

# Intro to FCS 7th Grade

## Curriculum Map

Missouri Learning Standards

| Unit 1: Values, Decision Making, and Goal Setting/FCCLA                                                                                                                                                                                                                                   | Unit 2: Careers, Budgeting, and Finances                                                                                     | Unit 3: Communication and Conflict Management                                                              | Unit 4: Nutrition and Wellness                                                                                                                               | Unit 5: Apparels, Textiles, and Fashion                                                                   |
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| 4 Weeks                                                                                                                                                                                                                                                                                   | 4 Weeks                                                                                                                      | 4 Weeks                                                                                                    | 4 Weeks                                                                                                                                                      | 4 Weeks                                                                                                   |
| <p style="text-align: center;">Recurring Standards</p> <p style="text-align: center;">NSFCSE.A.1 Explore multiple life roles and responsibilities in family, work and community settings.</p> <p style="text-align: center;">NSFCSE.A.4 Cooperate with others to achieve group goals.</p> |                                                                                                                              |                                                                                                            |                                                                                                                                                              |                                                                                                           |
| Priority Standards                                                                                                                                                                                                                                                                        | Priority Standards                                                                                                           | Priority Standards                                                                                         | Priority Standards                                                                                                                                           | Priority Standards                                                                                        |
| NSFCSE.A.2 Demonstrate the knowledge and skills to make decisions and act as responsible members of society.                                                                                                                                                                              | NSFCSE.A.3 Investigate ways individual career goals can affect the families capacity to meet goals for all family members.   | NSFCSE.B.3 Explore the effects of technology to solve problems related to individual and family resources. | NSFCSE.F.1 Describe factors that influence nutrition and wellness practices across the life span.                                                            | NSFCSE.H.1 Evaluate fiber and textile products and materials.                                             |
| NSFCSE.A.5 Explore FCCLA benefits, opportunities and purposes.                                                                                                                                                                                                                            | NSFCSE.B.1 Investigate management practices related to the human, economic, and environmental resources.                     | NSFCSE.B.5 Examine the need for personal and family financial planning.                                    | NSFCSE.F.5 Investigate the relationship of nutrition and wellness to individual and family health throughout the lifespan.                                   | NSFCSE.H.3 Apply consumer skills to providing and maintaining clothing.                                   |
| NSFCSE.B.8 Utilize FCCLA programs related to Family Consumer Sciences.                                                                                                                                                                                                                    | NSFCSE.B.2 Investigate the relationship of the environment to family and consumer resources.                                 | NSFCSE.B.6 Investigate financial resources and how they can be beneficial to the family.                   | NSFCSE.F.7 Analyze sources of food and nutrition information, including food labels, related to health and wellness.                                         | NSFCSE.H.4 Demonstrate skills needed to produce, alter, or repair fashion, apparel, and textile products. |
| NSFCSE.C.5 Demonstrate effective conflict prevention and management techniques.                                                                                                                                                                                                           | NSFCSE.B.4 Explore the management of financial resources to meet the goals of individuals and families across the life span. | NSFCSE.C.2 Demonstrate communication skills that contribute to healthy and unhealthy relationships.        | NSFCSE.F.8 Demonstrates the ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the lifespan.  |                                                                                                           |
| NSFCSE.C.7 Apply critical thinking and ethical standards when making judgements and taking action.                                                                                                                                                                                        | NSFCSE.B.7 Investigate career paths within Consumer and Family Resources.                                                    | NSFCSE.C.6 Demonstrate teamwork and leadership skills in the family, workplace, and community.             | NSFCSE.F.9 Explore factors that affect food safety from production through consumption.                                                                      |                                                                                                           |
| NSFCSE.E.12 Utilize FCCLA programs to prepare for multiple roles and explore opportunities with the Child Development field of work.                                                                                                                                                      | NSFCSE.E.11 Investigate career paths within Early Childhood and Human Development areas of study                             | NSFCSE.C.8 Demonstrate ethical behavior in family, workplace, and community settings                       | NSFCSE.F.10 Investigate food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families. |                                                                                                           |
| NSFCSE.F.17 Utilize FCCLA program related to Nutrition, and Wellness, Food Production and Service.                                                                                                                                                                                        | NSFCSE.H.6 Analyze career paths within the Textiles, Fashion and Apparel Industries.                                         | NSFCSE.E.10 Demonstrate communication skills that contribute to positive relationships.                    | NSFCSE.F.11 Demonstrate food safety and sanitation procedures.                                                                                               |                                                                                                           |
| NSFCSE.G.6 Utilize FCCLA programs related to Housing and Interior Design                                                                                                                                                                                                                  |                                                                                                                              |                                                                                                            | NSFCSE.F.12 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware        |                                                                                                           |

