



Radnor Middle School
Course Overview



8th Grade Family and Consumer Science

General Information

Credits: N\A

Weighted: N\A

Prerequisite: N\A

Length: 1 Semester

Format: Meets Every Other Day

Grade: 8th Grade

I. Course Description

In this elective course, students will engage in individual and group problem solving. Emphasis will be placed on making good use of available resources to meet existing needs.

MAJOR UNITS OF STUDY

- Chesapeake/Foods – every other day – 5 weeks
- Family Relationships – every other day – 3 weeks
- Sewing – every other day – 5 weeks
- Consumerism – every other day – 3 weeks
- Nutrition – every other day – 2 weeks

Unit: 8th Grade Family Consumer Sciences

Common Core Standards

Foods

- 11.3.6. B-Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).
- 11.3.6. F-Analyze basic food preparation techniques and food-handling procedures.

Family Relationships

- 11.2.6. C-Classify the components of effective teamwork and leadership.

Sewing

- 16.4-Demonstrate skills needed to produce, alter, or repair textiles products and apparel.

Consumerism

- 11.1.3. D-Explain consumer rights and responsibilities.
- 11.1.3. E-Explain the relationship between work and income.
- 11.1.6. B-Know the relationship of the components of a simple spending plans and how

that relationship allows for managing income, expenses and savings.

11.1.3. B-Define the components of a spending plan (e.g., income, expenses, savings).

11.1.3.0-Financial and Resource Management

Nutrition

11.3.6. C-Analyze factors that affect food choices.

11.3.6. D-Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.

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:

Chesapeake / Foods Unit- The student will know:

- Safe food handling is essential in Foods Lab.
- Basic food preparation techniques are practiced each lab.
- There are specific food recipes associated with the Chesapeake Bay Area.
- Food Labs are focused on celebrating “special events”.
- Jobs are available in the food service industry.
- How to work successfully with all partners.
- How to appreciate cultural differences in food preparation.

Family Relationships- The student will know :

- How to evaluate their relationships with their peers.
- The difference between being assertive and being aggressive.
- The three “c’s” of communication: being clear, concise, and complete.
- The effect of body language and tone of voice in communication.
- How to identify and avoid the Communication Roadblocks.
- Ways to avoid and resolve conflicts.
- Children in a nursery school setting value adolescent relationships.

Sewing- The student will know:

- That there are safety procedures in the sewing lab.
- There are basic skills needed to produce a textile product.
- There is a need for time management skills and problem-solving when working on a sewing project.
- There is a value in using your sewing skills to aid their community.

Consumerism- The student will know:

- That a relationship exists between a simple spending plan and how that relationship allows for managing income, expenses, and savings.
- That advertising affects teen spending.
- How to define common consumer skills.
- The importance of planning a budget.

- Banking procedures.
- How to shop safely on-line.
- How to critically evaluate advertisements.

Nutrition- The student will know:

- The basic principles of MyPlate food guide system.
- How much of each type of food they should have in their diet.
- The importance of exercise in a healthy lifestyle.
- How to keep track of and evaluate their food intake.
- How to understand food choices available in our school cafeteria.
- How to recognize the unhealthy attributes of fast foods.
- The principles of healthy eating habits compared to disordered eating habits.

Materials & Texts

Chesapeake/Foods:

- Recipe Handouts, worksheets and study sheets.
- Foods Lab equipment, small appliances (blenders), visit to local restaurant, visit to seafood department in local store, guest speakers and food demonstrations, crabs and invited guests!

Family Relationships:

- Character: Self Esteem Basics DVD and Worksheets
- Character: Friendship Basics DVD and Worksheets
- Character: Communication Basics DVD and Worksheets
- Choices Magazine
- Field Trip to Local Nursery School and Worksheet

Sewing:

- "Machine Parts/How to Thread the Machine" DVD
- Bernina Sewing Machines,
- Stitch practice worksheets,
- Ironing equipment,
- Hand Sewing Equipment,
- Guest speaker who will be the recipient of community service projects.

Consumerism :

- "Master Your Future" DVD and study sheets
- Power Point Presentation-Advertising
- "Choices" Magazine
- Field Trip to Local Bank
- Laptops for On-Line Shopping Lesson

Nutrition:

- USDA's MyPlate.gov DVD, Worksheets and Study Sheets
- "Choices" Magazine Articles
- Laptops for MyPlate.gov, Food Diary Lesson, and Fast-Food lesson

Activities, Assignments, & Assessments**Chesapeake/Foods:**

- Food Labs
- Written Quizzes and Tests
- Completed Worksheets
- Authentic Assessment of a Specific Recipe
- Folder Assessment

Family Relationships:

- Completed Worksheets
- Class Participation
- Folder Assessment
- Written Tests

Sewing:

- Completion of Sewing Project
- Folder Assessment
- Written Tests
- Completed Worksheets

Consumerism:

- Class Participation
- Completed Worksheets
- Completed Computer Based Worksheets
- Folder Assignments
- Written Tests

Nutrition:

- Class Participation
- Completion of Worksheets
- Evaluation of Food Diary
- Completed Computer Based Worksheets
- Folder Assessment
- Written Tests

Common Assessment:

Foods: Performance/Authentic Assessment-Food Lab

Family Relationships: Extended Written Response

Sewing: Performance/Authentic Assessment-Community Service Sewing Project

Consumerism: Selected Response and Extended Written Response Assessment

Nutrition: Selected Response Assessment

Terminology

Foods: Recipe terms, Measurement, Measurement Abbreviations, Equivalent, Equipment,

Family Relationships: Self-concept, self-esteem, competence, confidence, communication, electronic communication, "I" Messages, Body language, tone, empathy, respect, dependability, reciprocity, cyberbullying

Sewing: Sewing terms, sewing tools, machine parts, hand-sewing terms

Consumerism: Needs, wants, values, services, to advertise, advertiser, advertisement, FTC-Federal Trade Commission, logo, slogan, testimonial, bandwagon/peer approval, incentive/promotion, media, short-term goals, long-term goals, financial goals, savings, savings account, money-market account, Certificate of Deposit, deposit, withdraw, interest, credit, credit history, budgeting

Nutrition: Proportionality, calories, food groups, nutrients, food journal, www.MyPlate.gov, www.acaloriecounter.com/fast-food.php, whole grains, food intake analysis

Media, Technology, Web Resources

Consumerism: www.themint.org/teens, www.safeshopping.org, University of Arizona: Family Economics & Financial Education www.fefe.arizona.edu

Nutrition: www.MyPlate.gov, www.acaloriecounter.com/fast-food.php, websites for fast food restaurants (varies with student's choices)

LCD projector

Laptop computers

Choices Magazine

SMART Slate

SMART Board