



Dublin City Schools  
Family & Consumer Science  
Graded Course of Study  
2022

## **Family & Consumer Science Vision**

In Dublin City Schools, we believe that all students deserve experiential learning opportunities that support each child in their lifelong learning. The Family and Consumer Science curriculum provides our high school students with learning experiences that focus on the development of employability and leadership skills including, collaboration, building strong human connection, problem solving, and inclusivity. We believe that by teaching students these skills, they can transfer them to their future endeavors that may include education, entrepreneurship, enlistment and/or employment. We believe that each student who enters a Family and Consumer Science classroom deserves an opportunity to build leadership skills that will serve them now and in the future as independent members of the community.

### **Instructional Agreements:**

- Experiential learning will be a cornerstone of learning within Family and Consumer Science, providing students with real-life learning that will serve their future.
- Students will be provided opportunities to connect their learning with their own experiences.
- Employability (soft) skills will be integrated into course instruction.

## Designing Your Life

### Designing Your Life Course Goals:

Designing Your Life will provide students with an overview of all topics that are provided within Family and Consumer Sciences. Students will be introduced to child development and family relationship concepts, food preparation, safety and sanitation and nutritional meal choices. Additionally, students will identify financial literacy and consumer economic principles. Students will understand the concepts of design through textiles for personal and home use. Throughout the course, students will develop communication, leadership and career investigation skills .

Employability Skills		
Strand	Outcome	Student Competencies
<b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.	<b>1.1. Personal and Professional Skills</b> Develop personal and professional skills to transition through life.	1.1.1. Identify the knowledge, skills and abilities necessary to succeed.  1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.
	<b>1.3. Leadership and Communications</b> Develop leadership, team building and communication skills to promote collaboration.	1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.  1.3.4. Use negotiation and conflict-resolution skills to reach solutions.  1.3.5. Communicate information for an intended audience and purpose.  1.3.6. Use proper grammar and expression in all aspects of communication.  1.3.9. Identify advantages and disadvantages involving digital and/or electronic communications.

		1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.
<b>2. Family Development</b> Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.	<b>2.1. Family Units</b> Examine the effects of family units on individuals and society.	2.1.1. Identify the structure of family units and the impact on society. 2.1.3. Explain the importance of cultural traditions in a family unit. 2.1.5. Analyze the impact of factors that influence individual growth and family development.

Personal Development		
Strand	Outcome	Student Competencies
<b>2. Family Development</b> Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.	<b>2.1. Family Units</b> Examine the effects of family units on individuals and society.	2.1.1 Identify the structure of family units and the impact on society. 2.1.3. Explain the importance of cultural traditions in a family unit. 2.1.5. Analyze the impact of factors that influence individual growth and family development.
	<b>2.7. Child Growth and Development</b> Promote child growth and development across the lifespan.	2.7.9. Identify learned and innate behaviors.

<p><b>5. Health &amp; Wellness</b> Develop wellness practices that promote a healthy lifestyle.</p>	<p><b>5.2. Physical Activity</b> Promote a healthy lifestyle through physical activity, relaxation and sleep.</p>	<p>5.2.1. Describe the short- and long-term health benefits of physical activity, relaxation and sleep.</p> <p>5.2.2. Compare exercise guidelines across the lifespan.</p> <p>5.2.3. Compare strength, flexibility and endurance and describe the importance of each.</p> <p>5.2.5. Describe each phase of the sleep cycle.</p> <p>5.2.6. Identify sleep disorder symptoms and effects on the phases of the sleep cycle.</p> <p>5.2.7. Identify factors that affect sleep and execute techniques to improve sleep.</p> <p>5.2.8. Analyze the effects of stress and stress reducing activities on overall health.</p>
	<p><b>5.3. Emergency Preparedness</b> Analyze emergency preparedness procedures.</p>	<p>5.3.1. Identify the signs and symptoms of common illnesses.</p> <p>5.3.3. Determine when to seek emergency medical care.</p> <p>5.3.4. Create an action plan for emergency situations.</p>
	<p><b>5.4. Mental Health</b> Analyze strategies to maintain positive mental health.</p>	<p>5.4.1. Describe mental health issues, symptoms and prevention methods.</p> <p>5.4.2. Identify symptoms and long-term effects of substance abuse and chemical dependency.</p> <p>5.4.3. Determine when to seek support, treatment and counseling resources.</p> <p>5.4.4. Identify suicidal tendencies and prevention methods.</p>

