work
 3. Danger Signals/Ending Relationships
 4. Building Relationships
 - B. Examining Roles
 1. Understanding
 2. Acquiring
 - C. Communication
 1. Process
 2. Skills and Barriers
 - D. Resolving Conflicts
 1. Process
 2. Skills and Barriers
 - E. Building Family Relationships
 1. Traits of Strong Families
 2. Relating to Family Members
 3. Your Role in the Family

3. Managing Your Life
 - A. Managing Decisions and Problems
 - B. Managing Goals and Resources
 - C. Balancing Work and Family Life

4. Challenges in Life
 - A. Changes
 - B. Stress
 - C. Divorce/Remarriage
 - D. Crises
 1. Health
 2. Addiction
 3. Violence
 4. Suicide
 5. Financial
 6. Intervention/Resource
 7. Abuse
 - E. Death and Dying

5. Extending Relationships
 - A. Work Relationships
 - B. Older Adults
 - C. Peers
 - D. Dating/Love
 - E. Understanding Sexuality

6. Moving Toward Independence
 - A. Managing on Your Own
 1. Finances
 2. High Education/Career
 - B. Choosing a Mate/Life Styles
 - C. Volunteering
 - D. Citizenship

Resources Adopted to Teach the Benchmarks:

- Sasse, Connie R., Families Today. Glencoe McGraw-Hill. 1997

Course #7050 Parenting and Child Development

This course will help students examine the importance of the roles parents, teachers, and other caregivers perform as they learn about the growth and development of children from the prenatal stage to the age of six. In our ever-changing society, courses of this nature have been found to be a sound basis for future parents. From this course, students will gain insights in understanding themselves, which will enhance their own and family relationships. “Ready or Not Tots”, a required program, offers students the opportunity to assess parenting readiness.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7050-1.1	Examine the development and composition of family systems.
7050-1.2	Examine the family as the basic unit of society.
7050-1.3	Evaluate the characteristics of strong, healthy families.
7050-1.4	Analyze the reciprocal nature between families and communities.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7050-2.2	Apply necessary math skills used in various family and consumer related areas.
7050-2.3	Collect, organize, and evaluate data.
7050-2.4	Demonstrate a variety of effective communication strategies.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well-being throughout the life span.
7050-3.4	Evaluate the factors and their relationship that contribute to nutritional practices and wellness across the life span.
7050-3.8	Identify healthy life styles.
7050-3.9	Differentiate the importance of healthy versus unhealthy choices including physical, mental, and social factors.
7050-3.10	Understand responsibilities/consequences of personal behaviors.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7050-4.1	Analyze human growth and development across the life span.
7050-4.2	Analyze the influences of forces that impact human growth and development.

Family and Consumer Education Benchmarks	
7050-4.3	Describe strategies that promote healthy development throughout the life span.
7050-4.4	Explain and translate how emotional, physical, and social developments are related.
7050-4.5	Explain how the growth and development of an individual affect one's health.
7050-4.6	Understand the significance of nutrition and growth.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7050-5.1	Describe attributes of respectful, healthy relationships.
7050-5.2	Assess one's own perspectives, needs, and characteristics and their influences on relationships with others.
7050-5.3	Demonstrate empathy with others based on their perspectives, needs, and characteristics.
7050-5.4	Demonstrate communication skills that contribute to healthy relationships.
7050-5.5	Describe nonviolent strategies to prevent and manage conflict.
7050-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.
7050-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7050-5.8	Recognize personal and financial conditions affecting family and self.
7050-5.9	Recognize the value of family unity and time.
7050-5.10	Demonstrate use of personal management skills.
7050-5.12	Establish personal guides affecting self and others.
	Standard 6: Integrate multiple life roles connecting family, careers, and community responsibilities.
7050-6.1	Analyze life roles related to family, careers, and community responsibilities.
7050-6.2	Develop a personal life plan that reflects family, career, learning, leisure, and community goals.
7050-6.3	Demonstrate employability skills.
7050-6.4	Understand policies that support families.