| NSFCSE.H.7 Utilize FCCLA programs related to Textiles, Fashion and Apparel                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | NSFCSE.F.14 Demonstrate menu-planning and time management principles to develop and modify menus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| Essential Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Essential Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Essential Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Essential Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Essential Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p>How can one become an effective leader?</p> <p>How can my experiences in leadership benefit FCCLA?</p> <p>How can an understanding of myself help me be/ become a more effective leader?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>Why is it important to budget?</p> <p>How can family relationships affect budgeting?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>How can society help today's family?</p> <p>How can a crisis situation be dealt with most effectively?</p> <p>What should be done with society to deal with stress?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>Why is it important to have proper knowledge of kitchen and food safety?</p> <p>Why is it important to understand how to correctly measure and convert a recipe?</p> <p>How can you make healthy nutritional decisions throughout your life?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p>Why is it important to properly follow a clothing label?</p> <p>Why do you need to know how to correctly thread the sewing machine?</p> <p>Why is it important to know how to properly lay out a pattern and cut pieces out?</p> <p>Why is it important to follow the prescribed steps to produce a sewing project?</p>                                                                                                                                                                                                                                                                                                    |
| I Can Statements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | I Can Statements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | I Can Statements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | I Can Statements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | I Can Statements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>NSFCSE.A.2</p> <ul style="list-style-type: none"> <li>I can demonstrate the knowledge to make decisions and act as responsible members of society.</li> <li>I can demonstrate the skillset to make decisions and act as responsible members of society.</li> </ul> <p>NSFCSE.A.5</p> <ul style="list-style-type: none"> <li>I can explore FCCLA benefits.</li> <li>I can explore FCCLA opportunities.</li> <li>I can explore FCCLA purposes.</li> </ul> <p>NSFCSE.B.8</p> <ul style="list-style-type: none"> <li>I can utilize FCCLA programs related to Family Consumer Sciences.</li> </ul> <p>NSFCSE.C.5</p> <ul style="list-style-type: none"> <li>I can demonstrate effective conflict prevention techniques.</li> <li>I can demonstrate effective conflict management techniques.</li> </ul> <p>NSFCSE.C.7</p> <ul style="list-style-type: none"> <li>I can apply critical thinking when making judgements and taking action.</li> <li>I can apply ethical standards when making judgements and taking action.</li> </ul> <p>NSFCSE.E.12</p> | <p>NSFCSE.A.3</p> <ul style="list-style-type: none"> <li>I can investigate ways individual career goals can affect the families capacity to meet goals.</li> </ul> <p>NSFCSE.B.1</p> <ul style="list-style-type: none"> <li>I can investigate management practices related to human resources.</li> <li>I can investigate management practices related to economic resources.</li> <li>I can investigate management practices related to environmental resources.</li> </ul> <p>NSFCSE.B.2</p> <ul style="list-style-type: none"> <li>I can investigate the relationship of the environment to family resources.</li> <li>I can investigate the relationship of the environment to consumer resources.</li> </ul> <p>NSFCSE.B.4</p> <ul style="list-style-type: none"> <li>I can explore the management of financial resources to meet the goals of individuals.</li> </ul> <p>NSFCSE.B.7</p> <ul style="list-style-type: none"> <li>I can investigate career paths within Consumer and Family Resources.</li> </ul> <p>NSFCSE.E.11</p> <ul style="list-style-type: none"> <li>I can investigate career paths</li> </ul> | <p>NSFCSE.B.3</p> <ul style="list-style-type: none"> <li>I can explore the effects of technology to solve problems related to individual resources.</li> <li>I can explore the effects of technology to solve problems related to family resources.</li> </ul> <p>NSFCSE.B.5</p> <ul style="list-style-type: none"> <li>I can examine the need for personal financial planning.</li> <li>I can examine the need for family financial planning.</li> </ul> <p>NSFCSE.B.6</p> <ul style="list-style-type: none"> <li>I can investigate financial resources.</li> <li>I can investigate how financial resources can be beneficial to the family.</li> </ul> <p>NSFCSE.C.2</p> <ul style="list-style-type: none"> <li>I can demonstrate communication skills that contribute to healthy relationships.</li> <li>I can demonstrate communication skills that contribute to unhealthy relationships.</li> </ul> <p>NSFCSE.C.6</p> <ul style="list-style-type: none"> <li>I can demonstrate teamwork in the family, workplace, and community.</li> </ul> | <p>NSFCSE.F.1</p> <ul style="list-style-type: none"> <li>I can describe factors that influence nutrition and wellness practices.</li> </ul> <p>NSFCSE.F.5</p> <ul style="list-style-type: none"> <li>I can investigate the relationship of nutrition and wellness to individual health.</li> <li>I can investigate the relationship of nutrition and wellness to family health.</li> </ul> <p>NSFCSE.F.7</p> <ul style="list-style-type: none"> <li>I can analyze sources of food and nutrition information.</li> <li>I can analyze food labels related to health and wellness.</li> </ul> <p>NSFCSE.F.8</p> <ul style="list-style-type: none"> <li>I can demonstrate the ability to acquire food to meet nutrition and wellness needs.</li> <li>I can demonstrate the ability to handle food to meet nutrition and wellness needs.</li> <li>I can demonstrate the ability to use food to meet nutrition and wellness needs.</li> </ul> <p>NSFCSE.F.9</p> <ul style="list-style-type: none"> <li>I can explore factors that affect food safety from production through consumption.</li> </ul> <p>NSFCSE.F.10</p> | <p>NSFCSE.H.1</p> <ul style="list-style-type: none"> <li>I can evaluate fiber and textile products.</li> <li>I can evaluate fiber and textile materials.</li> </ul> <p>NSFCSE.H.3</p> <ul style="list-style-type: none"> <li>I can apply consumer skills to provide clothing.</li> <li>I can apply consumer skills to maintain clothing.</li> </ul> <p>NSFCSE.H.4</p> <ul style="list-style-type: none"> <li>I can demonstrate skills needed to produce textile products.</li> <li>I can demonstrate skills needed to alter textile products.</li> <li>I can demonstrate skills needed to repair textile products.</li> </ul> |

