

**Argenta-Oreana High School
Orientation to Family & Consumer Sciences
Creative Living (Glencoe)**

D a t e Semester	IL Learning Standards	Unit and/or Essential Question Content and/or Skills	Assessments and/or Products
August-September		Unit #1 Focus on You (Chapters 1-6) <ul style="list-style-type: none"> • You as an Individual • The Teen years • Your health and Wellness • Making Decisions • Managing your Life Skills <ul style="list-style-type: none"> • Students will understand the 4 areas of change during teen development. • Resolving conflict • Defining needs vs.wants • Concept of setting goals long and short term. • Steps in the decision making process 	<ul style="list-style-type: none"> • Terms • Quizzes and Tests (Multiple choice, true/false, fill in the blank, essay)
October		Unit #2 Your Family and Friends (Chapters 7-17) <ul style="list-style-type: none"> • Relationships and You • Communication Skills • Understanding and Strengthening Skills for Building relationships • The adjusting Family • Working with other people • That Special Relationship – What makes a positive relationship. Warning signs of an abusive relationship Skills	<ul style="list-style-type: none"> • Terms • Quizes and Tests (multiple choice, true/false, fill in the blank, essay) •

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		<ul style="list-style-type: none"> • Students will understand the wide variety of relationships • Practice compromising skills Practice verbal/nonverbal • communication skills • Roles and Expectations of various relationships 	
November		<p>Unit #3 Child Care and Development (Chapters 18-24)</p> <ul style="list-style-type: none"> • Children and You • Ages and Stages • The Importance of Play • Care and Safety • Babysitting: Earning and Learning • Ready for Parenthood • Careers Helping Children <p>Skills</p> <ul style="list-style-type: none"> • Students will identify needs of children at various stages of development • Describe characteristics of each area of development. • Students will be able to create activities which develop fine and gross motor skills. • Setting limits and positive communication • Dos and don'ts of a babysitter and how to be 	<ul style="list-style-type: none"> • Terms • Quizzes and Test (multiple choice, true/false, fill in the blank, essay)

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		successful <ul style="list-style-type: none"> Describe challenges of parenting-financial and emotional 	
December		Unit #5 Food and Nutrition (Chapters 35-48) <ul style="list-style-type: none"> Health and Fitness Nutrients Food Groups Eating Habits Weight Basics Cooking Techniques Shopping for Food Safety in the Kitchen Weight Basics Skills <ul style="list-style-type: none"> Preparation Skills Cooking Techniques Careers in Food and Nutrition Skills <ul style="list-style-type: none"> Identify ways in which food satisfies physical, emotional, social and health needs. Explain some ways in which food and exercise contribute to fitness 	<ul style="list-style-type: none"> Terms Quizzes and Tests (multiple choice, true/false, fill in the blank, essay) Final Test <ul style="list-style-type: none"> Students will identify ways in which food satisfied physical, social and emotional health Students will be able to list 6 classes of nutrients and their functions <ul style="list-style-type: none"> Explain principles of dividing food into 5 basic groups. Know which foods fall

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		<ul style="list-style-type: none"> • Evaluate your eating habits • Explain the importance of nutrients in food. • List the six classes of nutrients and their functions. • Identify foods that are good sources of carbohydrates, proteins, fats, water, vitamins, and minerals. • Explain the purpose and principles of dividing food into 5 basic food groups. • Outline the general nutritional differences among the food groups and give examples of goods in each group. • Specify typical servings sizes recommended by the Food Guide Pyramid • Use the Food Guide Pyramid and Dietary Guidelines to develop good eating habits. • Describe ways to carry out each Dietary Guideline. • Explain the importance of regular meals. • Give examples of different meal patterns. • Describe healthy eating habits for snaking and eating out. • Explain the relationship between fitness, basal metabolism, and weight control. Compare reasons for going on a weight-loss or weight-gain diet. • Define and describe serious eating disorders • Identify Planning tools, resources and lists for 		<p>into which group and why</p> <ul style="list-style-type: none"> • Understand the food Pyramid and understand to develop good eating habits • Understand weight issues and eating disorders • Cost and importance of eating a balanced meal.