Family and Consumer Education Benchmarks	
7050-6.5	Analyze the impact of individual and family participation in the community.
7050-6.6	Develop a project to show the interrelationship between the concepts of individual, family, or community need.
7050-6.7	Examine health concerns that can impact a community.
7050-6.8	Analyze correct family health care resources.
	Standard 7: Analyze parenting roles, responsibilities, and their impact on strengthening the well being of individuals and families.
7050-7.1	Analyze roles and responsibilities of parenthood.
7050-7.2	Explain societal conditions that impact the family affecting family members throughout the life span.
7050-7.3	Analyze parenting skills and practices needed to support physical, economical, social, and intellectual well being throughout the life span.
7050-7.4	Evaluate parenting resources.
7050-7.5	Analyze the importance of family and career.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental, and technical resources enabling individuals, families, and communities to achieve self-sufficiency.
7050-8.1	Analyze the interrelationship between the economic system and consumer decisions and actions.
7050-8.2	Design financial plans that meet the needs of individual, families, and consumer.
7050-8.4	Analyze the impact of technology on resource management for individuals, families, and consumers.
7050-8.5	Apply management principles to meet individual, family, and consumer needs and wants in relation to food, clothing, shelter, health care, and transportation.
	Standard 9: Develop an awareness of/and explore family and consumer science related careers for further career options.
7050-9.1	Investigate and evaluate career paths.
7050-9.7	Analyze information shared by an outside speaker on field trips.

	Standard 10: Develop employment competencies in the family and consumer science area.
7050-10.1	Understand the importance of reliability and work responsibility.
7050-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7050-10.4	Apply problem-solving techniques.
7050-10.5	Apply decision-making skills.
7050-10.6	Understand the values of setting goals.

Course #7050: Parenting and Child Development

Suggested topics to be addressed in this course:

1. Pregnancy and Birth
 - A. Prenatal Development
 - B. Birth
2. First-year of Development
 - A. Social
 - B. Intellectual
 - C. Emotional
 - D. Physical
3. Development from One to Three
 - A. Social
 - B. Intellectual
 - C. Emotional
 - D. Physical
4. Development from Four to Six
 - A. Social
 - B. Intellectual
 - C. Emotional
 - D. Physical
5. Skills for Effective Parenting
 - A. Nurturing
 - B. Discipline
 - C. Special Children
6. Careers Related to Children
7. Roles of family members
8. Issues related to child care

Resources Adopted to Teach the Benchmarks:

Brisbane, Holly E. The Developing Child, Glencoe McGraw-Hill. 2000.

Course #7060 Introduction to Child Care Services

This course will help the student to understand the needs of the young child at various levels via a long-term play school. The student will plan, guide and evaluate the intended results. High school students will gain invaluable understanding of children as they grow. This course is articulated with NWTC for credit.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family, work and careers.
7060-2.2	Apply necessary math skills used in various family and consumer related areas.
7060-2.3	Collect, organize, and evaluate data.
7060-2.5	Understand and apply universal safety precautions.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well-being throughout the life span.
7060-3.8	Identify healthy life styles.
7060-3.9	Differentiate the importance of healthy versus unhealthy choices including physical, mental, and social factors.
7060-3.10	Understand responsibilities/consequences of personal behaviors.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7060-4.1	Analyze human growth and development across the life span.
7060-4.2	Analyze the influences of foods that impact human growth and development.
7060-4.3	Describe strategies that promote healthy development throughout the life span.
7060-4.4	Explain and translate emotional, physical, social, and intellectual stages, and how they are interrelated.
7060-4.5	Explain how the growth and development of an individual affect one's health.
7060-4.6	Understand the significance of nutrition and growth.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7060-5.5	Describe nonviolent strategies to prevent and manage conflict.
7060-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.