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| <ul style="list-style-type: none"> <li>• I can utilize FCCLA programs to prepare for multiple roles.</li> <li>• I can utilize FCCLA programs to explore opportunities with the Child Development field of work.</li> </ul> <p>NSFCSE.F.17</p> <ul style="list-style-type: none"> <li>• I can utilize the FCCLA program related to nutrition and wellness..</li> <li>• I can utilize the FCCLA program related to food production and service.</li> </ul> <p>NSFCSE.G.6</p> <ul style="list-style-type: none"> <li>• I can utilize the FCCLA program related to housing.</li> <li>• I can utilize the FCCLA program related to interior design.</li> </ul> <p>NSFCSE.H.7</p> <ul style="list-style-type: none"> <li>• I can utilize the FCCLA program related to textiles.</li> <li>• I can utilize the FCCLA program related to fashion.</li> <li>• I can utilize the FCCLA program related to apparel.</li> </ul> | <p>within Early Childhood areas of study.</p> <ul style="list-style-type: none"> <li>• I can investigate career paths within Human Development areas of study.</li> </ul> <p>NSFCSE.H.6</p> <ul style="list-style-type: none"> <li>• I can analyze career paths within the textiles industries.</li> <li>• I can analyze career paths within the fashion industries.</li> <li>• I can analyze career paths within the apparel industries.</li> </ul> | <ul style="list-style-type: none"> <li>• I can demonstrate leadership skills in the family, workplace, and community.</li> </ul> <p>NSFCSE.C.8</p> <ul style="list-style-type: none"> <li>• I can demonstrate ethical behavior in family settings.</li> <li>• I can demonstrate ethical behavior in workplace settings.</li> <li>• I can demonstrate ethical behavior in community settings.</li> </ul> <p>NSFCSE.E.10</p> <ul style="list-style-type: none"> <li>• I can demonstrate communication skills that contribute to positive relationships.</li> </ul> | <ul style="list-style-type: none"> <li>• I can investigate food borne illness factors.</li> <li>• I can investigate causes of food borne illnesses.</li> <li>• I can investigate prevention of food borne illnesses.</li> </ul> <p>NSFCSE.F.11</p> <ul style="list-style-type: none"> <li>• I can demonstrate food safety.</li> <li>• I can demonstrate sanitation procedures.</li> </ul> <p>NSFCSE.F.12</p> <ul style="list-style-type: none"> <li>• I can identify a variety of types of equipment for food processing.</li> <li>• I can identify a variety of types of equipment for cooking food.</li> <li>• I can identify a variety of types of equipment for storing food.</li> <li>• I can identify a variety of types of equipment for serving food.</li> </ul> <p>NSFCSE.F.14</p> <ul style="list-style-type: none"> <li>• I can demonstrate menu-planning.</li> <li>• I can demonstrate time management to develop menus.</li> </ul> <p>NSFCSE.F.15</p> <ul style="list-style-type: none"> <li>• I can demonstrate food preparation methods and techniques.</li> </ul> |  |
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