

# FAMILY AND CONSUMER SCIENCES

LENGTH OF TIME: 23 days, 90minutes

GRADE LEVEL: 6

## COURSE STANDARDS:

Students will:

1. Identify and use basic sewing tools and equipment. (Natl Std 16.4.1)
2. Demonstrate skills needed to produce, alter, or repair textiles products and apparel. (Natl Std 16.4.1)
3. Model safe and cooperative work habits in the food and sewing labs. (PA Academic Std 11.3.6.B)
4. Demonstrate basic skills of food preparation. (PA Academic Std 11.3.6.B, 11.3.6.F)
5. Exhibit proper table and etiquette manners. (PA Academic Std 11.3.6.A)
6. Identify and select food choices from the food pyramid to reflect a healthy diet. (PA Academic Std 11.3.6.D)
7. Demonstrate understanding of the food pyramid. (PA Academic Std 11.3.6.D)
8. Demonstrate understanding of the food label. (PA Academic Std 11.3.6.A)
9. Demonstrate the ability to read and follow a recipe to successfully create a food product. (PA Academic Std 11.3.6.F)
10. Demonstrate time management skills applicable in each classroom activity. (PA Academic Std 11.2.6.B)
11. Demonstrate understanding of proper child development. (PA Academic Std 11.4.6.B, 11.4.9.A, 11.4.9.B)

## RELATED PA ACADEMIC STANDARDS FOR FAMILY & CONSUMER SCIENCES

- 11.2 Balancing Family, Work and Community Responsibility
  - B. Action Plans
- 11.3 Food Science and Nutrition
  - A. Food Supply
  - B. Safety and Sanitation
  - D. Nutrition and Health
  - F. Meal Management
- 11.4 Child Development
  - A. Developmental Stages
  - B. Health and Safety

## RELATED NATIONAL STANDARDS

- 16.4.1 Use a variety of equipment, tools, and supplies for apparel and textiles construction, alteration, and repair.

## PERFORMANCE ASSESSMENTS:

Students will demonstrate achievement of the standards by:

1. Following directions and using equipment, carefully, to make a simple sewing project. (Course Std 1, 2, 3)
2. Produce a sample of a sewing repair. (Course Std 2)
3. Working cooperatively and safely with others in all course activities. (Course Std 3)
4. Following oral and written directions. (Course Std 1, 2, 3, 4, 9)
5. Identifying and demonstrating basic measurement techniques and equivalents in food labs. (Course Std 4)
6. Preparing basic nutritional foods to reflect the food pyramid guidelines. (Course Std 4, 6)
7. Demonstrating proper etiquette within a social setting and how to set a table properly. (Course Std 5)
8. Identify and create a healthy environment for children at each stage of child development. (Course Std 11)

## DESCRIPTION OF COURSE:

The 6<sup>th</sup> grade curriculum in Family and Consumer Science is an introductory level course. Students will develop basic skills in sewing, proper etiquette, and nutrition. Students will demonstrate the basic skill of sewing a button, developing a sewing product, setting a table and eating in an appropriate manner, and designing a nutritionally sound diet based on the food pyramid guidelines.

## TITLES OF UNITS:

1. Sewing 7 days/Sewing
  - A. Introduction to basic tools and equipment
  - B. Sewing a button on a piece of fabric
  - C. Develop a sewing project to demonstrate sewing ability
  - D. Developing a sewing project for community service
2. Etiquette and Table Manners 1 day/Etiquette
  - A. Proper Table Setting
  - B. Table Manners/Cultural Diversity
3. Foods and Nutrition 15 days/Culinary
  - A. Kitchen safety
    - a. food spoilage/contamination/storage
    - b. kitchen hazards
    - c. cooking temperatures
    - d. sanitation of surfaces/equipment/personal hygiene
  - B. Recipe reading and measurements/equivalents
  - C. Kitchen equipment usage
  - D. Food preparation
  - E. Food pyramid analysis
  - F. Food label analysis

4. Child Development 1 day/Development
  - A. Developmental stages of children
    - a. physical
    - b. emotional
    - c. intellectual

**SAMPLE INSTRUCTIONAL STRATEGIES:**

1. Worksheets
2. Class discussions
3. Cooperative learning
4. Modeling – (teacher and student demonstrations)
5. Self evaluation
6. Peer evaluation
7. Magazine/Newspaper articles
8. Small/large group activities
9. Student samples
10. Peer tutor
11. Guest speaker
12. Lab practical

**MATERIALS:**

1. Building Life Skills, Goodheart-Wilcox Publishing, 2005
2. Teacher made worksheets and information sheets
3. Videos, filmstrips, power points, overheads
4. Magazines and newspaper articles
5. Rubrics
6. Project supplies
7. Recipes (Internet, family, books, magazines)
8. Sewing tools and equipment
9. Foods equipment and utensils
10. Posters
11. Food products
12. Internet

**METHODS OF ASSISTANCE AND ENRICHMENT:**

1. Cooperative learning groups
2. Specialist assistance
3. Guest speakers
4. Integrated units with other disciplines
5. Internet Access
6. Opportunity for additional assistance during activity time, resource, and after school
7. Community service project

#### PORTFOLIO DEVELOPMENT:

At the end of 45 days (23 class days), student's portfolio is graded and handed to the student. One worksheet that demonstrates that the student can analyze and interpret written work will be placed in the buildings portfolio for that student.

#### METHODS OF EVALUATION:

1. Graded class work
2. Worksheets
3. Quizzes and test
4. Rubrics for students projects; Holistic and Analytic
5. Class participation and preparation
6. Group activities
7. Portfolios
8. Lab practical

Criteria (rubric) will be given out in advance of work so students are aware of grading procedures; as well as student generated rubrics. Models of successful work will be displayed or demonstrated for the students in advance of performance development.

#### INTEGRATED ACTIVITIES:

1. Concepts
  - a. use tools, utensils, and equipment correctly and safely
  - b. develop sewing skills to reflect ability to repair problems and create a sewing project
  - c. develop basic food preparation skills
  - d. develop basic etiquette and table setting skills
2. Communication
  - a. listens and understands messages
  - b. responds orally and in writing
  - c. exchange information orally, including instructions, questions and group communications
  - d. produce, perform or exhibit their work
3. Thinking/Problem Solving
  - a. use effective research and information management skills
  - b. analyzes and dissects a problem/develops a solution
  - c. apply concepts in daily life
4. Application of Knowledge
  - a. use and master tools utilized within the classroom
  - b. develop knowledge of injury prevention and treatment
  - c. exhibit skills through lab practicals
  - d. illustrates skills

5. Interpersonal Skills
  - a. demonstrate skills of communications
  - b. work cooperatively with others
  - c. work effectively as group members
  - d. demonstrate leadership skills in groups
  - e. demonstrate ability to listen
  - f. demonstrate ability to follow directions
  - g. illustrates support and concern for others