	Family and Consumer Education Benchmarks
7060-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7060-5.10	Demonstrate use of personal management skills.
	Standard 6: Integrate multiple life roles connecting family, career, and community responsibilities.
7060-6.1	Analyze life roles related to family, careers, and community responsibilities.
7060-6.4	Understand policies that support families.
7060-6.6	Develop a project to show the interrelationship between the concepts of individual, family, or community need.
7060-6.7	Examine health concerns that can impact a community.
7060-6.8	Analyze current family health care resources.
	Standard 7: Analyze parenting roles, responsibilities, and their impact on strengthening the well being of individuals and families.
7060-7.3	Analyze parenting skills and practices needed to support physical, economical, social, and intellectual well being throughout the life span.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental, and technical resources enabling individuals, families, and communities to achieve self-sufficiency.
7060-8.1	Analyze the interrelationship between the economic system and consumer decisions and actions.
7060-8.3	Practice individual, family, and consumer behaviors that maintain and protect the environment.
	Standard 9: Develop an awareness of / and explore family and consumer science related careers for further career options.
7060-9.1	Investigate and evaluate career paths.
7060-9.2	Analyze the relationship of good physical and mental health to job success and achievement.
7060-9.3	Analyze shared career information.
7060-9.4	Evaluate personal strengths and weaknesses as they relate to career exploration and development.
7060-9.5	Relate personal interests, wants, and abilities to career choices.
7060-9.7	Analyze information shared by an outside speaker or field trips.

	Standard 10: Develop employment competencies in the family and consumer science area
7060-10.1	Understand the importance of reliability and work responsibility.
7060-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7060-10.3	Identify legal issues in the workplace (e.g., sexual harassment, discrimination, disability, etc.).
7060-10.4	Apply problem-solving techniques.
7060-10.5	Apply decision-making skills.
7060-10.6	Understand the values of setting goals.
7060-10.7	Apply principles used in preparing to enter the work force.

Course #7060: Introduction to Child Care Services

Suggested topics to be addressed in this course:

1. Attitude Changes in Childcare:
 - A. Changes in Society
 - B. Changes in Families
 - C. Changes in Employers

2. Characteristics of Successful Teachers:
 - A. Assessing Personal Strengths/Weaknesses
 - B. Licensing/Professional Qualifications

3. Principles of Development:
 - A. Understanding Children from Birth to Age Two:
 1. Physical, Emotional, Social, and Mental Development
 2. Applying Assessment Information
 3. Using Development Scales
 - B. Understanding Two and Three Year Olds:
 1. Physical, Emotional, Social, and Mental Development
 2. Teaching Two Year Olds
 3. Teaching Three Year Olds
 - C. Understanding Four and Five Year Olds:
 1. Physical, Emotional, Social, and Mental Development
 2. Teaching Four Year Olds
 3. Teaching Five Year Olds

4. Guiding Children:
 - A. Establishing Classroom Rules
 - B. Communicating/Enforcing Rules
 - C. Building Guidance Skills:
 1. Techniques for Effective Guidance
 2. Direct Guidance
 3. Indirect Guidance
 4. Daily Routines
 - D. Guidance Problems:
 1. Identifying Causes of Problem Behavior
 2. Appropriate Teacher Reaction to Problems

5. Creating a Safe Healthy Environment:
 - A. Arranging Space
 - B. Selecting Toys and Equipment
 - C. Guiding Children's Safety
 - D. Planning Nutritious Meals and Snacks
 - E. Guiding Children's Health

6. Curriculum Development:
 - A. Art
 - B. Storytelling
 - C. Socio-Dramatic Play and Puppetry
 - D. Pre-writing Skills
 - E. Math
 - F. Science
 - G. Social Studies
 - H. Music
 - I. Special Needs

7. Careers with Young Children

Resources Adopted to Teach the Benchmarks:

- Brisbane, Holly E., The Developing Child, Glencoe McGraw-Hill, 1997.