	<p><b>5.5. Human Sexuality</b> Analyze the impact of human sexuality on health and wellness.</p>	<p>5.5.2. Describe the decisions and responsibilities associated with sexual relationships.</p> <p>5.5.3. Identify types, effects and preventions of sexually transmitted diseases (STDs).</p>
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<b>Career Exploration</b>		
<b>Strand</b>	<b>Outcome</b>	<b>Student Competencies</b>
<p><b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.</p>	<p><b>1.2. Career Exploration</b> Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.</p>	<p>1.2.1. Develop a personal career inventory.</p> <p>1.2.2. Identify career pathways related to interests and talents.</p> <p>1.2.3. Research career opportunities and occupational projections.</p> <p>1.2.4. Develop a career plan.</p> <p>1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.</p>
	<p><b>1.1. Personal and Professional Skills</b> Develop personal and professional skills to transition through life.</p>	<p>1.1.1. Identify the knowledge, skills and abilities necessary to succeed.</p> <p>1.1.5. Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.</p>
	<p><b>1.5. Global Environment</b> Evaluate how beliefs, values, attitudes and behaviors influence personal and professional goals.</p>	<p>1.5.1. Describe how cultural understanding, cultural intelligence skills and continual awareness are interdependent.</p> <p>1.5.5. Recognize the ways in which bias, stereotypes and discrimination may influence self-worth and group dynamics.</p> <p>1.5.8. Compare multigenerational characteristics.</p>

Resource Management		
Strand	Outcome	Student Competencies
<p><b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings.</p>	<p><b>1.4. Resource Management and Information Technology</b> Demonstrate current and emerging strategies and technologies used to collect, analyze, record and share information in personal and professional settings.</p>	<p>1.4.6. Use personal organization management and productivity applications to optimize assigned tasks.</p> <p>1.4.7. Use electronic media to communicate, following online etiquette guidelines.</p>
<p><b>4. Personal Finance and Consumerism</b> Develop skills to achieve personal financial wellness and become an educated consumer.</p>	<p><b>4.1. Financial Goals</b> Achieve financial goals to establish financial stability.</p>	<p>4.1.1. Identify the economic principles that affect the cost of living.</p> <p>4.1.2. Identify income sources and expenditures.</p> <p>4.1.3. Establish personal resources and evaluate their effects on earning potential.</p> <p>4.1.4. Compare gross and net income and identify the categories of deduction (e.g., union dues, retirement plans, garnishments).</p> <p>4.1.5. Evaluate the role of federal, state and local taxes in financial planning.</p>

		4.1.9. Create a spending plan that reflects financial goals.
	<b>4.2. Financial Services</b> Analyze financial institutions and services.	4.2.1. Identify financial institutions and available services.
	<b>4.3. Credit and Debt</b> Analyze how credit and debt affect the achievement of financial goals.	4.3.1. Identify credit types and purposes for establishing credit. 4.3.4. Explain how credit ratings affect access to products, services and employment opportunities. 4.3.5. Establish solutions to correct debt problems.
	<b>4.4. Asset Protection</b> Analyze risk management strategies used to protect assets.	4.4.1. Identify the relationships between economy, society and environment that lead to financial stability. 4.4.4. Identify how to reduce risk of identity theft and rectify a compromised identity. 4.4.5. Describe how agencies (e.g., Attorney General's Office, Better Business Bureaus, Food and Drug Administration, Federal Trade Commission) help protect consumers.
	<b>4.5. Purchasing Decisions</b> Apply strategies to make purchasing decisions.	4.5.1. Compare products based on features, costs and benefits. 4.5.2. Compare the effects of a direct cost versus an indirect cost on a purchase. 4.5.3. Explain the effects of economic trends and conditions on purchasing decisions. 4.5.4. Describe the impact of supply and demand on product availability and pricing. 4.5.5. Determine how purchasing decisions are influenced by brand identity and marketing techniques.



		<p>4.5.6. Compare the advantages and disadvantages of online and in-store purchasing and the effect on the local economy.</p> <p>4.5.7. Summarize the terms of a sales contract for a product or service.</p> <p>4.5.8. Evaluate leasing and purchasing options for major purchases.</p> <p>4.5.9. Calculate interest rates to determine the projected cost of an item.</p> <p>4.5.10. Complete financial transactions using various purchasing methods.</p>
	<p><b>4.6. Ethics, Law and Consumer Issues</b> Analyze how professional, ethical and legal behaviors contribute to continuous improvement in regulatory compliance.</p>	<p>4.6.2. Use ethical character traits consistent with personal and professional standards.</p> <p>4.6.3. Explain how consumer protections laws (e.g., Equal Opportunity Act, Fair Credit Reporting Act, Consumer Protection Agency, Family and Medical Leave Act [FMLA], Family Educational Rights and Privacy Act [FERPA]) help safeguard individuals from fraud and potential loss.</p> <p>4.6.6. Identify the labor laws (e.g., Americans with Disabilities Act, Fair Labor Standards Acts, Equal Employment Opportunity Commission [EEOC]) that affect employment and the consequences of noncompliance for both employee and employer.</p> <p>4.6.7. Identify potential conflicts of interest between personal and professional ethical standards.</p>