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January		<p>successful menu planning.</p> <p>Unit #4 Management (Chapters 25-34)</p> <ul style="list-style-type: none"> • Managing Resources • Managing Time • Managing Money • Savings and Borrowing • Advertising • Consumer Skills • Price and Quality • Voicing Your Opinion • Being a Responsible Consumer • Management and Consumer Careers <p>Skills</p> <p>* Identify, describe and give examples of human resources and their benefits.</p> <ul style="list-style-type: none"> • List 5 benefits of time management. • Explain how to use calendars, schedules, and list and keeping these flexible. • Explain the goals of money management • Identify sources of income • Make and use a budget 		

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February - May		<ul style="list-style-type: none"> • Define and explain the difference between fixed and flexible expenses. • Describe the difference between interest and principal • Develop a strategy for using 3 types of credit wisely. • List the advantages of advertising • Identify sources of reliable information about products • Describe how planning your purchases can make the best use of your resources. • List the advantages and disadvantages of different types of stores. • Evaluate sales and sales ads. • Judge the quality of a product or service. • Explain the purpose of comparison shopping • Give examples of hidden costs. (shoplifting) • List the rights of consumers • Explain how to make a complaint in person and by letter. • Explain why consumers should voice their opinions. • Identify dishonest customer actions and describe their impact on the public. • Explain the consumer's responsibility to be fair and considerate. • Identify Government agencies who regulate product safety. 			

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		<ul style="list-style-type: none"> • Describe several different kinds of consumer-related jobs. <p>Unit #6 Clothing and Textiles (Chapters 55-68)</p> <ul style="list-style-type: none"> • Clothing and you • Design and Your Appearance • Clothes and Fashion • Fibers and Fabrics • Planning Your Wardrobe • Shopping for Clothes • Selecting Patterns, Fabrics, and Notions 		
		<ul style="list-style-type: none"> • Sewing Equipment 		
		<ul style="list-style-type: none"> • Layout, Cut, and Mark 		
		<ul style="list-style-type: none"> • Basic Construction 		
		<ul style="list-style-type: none"> • Adding the Details • Clothes Care • Redesigning and Recycling • Careers in Clothing and Textiles <p>Skills</p> <ul style="list-style-type: none"> • Discuss factors that affect individual and family apparel choices. • Identify the ways that clothing decisions affect your 		

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		<p>appearance.</p> <ul style="list-style-type: none"> • Describe ways to select clothing for comfort. • Analyze how clothing decisions are affected by groups. • Identify and describe the main design elements in clothing. • Give examples of ways to use line, shape, space, and texture effectively. • Describe how to use color to achieve a special look • Explain why fashions change from year to year • Identify several ways in which fashions get started • Distinguish between a classic fashion and a fad • Describe how to display good judgment in building a wardrobe • Summarize the characteristics of various natural and manufactured fibers • Identify woven, knitted and non woven fabrics. • Describe how color applications and finishes affect clothing care • Describe how well your inventory of clothes matches your clothing needs • Use the principle of mixing and matching • Evaluate different ways of adding to your wardrobe • Develop a wardrobe plan 	

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		<ul style="list-style-type: none"> • Explain how to prepare to shop for clothes • Identify the places where you can buy clothing • Describe how to determine your size • Describe how to evaluate clothes for fit and quality • Determine the correct pattern size to buy • Explain how to select a pattern • Use the information on the pattern envelope • Suggest factory that affect your choice of fabric and notions. • Describe the parts of the sewing machine and the serger • Use a sewing machine • Identify and describe the purposes of many pieces of sewing equipment • Adjust a pattern to fit your body shape • Prepare the fabric and lay out the pattern pieces • Cut out and mark the fabric pieces • Define the unit method of construction • Explain ways that fabric pieces are shaped to fit the body • Demonstrate techniques for stitching and finishing seams and facings • Distinguish between pressing and ironing. • Describe the details that give a quality look to sewing 	

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		<ul style="list-style-type: none"> • Demonstrate techniques used for sewing fashion details • Identify common closures and describe how to attach them • Select trimmings and trimming techniques to personalize your sewing projects • Explain how to care for your clothes • Describe different ways to clean outfits • Identify some simple clothing repairs • Describe ways to get more use out of your favorite garments • Determine how to make old or ill-fitting clothes wearable again • Suggest uses for clothes that you can no longer wear • Identify the interests and skills required for a career in clothing and textiles • Give examples of jobs available in design and marketing • Give examples of jobs available in clothing construction and care 	