Course #7070 Introduction to Health Occupations

This course will allow students the opportunity to explore the many employment possibilities in the health occupation field. This introductory course will enable students to develop basic knowledge, which will prepare them for entry level jobs in the health occupation areas. A job shadowing experience, in the student's area of interest, will be integrated. The student is responsible for his/her own transportation to the job site.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family, work, and careers.
7070-2.3	Collect, organize, and evaluate data.
7070-2.5	Understand and apply universal safety precautions.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7070-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, work place, and community.
7070-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
	Standard 6: Integrate multiple life roles connecting family, careers, and community responsibilities.
7070-6.3	Demonstrate employability skills.
7070-6.7	Examine health concerns that can impact a community.
7070-6.8	Analyze current family health care resources.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental, and technical resources enabling individuals, families, and communities to achieve self-sufficiency.
7070-8.5	Apply management principles to meet individual, family, and consumer needs and wants in relation to food, clothing, shelter, health care, and transportation.
	Standard 9: Develop an awareness of /and explore family and consumer science related careers for further career options.
7070-9.1	Investigate and evaluate career paths.
7070-9.2	Analyze the relationship of good physical and mental health to job success and achievement.
7070-9.4	Evaluate personal strengths and weaknesses as they relate to career exploration and development.

Family and Consumer Education Benchmarks	
7070-9.5	Relate personal interests, wants, and abilities to career choices.
7070-9.7	Analyze information shared by outside speakers on field trips.
	Standard 10: Develop employment competencies in the family and consumer science area.
7070-10.1	Understand the importance of reliability and work responsibility.
7070-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7070-10.3	Identify legal issues in the workplace (e.g., sexual harassment, discrimination, disability, etc.).
7070-10.4	Apply problem-solving techniques.
7070-10.6	Understand the value of setting goals.
7070-10.8	Apply employability skills needed to enter the work force.

Course #7070: Introduction to Health Occupations

Suggested topics to be addressed in this course:

1. Introduction to being a health care worker:
 - A. Medical History
 - B. Health Care Agencies and Facilities
 - C. Ethical Roles and Responsibility of a Health Care Worker
 - D. Qualities of a Health Care Worker
 - E. Moral / Ethics
 - F. Responsibilities to an Employer
 - G. Team Concept
 - H. Legal Responsibilities
 - I. Confidentiality
 - J. Policies and Procedures
2. Finding the right career:
 - A. Discover the various types of medical careers.
 - B. Analyze interests, values and abilities for our career choice.
3. Understand the medical abbreviations and health terminology.
4. Apply technological data in simulated case studies.
5. Use various basic medical procedures.
6. Understand the various functions of the human body.
7. Understand effects of nutrition on one's body.
8. Meeting the needs of self and others.
9. The process of change in life.
10. Duties of various career workers.
11. Examine health concerns of individuals as a family member and a member of society.

Resources Adopted to Teach the Benchmarks:

- Badasch, Shirley A., & Chesebro, Doreen S. Introduction to Health Occupations, Brady, Prentice Hall Career & Technology. 1993.

**Course #7090/7091 Family and Consumer Science Cooperative –
Classroom**

This senior level course is designed for Family and Consumer Science students interested in a related career or those planning to enroll in a vocational or college program. The student will receive one credit for the classroom phase and one credit for the cooperative training at an approved work-site. This course will cover personal career interests, choosing a career, emphasis on employability attitudes and work skills, obtaining employment, and applying knowledge and skills at a work-site.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7090-1.2	Examine the family as the basic unit of society.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family, work, and careers.
7090-2.2	Apply necessary math skills used in various family and consumer related areas.
7090-2.3	Collect, organize, and evaluate data.
7090-2.4	Demonstrate a variety of effective communication strategies.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well-being throughout the life span.
7090-3.4	Evaluate the factors and their relationship that contribute to nutritional practices and wellness across the life span.
7090-3.9	Differentiate the importance of healthy versus unhealthy choices including physical, mental, and social factors.
7090-3.10	Understand responsibilities/consequences of personal behaviors.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7090-5.1	Describe attributes of respectful, healthy relationships.
7090-5.2	Assess one's own perspectives, needs, and characteristics and their influences on relationships with others.
7090-5.3	Demonstrate empathy with others based on their perspectives, needs, and characteristics.
7090-5.4	Demonstrate communication skills that contribute to healthy relationships.
7090-5.5	Describe nonviolent strategies to prevent and manage conflict.
7090-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.

