

PLC Question #1: What do we want all students to know and be able to do?

Unit 1: Nutrition ✓		Unit 2: Sewing ✓		Unit 3: Babysitting ✓	
<b>Priority Standard(s)</b> <ul style="list-style-type: none"><li><b>FCS.NW.1:</b> Students will demonstrate nutrition and wellness practices that enhance individual and family wellbeing.</li></ul>		<b>Priority Standard(s)</b> <ul style="list-style-type: none"><li><b>FCS.TFA.1:</b> Students will integrate knowledge, skills, and practices required for careers in textiles and apparel.</li></ul>		<b>Priority Standard(s)</b> <ul style="list-style-type: none"><li><b>FCS.EEC.1:</b> Students will integrate knowledge, skills, and practices required for careers in early childhood, education, and services.</li><li><b>FCS.FP.1.B:</b> Evaluate parenting practices that support human development.</li></ul>	
<b>Supporting Standard(s)</b> <ul style="list-style-type: none"><li>N/A</li></ul>		<b>Supporting Standard(s)</b> <ul style="list-style-type: none"><li>N/A</li></ul>		<b>Supporting Standard(s)</b> <ul style="list-style-type: none"><li>N/A</li></ul>	
Learning Outcomes		Learning Outcomes		Learning Outcomes	
Students need to know (Learning Priorities)	DOK Level	Students need to know (Learning Priorities)	DOK Level	Students need to know (Learning Priorities)	DOK Level
<ul style="list-style-type: none"><li><b>FCS.NW.1.A:</b> Analyze factors that influence nutrition and wellness practices across the lifespan.</li><li><b>FCS.NW.1.B:</b> Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan.</li><li><b>FCS.NW.1.C:</b> Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the lifespan.</li></ul>		<ul style="list-style-type: none"><li><b>FCS.TFA.1.A:</b> Analyze career paths within the textile apparel and design industries.</li><li><b>FCS.TFA.1.D:</b> Demonstrate skills needed to produce, alter, or repair textiles, fashion, and apparel.</li></ul>		<ul style="list-style-type: none"><li><b>FCS.EEC.1.A:</b> Analyze career paths within early childhood, education, and related services.</li><li><b>FCS.FP.1.B.b.1:</b> Identify nurturing practices that support human development.</li><li><b>FCS.FP.1.F:</b> Evaluate the effects of diverse perspectives, needs, and characteristics of the individual and families.</li></ul>	
Students will understand (Performance Indicators)	DOK Level	Students will understand (Performance Indicators)	DOK Level	Students will understand (Performance Indicators)	DOK Level
<ul style="list-style-type: none"><li><b>FCS.NW.1.A.b.1:</b> Identify the basic components of wellness.</li><li><b>FCS.NW.1.A.b.2:</b> Identify factors that impact food choices and nutritional practices.</li><li><b>FCS.NW.1.B.b.1:</b> Recognize the concept that eating a variety of foods is important to health.</li><li><b>FCS.NW.1.B.b.3:</b> Identify a healthy eating habit.</li><li><b>FCS.NW.1.B.b.4:</b> Demonstrate how to use food labels to select a healthy food or snack.</li></ul>		<ul style="list-style-type: none"><li><b>FCS.TFA.1.A.b.1:</b> Identify traditional and nontraditional employment opportunities in the textile and apparel services.</li><li><b>FCS.TFA.1.D.b.1:</b> Identify skills, tools, and equipment needed in the construction, repair, and upcycling or recycling of textiles.</li><li><b>FCS.TFA.1.D.b.3:</b> Identify equipment and terminology used in fashion and apparel construction.</li><li><b>FCS.TFA.1.D.b.4:</b> Select appropriate fabrics and</li></ul>		<ul style="list-style-type: none"><li><b>FCS.EEC.1.A.b.1:</b> Identify different careers within education and early childhood.</li><li><b>FCS.EEC.1.A.b.3:</b> Discuss personal qualities that would contribute to success in the education and early childhood pathways.</li><li><b>FCS.FP.1.B.b.2:</b> Describe emotional well-being.</li><li><b>FCS.FP.1.B.b.4:</b> Identify types of abuse and neglect.</li><li><b>FCS.FP.1.F.b.1:</b> Identify types of diversity.</li></ul>	

