



**Radnor Middle School
Course Overview**



7th grade Family and Consumer Science

General Information

Credits: N/A
Weighted: N/A
Prerequisite: N/A

Length: One Quarter
Format: Meets Daily
Grade: 7

I. Course Description

Students will have the opportunity to practice and improve skills needed to grow in independence and in their abilities to contribute toward family and social well-being. They will be encouraged to practice good management and show responsibility for both individual and group projects.

MAJOR UNITS OF STUDY

Conflict Resolution
Time Management
Foods
Nutrition
Sewing

Common Core Standards

11.2.3.H-Identify how to resolve conflict using interpersonal communications skills.
11.2.6.H-Describe positive and negative interactions within patterns of interpersonal communications
11.2.3.B-Identify the importance of routines and schedules while differentiating between short and long term goals.
11.3.3.B-Describe personal hygiene techniques in food handling (e.g., hand washing, sneeze control, signs of food spoilage).
11.3.3.C-Explain the importance of eating a varied diet in maintaining health.
11.3.3.D-Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.
11.3.3.F-Identify components of a basic recipe e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).
16.4- Demonstrate skills needed to produce, alter, or repair textiles, products, and apparel.

Keystone Connections:

A1.1.1 Operations with Real Numbers and Expressions

- **A1.1.1.1** Represent and/or use numbers in equivalent forms (e.g., integers, fractions, decimals, percents, square roots, and exponents).
- **A1.1.1.2** Apply number theory concepts to show relationships between real numbers in problem-solving settings.
- **A1.1.2.2** Write, solve, and/or graph systems of linear equations using various methods.

C.E.1 Writing to Inform—Exposition

- **C.E.1.1** Write informative pieces that describe, explain, or summarize information or ideas.
- **C.E.2.1** Revise writing to improve style, meaning, word choice, and sentence variety.
- **C.E.3.1** Use conventions of standard written language.

L.N.1 Reading for Meaning—Nonfiction

- **L.N.1.2** Use appropriate strategies to determine and clarify meaning of vocabulary in literature
- **L.N.1.3** Use appropriate strategies to comprehend literature during the reading process

L.N.2 Analyzing and Interpreting Literature—Nonfiction

- **L.N.2.2** Use appropriate strategies to compare, analyze, and evaluate literary forms.
- **L.N.2.4** Use appropriate strategies to identify and analyze text organization and structure in literary
- **L.N.2.5** Use appropriate strategies to identify and analyze essential and nonessential information in literary

BIO.A.1 Basic Biological Principles

- **BIO.A.1.2** Describe relationships between structure and function at biological levels of organization.

BIO.A.2 The Chemical Basis for Life

- **BIO.A.2.2** Describe and interpret relationships between structure and function at various levels of biochemical organization (i.e., atoms, molecules, and macromolecules).

Student Objectives:

Time Management

- Managing one's time is a skill.
- There are tactics which can be used to manage time effectively.
- How to differentiate between short and long term goals of time management.
- How am I spending my time each day?
- Is my schedule working effectively for me?
- What can I change in my life to make my schedule improve?
- What technological devices can be used to help improve my use of time?
- What time management processes can be used to help improve my use of time?

Sewing

- Students will understand that there are safety procedures in the use of the sewing machine and hand equipment.
- There is equipment that uses advanced technology for sewing
- There is a need for time management skills and problem-solving when working on a sewing project.
- Why is it important to use safety procedures?
- Why do we use different stitching in different situations?
- Is there a reason to use different textiles?
- Why is it important to complete a sewing project according to a sequence?
- What will demonstrate quality workmanship on a sewing project?
- If there is an error in my workmanship, how will I resolve that error?

Conflict Resolution- Students will understand that...

- It is important to get all of the facts
- Active listening skills are essential
- "I" messages help diffuse conflict
- Roadblocks in communication are common
- Why are conflict resolution skills important?
- How can communication skills help me?

Foods- Students will understand that...

- Safe food handling techniques are vital
- There are basic skills needed in food preparation
- Microwave cooking techniques are essential
- There is a need for time management skills when working in Foods Lab
- Why is safety in a Foods Lab so important?
- What are basic skills needed in food preparation?
- Are microwaves safe?
- What happens when time is misused in Foods Lab?

Nutrition-Students will understand that...

- It is important to have a varied diet to achieve and maintain health
- The MyPlate helps us to make healthy food choices
- Each nutrient has a specific function for the body.
- Eating disorders impact health.
- A food diary is a helpful tool in assessing daily diet
- Why and how can I improve my diet?
- What are the functions of the nutrients?
- Are eating disorders harmful?
- How can I analyze my diet? What changes are necessary to improve my diet?
- Healthy choices can be made when eating at fast food restaurants.

Materials & Texts

Time Management:

- “Not Enough Time: Managing Friends, Schoolwork and Activities” DVD and worksheets

Sewing

- “Machine Parts / How to Thread the Machine”
- Haan Craft Kit
- Worksheets
- Sewing Lab Equipment and Accessories

Conflict Resolution

- “The Power of Conflict Resolution” DVD and worksheets

Foods

- Handouts, recipes, and Foods Lab equipment

Nutrition

- PowerPoint presentation on general nutrition
- “CHOW-Nutrition Curriculum” DVD, worksheet on good food choices, fast-food and advertising tactics
- “Nutrition for You” DVD, worksheet of nutrients
- “Nutrient Basics” DVD
- Worksheets using www.MyPlate.gov
- Eating Disorder- packet
- Choices, magazine for teens dealing with FACS topics
- DVD: Test Your Fast Food Knowledge

Activities, Assignments, & Assessments

Assessments

Time Management

- Graph a typical day, written quiz, informal interview, folder assessment

Sewing

- Machine parts quiz, quizzes on stitching, completion of sewing project, folder assessment

Conflict Resolution

- Role-playing, class discussions, worksheet completion, folder assessment

Foods

- Food Labs, written quizzes, worksheets, authentic assessment of a recipe, folder assessment

Nutrition

- Written test on nutrients, food groups, illnesses associated with lack of nutrients, and evaluation of fast foods.

Common Assessments:

Time Management: Selected Response Assessment

Sewing: Performance/Authentic Assessment-Individual Sewing Projects

Conflict Resolution: Personal Communication Assessment

Foods: Performance/Authentic Assessment-Food Lab

Nutrition: Selected Response Assessment

Terminology

Time Management: Tools and techniques for Time Management, Plan, Schedule, Prioritize, Seek Help, Stress Relief

Sewing: Sewing terms, Sewing tools, Sewing Machine Parts, Hand Sewing

Conflict Resolution: Conflict, Conflict styles, Active Listening, "I" Messages, Negotiation, Communication Blockers

Foods: Recipe terms, Measurement abbreviations, equivalents, equipment, food safety, microwave terms,

Nutrition: Nutrients, USDA, food groups, Food Labels, MyPlate.gov, balanced eating, eating disorders, malnutrition, obesity, illnesses associated with malnutrition

Media, Technology, Web Resources

Time Management: “Not Enough Time: Managing Friends, Schoolwork and Activities” DVD

Sewing: “Machine Parts / How to Thread the Machine” Teacher made DVD

Conflict Resolution: “The Power of Conflict Resolution” DVD

Nutrition: PowerPoint presentation on general nutrition

“Nutrition for You” DVD

“Nutrient Basics” DVD

MyPlate.gov

DVD: Test Your Fast Food Knowledge

Choices Magazine

Document Reader

LCD Projector

Laptop Computers

SMART Slate

SMART Board