Family and Consumer Education Benchmarks	
7090-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7090-5.10	Demonstrate use of personal management skills.
7090-5.11	Recognize consumer consumption in regional and global living.
7090-5.14	Analyze personal attitudes and values as they affect self and others.
	Standard 6: Integrate multiple life roles connecting family, careers, and community responsibilities.
7090-6.1	Analyze life roles related to family, careers, and community responsibilities.
7090-6.2	Develop a personal life plan that reflects family, career, learning, leisure, and community goals.
7090-6.3	Demonstrate employability skills.
7090-6.5	Analyze the impact of individual and family participation in the community.
	Standard 7: Analyze parenting roles, responsibilities, and their impact on strengthening the well being of individuals and families.
7090-7.5	Analyze the importance of family and career.
	Standard 9: Develop an awareness of/and explore family and consumer science related careers for further career options.
7090-9.1	Investigate and evaluate career paths.
7090-9.2	Analyze the relationship of good physical and mental health to job success and achievement.
7090-9.3	Analyze shared career information.
7090-9.4	Evaluate personal strengths and weaknesses as they relate to career exploration and development.
7090-9.5	Relate personal interests, wants, and abilities to career choices.
7090-9.6	Understand that conditions in the labor market may affect career choices.

Family and Consumer Education Benchmarks	
	Standard 10: Develop employment competencies in the family and consumer science area.
7090-10.1	Understand the importance of reliability and work responsibility.
7090-10.2	Understand the importance of work ethic, workplace relationships, diversity, and communication skills.
7090-10.3	Identify legal issues in the workplace (e.g., sexual harassment, discrimination, disability, etc.).
7090-10.4	Apply problem-solving techniques.
7090-10.5	Apply decision-making skills.
7090-10.6	Understand the value of setting goals.
7090-10.7	Apply principles used in preparing to enter the work force.
7090-10.8	Apply employability skills needed to enter the work force.
7090-10.9	Simulate a project related to a chosen career.

**Course #7095: Family and Consumer Science
Cooperative - Classroom**

Suggested topics to be addressed in this course:

1. Obtaining a Job Related to Career Objective
2. Apply Knowledge and Skills at a Work-site
 - A. Work Ethics
 - B. Skills
3. Improve Self by Doing Various Jobs
4. Evaluate:
 - A. Interior Design/Housing:
 1. Retail
 2. Design
 3. Repair
 - B. Foods Industry:
 1. Preparation
 2. Hospitality
 3. Brokerage
 4. Design
 5. Journalism
 6. Transportation
 - C. Clothing:
 1. Retail
 2. Care
 3. Design
 4. Modeling
 - D. Caregiver: Help Those Who Cannot Help Themselves
 - E. Childcare:
 1. Daycare
 2. Education
 3. Social Work
 - F. Family/Community Services:
 1. Hospital Programs
 2. Community Center
 3. Homes for the Elderly
 4. Senior Centers
 5. Miscellaneous
5. Employability Skills
6. Management Principles for Work/Family

Resources Adopted to Teach the Benchmarks:

Kimbrell, Grady, Vineyard, Ben S., Succeeding in the World of Work, Baronett & Mc Knight / Glencoe, 1981.