<ul style="list-style-type: none"> <li><b>FCS.NW.1.C.b.1:</b> Identify foods by group.</li> <li><b>FCS.NW.1.C.b.3:</b> Demonstrate hand washing techniques during food preparation.</li> </ul>		materials for specific uses.		<ul style="list-style-type: none"> <li><b>FCS.FP.1.F.b.3:</b> Describe empathy for diversity.</li> </ul>	
Students will do (active application)	DOK Level	Students will do (active application)	DOK Level	Students will do (active application)	DOK Level
<b>Basic Components of Wellness</b> <ul style="list-style-type: none"> <li>I can identify the basic components of wellness, including physical, emotional, and social well-being.</li> <li>I can explain how different lifestyle choices impact overall wellness.</li> </ul> <b>Factors That Impact Food Choices and Nutrition</b> <ul style="list-style-type: none"> <li>I can identify factors that influence food choices, such as culture, advertising, personal preferences, and health concerns.</li> <li>I can explain how nutritional habits affect overall health and well-being.</li> </ul> <b>Importance of Eating a Variety of Foods</b> <ul style="list-style-type: none"> <li>I can recognize why eating a variety of foods is essential for maintaining good health.</li> <li>I can explain how different food groups contribute to a balanced diet.</li> </ul> <b>Healthy Eating Habits</b> <ul style="list-style-type: none"> <li>I can identify a healthy eating habit that promotes long-term wellness.</li> <li>I can describe how making small changes in my diet can lead to healthier eating patterns.</li> </ul> <b>Using Food Labels to Make Healthy Choices</b> <ul style="list-style-type: none"> <li>I can demonstrate how to read and use food labels to select a healthy food or snack.</li> <li>I can compare different food products based on their nutritional information.</li> </ul> <b>Food Groups and Nutritional Balance</b> <ul style="list-style-type: none"> <li>I can identify foods by their food group and explain their role in a balanced diet.</li> <li>I can create a meal plan that includes a variety of food groups for balanced nutrition.</li> </ul>		<b>Employment Opportunities in Textile and Apparel Services</b> <ul style="list-style-type: none"> <li>I can identify both traditional and nontraditional careers in the textile and apparel industry.</li> <li>I can explore how different career paths in fashion, design, and textile services meet industry and consumer needs.</li> </ul> <b>Skills, Tools, and Equipment in Textile Construction and Repair</b> <ul style="list-style-type: none"> <li>I can identify the skills, tools, and equipment needed to construct, repair, upcycle, or recycle textiles.</li> <li>I can explain how sustainability practices, such as upcycling and recycling, impact the textile industry.</li> </ul> <b>Equipment and Terminology in Fashion and Apparel Construction</b> <ul style="list-style-type: none"> <li>I can identify common equipment and terminology used in fashion and apparel construction.</li> <li>I can explain how different tools and techniques are used to create or alter garments.</li> </ul> <b>Selecting Fabrics and Materials</b> <ul style="list-style-type: none"> <li>I can select appropriate fabrics and materials based on their purpose and function.</li> <li>I can compare different textiles based on qualities such as durability, stretch, and care requirements.</li> </ul>		<b>Careers in Education and Early Childhood</b> <ul style="list-style-type: none"> <li>I can name different jobs in education and early childhood, like teacher, childcare worker, and preschool assistant.</li> <li>I can explain what people in these jobs do to help children learn and grow.</li> </ul> <b>Personal Qualities for Success in Education and Early Childhood</b> <ul style="list-style-type: none"> <li>I can describe personal traits, like patience, kindness, and good communication, that help people succeed in education and childcare jobs.</li> <li>I can explain how being a good problem solver and working well with others helps in these careers.</li> </ul> <b>Understanding Emotional Well-Being</b> <ul style="list-style-type: none"> <li>I can explain what emotional well-being is and why it is important for a healthy life.</li> <li>I can list things that help emotional well-being, like self-confidence, handling stress, and having positive relationships.</li> </ul> <b>Recognizing Abuse and Neglect</b> <ul style="list-style-type: none"> <li>I can name different types of abuse and neglect, like physical abuse, emotional abuse, and not getting basic needs met.</li> <li>I can explain how abuse and neglect can harm a person's emotions, health, and future.</li> </ul> <b>Understanding Diversity</b> <ul style="list-style-type: none"> <li>I can identify different kinds of diversity, like culture, race, money situations, and abilities.</li> <li>I can explain how people's backgrounds and experiences make them unique.</li> </ul> <b>Developing Empathy for Diversity</b> <ul style="list-style-type: none"> <li>I can describe what empathy means and why it's important to respect people who are different</li> </ul>	

<b>Safe Food Preparation Practices</b> <ul style="list-style-type: none"><li>I can demonstrate proper handwashing techniques to ensure food safety during preparation.</li><li>I can explain why proper hand hygiene is important in preventing foodborne illness.</li></ul>			<div></div> <div>from me.</div> <ul style="list-style-type: none"><li>I can explain how understanding and kindness toward others create welcoming and fair communities.</li></ul>	
<b>Domain-specific Vocabulary</b>	<b>Domain-specific Vocabulary</b>	<b>Domain-specific Vocabulary</b>	<b>Domain-specific Vocabulary</b>	
<ul style="list-style-type: none"><li>Wellness</li><li>Nutrition</li><li>Balanced Diet</li><li>Food Choices</li><li>Nutritional Practices</li><li>Food Groups</li><li>Healthy Eating Habits</li><li>Variety in Diet</li><li>Food Labels</li><li>Nutrients</li><li>Portion Control</li><li>Processed Foods</li><li>Whole Foods</li><li>Dietary Guidelines</li><li>Macronutrients</li><li>Micronutrients</li><li>Handwashing Techniques</li><li>Food Safety</li><li>Foodborne Illness</li><li>Meal Planning</li></ul>	<ul style="list-style-type: none"><li>Traditional Careers</li><li>Nontraditional Careers</li><li>Textile Industry</li><li>Apparel Services</li><li>Fashion Design</li><li>Textile Construction</li><li>Textile Repair</li><li>Upcycling</li><li>Recycling</li><li>Sewing Tools</li><li>Apparel Equipment</li><li>Fashion Terminology</li><li>Fabric Selection</li><li>Textile Durability</li><li>Sustainable Fashion</li><li>Garment Alterations</li><li>Fiber Types</li><li>Weaving and Knitting</li><li>Pattern Making</li><li>Clothing Care Labels</li></ul>		<ul style="list-style-type: none"><li>Education Jobs</li><li>Childcare Worker</li><li>Teacher</li><li>Patience</li><li>Kindness</li><li>Communication Skills</li><li>Emotional Well-Being</li><li>Self-Confidence</li><li>Stress Management</li><li>Positive Relationships</li><li>Abuse</li><li>Neglect</li><li>Physical Abuse</li><li>Emotional Abuse</li><li>Diversity</li><li>Culture</li><li>Race</li><li>Inclusion</li><li>Empathy</li><li>Respect</li></ul>	