Food & Nutrition/Food Prep		
Strand	Outcome	Student Competencies
<b>3. Food and Nutrition</b> Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.	<b>3.1. Nutritional Information</b> Analyze nutritional information to guide food choices.	3.1.1. Describe the sources of nutrients and their contributions to dietary needs.  3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.  3.1.7. Evaluate the nutritional effects of fad diets, food addictions and eating disorders on individual wellness.
	<b>3.2. Physical Changes</b> Manage physical changes throughout the life cycle.	3.2.1. Identify factors that influence body weight.  3.2.2. Explain the criteria for determining healthy body weight.
	<b>3.3. Food Selection</b> Analyze safe and affordable foods that promote a healthy lifestyle.	3.3.2. Evaluate challenges that prevent individuals from obtaining nutritious food choices.  3.3.5. Select nutritious food choices at home and when dining out.  3.3.7. Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.
	<b>3.4. Food Safety and Sanitation</b> Promote food safety and sanitation using proper food handling and storage.	3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.  3.4.6. Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.
	<b>3.5. Food Preparation</b>	3.5.3. Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose.

	Prepare foods through different cooking methods to preserve nutrient values.	3.5.4. Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
		3.5.8. Prepare sauces and gravies using thickening agents.
	<b>3.6. Dining Etiquette</b> Analyze dining etiquette, settings and service styles that enhance the food experience.	3.6.1. Compare formal and informal dining settings.
	<b>3.7. Sustainable Food Practices</b> Analyze key components of local, healthy, sustainably-grown foods.	3.7.1. Identify available resources that ensure adequate, secure food supplies.
		3.7.5. Explain research findings on current and emerging trends in the food industry.

Health and Wellness		
Strand	Outcome	Student Competencies
<b>5. Health and Wellness</b> Develop wellness practices that promote a healthy lifestyle.	<b>5.1. Lifespan Wellness</b> Adopt wellness practices at each stage of the lifespan.	5.1.1. Explain how the seven dimensions of wellness (i.e., emotional, environmental, intellectual, occupational, physical, social, spiritual) impact overall health.  5.1.2. Identify how to prevent or reduce the risk of health problems.  5.1.3. Explain the effects of engaging in healthy and unhealthy behaviors.  5.1.6. Create a long-term personal health plan that promotes lifespan wellness.  5.1.7. Describe environmental issues and lifestyle habits that lead to poor health.

Health and Wellness		
Strand	Outcome	Student Competencies
		<p>5.1.8. Explain the effect hygiene has on health and wellness.</p> <p>5.1.9. Describe the consequences of the use and misuse of health products.</p> <p>5.1.10. Explain the effect allergies and sensitivities have on overall health.</p>
	<p><b>5.2. Physical Activity</b> Promote a healthy lifestyle through physical activity, relaxation and sleep.</p>	<p>5.2.1. Describe the short- and long-term health benefits of physical activity, relaxation and sleep.</p> <p>5.2.2. Compare exercise guidelines across the lifespan.</p> <p>5.2.3. Compare strength, flexibility and endurance and describe the importance of each.</p> <p>5.2.5. Describe each phase of the sleep cycle.</p> <p>5.2.6. Identify sleep disorder symptoms and effects on the phases of the sleep cycle.</p> <p>5.2.7. Identify factors that affect sleep and execute techniques to improve sleep.</p> <p>5.2.8. Analyze the effects of stress and stress reducing activities on overall health.</p>

**Family and Child Development**

<b>Strand</b>	<b>Outcome</b>	<b>Student Competencies</b>
<p><b>2. Family Development</b> Develop personal attributes that contribute to healthy families, community involvement and workplace productivity.</p>	<p><b>2.1. Family Units</b> Examine the effects of family units on individuals and society.</p>	<p>2.1.1. Identify the structure of family units and the impact on society.</p> <p>2.1.3. Explain the importance of cultural traditions in a family unit.</p> <p>2.1.5. Analyze the impact of factors that influence individual growth and family development.</p>
	<p><b>2.6. Infant Care</b> Analyze the developmental needs of an infant and provide care.</p>	<p>2.6.3. Demonstrate safe infant care techniques.</p>
	<p><b>2.7. Child Growth and Development</b> Promote child growth and development across the lifespan.</p>	<p>2.7.9. Identify learned and innate behaviors.</p>
	<p><b>2.8. Childcare</b> Evaluate safe and healthy childcare services.</p>	<p>2.8.5. Discuss mandated reporting laws for child abuse, neglect and abduction.</p>