



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.

## Foods & Fitness

### Foods & Fitness Course Goals:

In this course, students will use principles of nutrition to ensure a healthy body throughout the lifecycle. An emphasis will be placed on planning and preparing meals with an understanding of nutrients and their benefits, portion control and dietary needs. Additional information will include exercise science, varying food sources, and the implementation of physical activity to maintain a healthy lifestyle.

Safety & Sanitation		
Strand	Outcome	Competencies
<p><b>3. Food and Nutrition</b> Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.</p>	<p><b>3.4. Food Safety and Sanitation</b> Promote food safety and sanitation using proper food handling and storage.</p> <p><b>3.5. Food Preparation</b> Prepare foods through different cooking methods to preserve nutrient values.</p>	<p>3.4.1. Identify major foodborne illnesses, causes, preventions and entrances into the food supply.</p> <p>3.4.2. Prevent food safety risks by controlling conditions under which bacteria grow.</p> <p>3.4.5. Regulate food temperatures throughout purchase, storage, handling, cooking and serving.</p> <p>3.5.2. Develop menus that preserve nutrient values and promote healthy eating patterns.</p> <p>3.5.5. Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions.</p> <p>3.5.6. Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.</p>

Nutrients		
Strand	Outcome	Competencies
<p><b>3. Food and Nutrition</b> Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.</p>	<p><b>3.1. Nutritional Information</b> Analyze nutritional information to guide food choices.</p>	<p>3.1.1. Describe sources of nutrients and their contributions to dietary needs.</p> <p>3.1.2. Identify the role of the digestive system in nutrient absorption.</p> <p>3.1.3. Identify symptoms of nutrient deficiencies and toxicity.</p> <p>3.1.4. Calculate nutrient values of meals based on the food labels of products and ingredients.</p> <p>3.1.5. Identify suitable ingredient substitutes to meet special dietary needs.</p> <p>3.1.6. Compensate for nutritional deficiencies.</p> <p>3.1.7. Evaluate the nutritional effects of fad diets, food addictions and eating disorders on individual wellness.</p>
<p><b>5. Health and Wellness</b> Develop wellness practices that promote a healthy lifestyle.</p>	<p><b>5.1. Lifespan Wellness</b> Adopt wellness practices at each stage of the lifespan.</p>	<p>5.1.2. Identify how to prevent or reduce the risk of health problems.</p> <p>5.1.3. Explain the effects of engaging in healthy and unhealthy behaviors.</p> <p>5.1.4. Describe the effects of external factors on personal health.</p> <p>5.1.7. Describe environmental issues and lifestyle habits that lead to poor health.</p>

Weight Management		
Strand	Outcome	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>3.2. Weight Management</b> Manage weight throughout the lifecycle.	3.2.1. Identify factors that influence body weight. 3.2.2. Explain the criteria for determining healthy body weight. 3.2.3. Describe eating disorder warning signs, prevention methods and management techniques. 3.2.4. Evaluate the effectiveness of weight management programs. 3.2.5. Explain the importance of portion control and eating behaviors in weight management. 3.2.6. Calculate the energy output needed to balance caloric input. 3.2.7. Compare the benefits and detriments of nutrient supplements used in weight management.

Food Selections		
Strand	Outcome	Competencies
<b>3. Food and Nutrition</b> Develop knowledge of food and nutrition to make informed choices that support safe, affordable and	<b>3.3. Food Selection</b> Analyze safe and affordable foods that promote a healthy lifestyle.	3.3.1. Justify the use of prepackaged versus from scratch foods based on cost, time, nutrition and ease of preparation. 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. 3.3.6. Describe the impact of social and cultural influences on dietary patterns.

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sustainable food practices.		<p>3.3.7. Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.</p> <p>3.3.8. Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.</p>
	<p><b>3.7. Sustainable Food Practices</b> Analyze key components of local, healthy, sustainably-grown foods.</p>	<p>3.7.1. Identify available resources that ensure adequate, secure food supplies.</p> <p>3.7.4. Identify the role of local producers, food distributors and current farm practices to support sustainable agriculture.</p>
<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>2.1.3. 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>

Possible Careers		
Strand	Outcome	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>1.2. Career Exploration</b> Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.</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>1.2.5. Determine the education, training, certification, licensure and experience requirements for selected careers.</p>

Physical Activity and Exercise		
Strand	Outcome	Competencies
<p><b>1. Career Development</b> Develop skills in professionalism, leadership and communication, as applied to</p>	<p><b>1.3. Leadership and Communications</b> Develop leadership, team building and communication skills to promote collaboration.</p>	<p>1.3.1. Extract relevant, valid information from materials and cite sources of information.</p> <p>1.3.3. Identify and use verbal, nonverbal and active listening skills to communicate effectively.</p> <p>1.3.4. Use negotiation and conflict-resolution skills to reach solutions.</p>

<p>career planning and entrepreneurship, to succeed in educational and professional settings.</p>		<p>1.3.7. Use consensus-building techniques to draw conclusions and determine next steps.</p> <p>1.3.10. Use interpersonal skills to provide group leadership, promote collaboration and work in a team.</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>1.4.5. Use information technology tools to maintain, secure and monitor records.</p>
<p><b>5. Health and 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>5.2.4. Compare the advantages and disadvantages of aerobic activities versus a sedentary lifestyle.</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>