

# Discovering Family Consumer Sciences (2019): Grades 7-8

## Career, Community and Family Connections

1. Explore multiple life roles and responsibilities in family, work and community settings [1.1](#)
2. Demonstrate the knowledge and skills to make decisions and act as responsible members of society [1.3.2](#)
3. Investigate ways individual career goals can affect the families capacity to meet goals for all family members [1.1.3](#)
4. Cooperate with others to achieve group goals [1.2.4](#)

Explore FCCLA benefits, opportunities and purposes

## Consumer and Family Resources

0. Investigate management practices related to the human, economic and environmental resources [2.0](#)
2. Investigate the relationship of the environment to family and consumer resources [2.2](#)
4. Explore the effects of technology to solve problems related to individual and family resources. [2.4](#)
6. Explore the management of financial resources to meet the goals of individuals and families across the life span [2.6](#)
1. Examine the need for personal and family financial planning [2.6.1](#)
3. Investigate financial resources and how they can be beneficial to the family [2.6.3](#)

Investigate career paths within Consumer and Family Resources

Utilize FCCLA programs related to Family Consumer Sciences

## Interpersonal Relationships

1. Examine (Analyze) functions and expectations of various types of relationships. (Examine physical, emotional, social and intellectual development and their relationships.) [13.1](#)

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**4. Demonstrate communication skills that contribute to healthy and unhealthy relationships** 13.1.4

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**2. Explore personal needs and characteristics and their effect on interpersonal relationships** 13.2

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**Apply character education in the family, workplace, and the community**

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**4. Demonstrate effective conflict prevention and management techniques** 13.4

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**5. Demonstrate teamwork and leadership skills in the family, workplace, and community** 13.5

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**3. Apply critical thinking and ethical standards when making judgments and taking action** 13.6.3

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**4. Demonstrate ethical behavior in family, workplace, and community settings** 13.6.4

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## Family

**Explain the significance of Family Consumer Sciences**

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**1. Examine different family structures** 6.1.1

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**1. Examine the impact of diversity on individuals and families** 6.1.3, 6.2.1

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**7. Analyze the influence of family on individuals and society** 6.1.4, 6.1.5, 6.1.6, 6.1.7

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## Parenting / Human Development

**1. Analyze roles and responsibilities of parenting/child care** 15.1

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**2. Identify expectations and responsibilities of parenting/child care** 15.1.2

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**5. Identify activities to promote physical development of the child** 4.2.1, 4.2.4, 4.2.5

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**4. Demonstrate activities that promote large and small motor skills** 4.2.1, 4.2.4

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**4. Demonstrate how to interact appropriately with the child's physical activities** 4.2.1, 4.2.4

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**1. Explore developing social skills of the child** 4.2.1

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**1. Investigate the principles of human growth and development** 4.2.1, 12.1

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**2. Explore the effect of heredity and environment on human growth and development** 12.2.2

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**1. Explore the physical, emotional, social, spiritual and intellectual aspects of human growth and development** 12.1.1

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**2. Demonstrate communication skills that contribute to positive relationships** 12.3.2

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**1. Investigate career paths within Early Childhood and Human Development areas of study** 4.1

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**Utilize FCCLA programs to prepare for multiple roles and explore opportunities with the Child Development field of work**

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## **Nutrition and Wellness**

**1. Describe factors that influence nutrition and wellness practices across the life span** 14.1

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**1. Investigate the physical, emotional, social, psychological, and spiritual components of individual and family wellness** 14.1.1

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**2. Examine the effect of nutrients on health, appearance, and peak performance** 14.1.2

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**4. Investigate the effects of global and local events and conditions on food choices and practices** 14.1.4

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**2. Investigate the relationship of nutrition and wellness to individual and family health throughout the life span** 14.2.2

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**3. Explore the effects of food and diet fads, food addictions, and eating disorders on wellness** 14.2.3

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**4. Analyze sources of food and nutrition information, including food labels, related to health and wellness** 14.2.4

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**3. Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span** 14.3

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**4. Explore factors that affect food safety from production through consumption** 14.4

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**5. Investigate food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families** 14.4.5

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**3. Demonstrate food safety and sanitation procedures** 8.2, 8.2.7, 2.1.3

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**6. Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware** 8.3.6

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**4. Demonstrate menu planning principles and techniques based on standardized recipes to meet family needs** 8.4

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**2. Demonstrate menu-planning and time management principles to develop and modify menus** 8.4.2

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**5. Demonstrate food preparation methods and techniques to produce a variety of food products** 8.5

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**1. Analyze career paths within the food production and food services industries** 8.1

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Utilize FCCLA programs related to Nutrition, and Wellness, Food Production and Services

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**Housing and Interior Design**

**2. Evaluate housing and design concepts and theories, including green design, in relation to available resources and options** 11.2

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**1. Demonstrate the use of elements and principles of design in housing and residential interiors** 11.2.1

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**5. Investigate design and development of architecture, interiors, and furnishings through the ages** 11.5

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**5. Investigate consumer skills necessary to make decisions about housing, utilities, and furnishings** 2.1.5

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**1. Analyze career paths within the Housing and Interior Design industries** 11.1

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Utilize FCCLA programs related to Housing and Interior Design

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**Apparel, Textiles, and Fashion**

**2. Evaluate fiber and textile products and materials** 16.2

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**3. Analyze policies that support consumer rights and responsibilities** 2.3

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**4. Apply consumer skills to providing and maintaining clothing** 2.1.4

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**4. Demonstrate skills needed to produce, alter, or repair fashion, apparel, and textile products** 16.4

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**6. Apply elements and principles of design to assist consumers and businesses in making decisions** 16.3.6

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**1. Analyze career paths within the Textiles, Fashion and Apparel Industries** 16.1

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Utilize FCCLA programs related to Textiles, Fashion and Apparel