**Course #7095/7096 Family and Consumer Science
Cooperative – Job Site**

This senior level course is designed for Family and Consumer Science students interested in a related career or those planning to enroll in a vocational or college program. The student will receive one credit for the classroom phase and one credit for the cooperative training at an approved worksite. This course will cover personal career interests, choosing a career, emphasis on employability attitudes and work skills, obtaining employment, and applying knowledge and skills at a worksite.

	Family and Consumer Education Benchmarks
	The student will:
	Standard 1: Analyze how the well being of individuals in society is dependent upon the family.
7095-1.4	Analyze the reciprocal nature between families and communities.
	Standard 2: Integrate scientific concepts and principles, mathematical processes, practical reasoning, and communication skills as related to family work and careers.
7095-2.2	Apply necessary math skills used in various family and consumer related areas.
7095-2.4	Demonstrate a variety of effective communication strategies.
	Standard 3: Evaluate nutritional and wellness practices to promote individual and family well-being throughout the life span.
7095-3.4	Evaluate the factors and their relationship that contribute to nutritional practices and wellness across the life span.
7095-3.8	Identify healthy life styles.
7095-3.10	Understand responsibilities/consequences of personal behaviors.
	Standard 4: Promote optimal growth and development of self, family members, and others throughout the life span.
7095-4.3	Describe strategies that promote healthy development throughout the life span.
	Standard 5: Create respectful and caring relationships in the family, workplace, and community.
7095-5.1	Describe attributes of respectful, healthy relationships.
7095-5.2	Assess one’s own perspectives, needs, and characteristics and their influences on relationships with others.
7095-5.3	Demonstrate empathy with others based on their perspectives, needs, and characteristics.
7095-5.4	Demonstrate communication skills that contribute to healthy relationships.
7095-5.5	Describe nonviolent strategies to prevent and manage conflict.

Family and Consumer Education Benchmarks	
7095-5.6	Demonstrate leadership skills and abilities reflecting democratic ideals in the family, workplace, and community.
7095-5.7	Establish and apply ethical standards to guide pro-social behaviors in the family, workplace, and community.
7095-5.8	Recognize personal and financial conditions affecting family and self.
7095-5.9	Recognize the value of family unity and time.
7095-5.10	Demonstrate use of personal management skills.
7095-5.13	Demonstrate etiquette as related to various life situations.
7095-5.14	Analyze personal attitudes and values as they affect self and others.
	Standard 6: Integrate multiple life roles connecting family, careers, and community responsibilities.
7095-6.2	Develop a personal life plan that reflects family, career, learning, leisure, and community goals.
7095-6.3	Demonstrate employability skills.
7095-6.4	Understand policies that support families.
7095-6.5	Analyze the impact of individual and family participation in the community.
	Standard 7: Analyze parenting roles, responsibilities, and their impact on strengthening the well being of individuals and families.
7095-7.5	Analyze the importance of family and career.
	Standard 8: Analyze the consumer's role in managing human, economic, environmental, and technical resources enabling individuals, families, and communities to achieve self-sufficiency.
7095-8.2	Design financial plans that meet the needs of individuals, families, and consumers.
7095-8.4	Analyze the impact of technology on resource management for individuals, families, and consumers.
	Standard 9: Develop an awareness of/and explore family and consumer science related careers for further career options.
7095-9.1	Investigate and evaluate career paths.
7095-9.2	Analyze the relationship of good physical and mental health to job success and achievement.
7095-9.3	Analyze shared career information.

Family and Consumer Education Benchmarks	
7095-9.4	Evaluate personal strengths and weaknesses as they relate to career exploration and development.
7095-9.5	Relate personal interests, wants, and abilities to career choices.
7095-9.6	Understand that conditions in the labor market may affect career choices.

**Course #7095: Family and Consumer
Science Cooperative – Job Site**

Suggested topics to be addressed in this course:

1. Apply employability skills to individuals work
2. Encourage success on the job
3. Work cooperatively with employers
4. Evaluate students work