

SUBJECT: FCS		GRADE: 7	
UNIT TITLE: Machine Sewing / Textiles		TIMEFRAME: 22 days	
UNIT OVERVIEW			
In this unit, students will acquire sewing skills while applying financial and resource management techniques.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Critical Thinking & Problem Solving: Individual sewing project (S4B) Continual Learning & Growth Mindset: Sewing machine project (DB)		11.1.6.F: Explain practices to maintain and/or repair consumer goods and services.	
COMPETENCIES		LEARNING TARGETS	
I can apply textile skills to a sewing project.		I can identify, explain, and demonstrate proper use of sewing tools and equipment.	
		I can identify the parts of the sewing machine and their purpose.	
		I can demonstrate how to use the sewing machine by completing a sewing project.	
		I can brainstorm ways sewing can be useful and careers/jobs that must use a sewing machine.	
		I can operate a sewing machine properly and safely.	
		I can reflect upon project completion.	

SUBJECT: FCS		GRADE: 7	
UNIT TITLE: Food Preparation Techniques and Tools / Collaborative Kitchen Work		TIMEFRAME: 23 days	
UNIT OVERVIEW			
In this unit, students will acquire food preparation techniques and learn how to properly use kitchen tools while working collaboratively in a kitchen setting.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Collaboration & Teamwork: Group kitchen lab (S1B) Critical Thinking & Problem Solving: Group kitchen lab (S4B) Communication & Empathy: Group kitchen lab (S2B)		11.2.3.H: Identify how to resolve conflict using interpersonal communications skills. 11.2.6.B: Deduce the importance of time management skills. 11.2.6.C: Classify the components of effective teamwork and leadership. 11.3.3.B: Describe personal hygiene techniques in food handling (e.g., handwashing, sneeze control, signs of food spoilage). 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. 11.3.9.B: Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.	
COMPETENCIES		LEARNING TARGETS	
I recognize and perform safe kitchen techniques and procedures.		I can analyze basic food preparation techniques and food-handling procedures in a safe work environment.	
		I can consistently apply food safety and sanitation guidelines.	
		I can identify and operate appliances safely.	
		I can identify and use a variety of tools and utensils.	
		I can identify and apply proper measuring techniques.	

	I can follow directions and read a recipe correctly.
	I can substitute ingredients if needed for allergic reactions, dietary concerns, etc.
	I can prepare a simple meal.