

Family and Consumer Sciences Course of Study 2017



Susan Streitenberger, Interim Director of Catholic Education

Office of Catholic Schools

Catholic Diocese of Columbus

Family and Consumer Science Course of Study

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Philosophy and Structure

Philosophy

The Philosophy of Family and Consumer Sciences education programs focuses on the Catholic teaching and spiritual dimensions that will empower individuals to take action for the well-being of themselves and others in the twenty-first century workplace, community, and home. Programs help students develop a high level of competence in problem solving, ethical reasoning within a Catholic context, interpersonal skills, citizenship, leadership and provide a foundation for all career fields. The standards also delineate the knowledge and skills needed to seamlessly transition to postsecondary educational programs. Family and Consumer Science education empowers individuals and families across generations to manage the challenges of living and working in a diverse global society.

Structure and Format

The Family and Consumer Sciences course of study document is composed of a series of course outlines that are informed by the Ohio Department of Education's Family and Consumer Sciences Content Standards (2015), content statements and performance tasks. High schools are welcome to incorporate topics from two or more course outlines into a single class for their specific purposes. A strand is a larger content area under which multiple outcomes are organized. Content Statements are specific learning goals related to the standards. They state what students must understand/know. Performance tasks state what the students will do to prove they understand/know what they have been taught.

Family and Consumer Sciences strands are as follows:

Strand 1 – Personal Development

Strand 2 – Family Development

Strand 3 – Food and Nutrition

Strand 4 – Health and Wellness

Strand 5 - Design

Family and Consumer Sciences Course of Study Committee Members

Katie Brosmer
Sarah Gantz
Susan Streitenberger

Bishop Watterson High School
St. Francis DeSales High School
Office of Catholic Schools

Philosophy of Assessment

In the new Ohio Framework of Course Syllabi, performance tasks are included. In addition, teachers are strongly encouraged to use a variety of formative assessments during instruction as well as a variety of summative assessments as a basis for evaluation.

We make the following assumptions when we assess:

- Instruction and assessment are closely linked.
- Teachers constantly assess students both informally and formally.
- Assessments that are embedded in classroom instruction are important sources of information to determine instructional decisions and intervention needs made by the teachers and other members of the educational community.
- Self-assessment is a vital part of learning. Students must be a part of the assessment process.
- Formative assessments relate closely to the content of classroom instruction.
- Documentation of assessment is important in connecting classroom work to external evaluation.

Assessment techniques may include, but are not limited to:

- Extended response essays
- In class assignments
- Journals
- Portfolios
- Presentations
- Problem solving situations
- Projects
- Quizzes
- Self-evaluation
- Student-teacher conferences
- Teacher generated tests
- Teacher observation
- Using technology to gather formative assessment data

Course Content

Course syllabi are to be used by teachers as a basic structure for one-semester and full-year courses. Teachers are to add additional materials and activities as needed. Teachers may also add additional content statements and performance tasks if necessary. For courses developed at the local level, please forward the syllabus to the Office of Catholic Schools for inclusion in this document.

Personal Development, Family Development, Food and Nutrition, Health and Wellness, and Design syllabi were informed by the Ohio Department of Education's Family and Consumer Sciences Content Standards (2015).

Food, Nutrition, and Wellness

Course Description:

In this course, students will integrate basic principles of cooking as well as promote wellness, nutrition, and good health for self and others

Topic:

Food and Kitchen Safety

Content Statements:

- Know food-borne pathogens
- Understand conditions that put people at risk to encounter food-borne pathogens
- Understand conditions in purchasing, storing, and preparing food that can damage food quality and safety
- Know food preparation methods using proper food handling techniques including:
- Understand kitchen sanitation procedures when handling food to prevent cross contamination and food-borne pathogens
- Identify major foodborne illnesses, causes, preventions and entrances into the food supply.
- Prevent food safety risks by controlling conditions under which bacteria grow.
- Compare the effects of food labeling, preservation, packaging and storage on food safety, freshness and longevity.
- Regulate food temperatures throughout purchase, storage, handling, cooking and serving.
- Compare food preservation methods (e.g., freezing, drying, canning) used to optimize shelf life
- Apply personal, food safety and sanitation processes and procedures to prevent contamination and cross-contamination at home and in the workplace.

- Understand how to select available resources that ensure adequate, secure food supplies using individual and government agencies that regulate the food safety industry
- Calculate solid and liquid measurements and apply ratios and equations to convert U.S. and metric measurements.
- Develop recipes that preserve nutrient values and promote healthy eating patterns.
- Identify seasonings, oils, flavor enhancers and food additives by type, class or purpose
- Adjust and convert recipes to achieve specific serving sizes and ingredient substitutions
- Select cooking methods to retain nutritional values of fruits, vegetables, grains, protein and dairy.
- Adjust cooking time and temperature based on convention, convection and microwave ovens.
- Prepare sauces and gravies using thickening agents.
- Adjust to weather and altitude conditions when preparing baked products.
- Prepare a variety of confections, pastries and baked products.

Performance Tasks:

- Safely prepare food by using proper food handling techniques
- Practice maintaining the nutritional value of food when selecting, storing, and preparing food
- Explain the impact of food and beverage packaging and preservation of foods while maintaining nutritional value
- Prevent food pathogens using technology (e.g., irradiation, aseptic packaging, modified atmosphere, knowledge of genetic engineering, yeast and molds, enzymes and bacteria)
- Utilize research and technology to investigate and analyze food packaging preservation
- Create a multi-perspective plan addressing issues and strong arguments related to safe and sustainable public policy issues
- Evaluate food safety information through investigating resources to provide safe and secure food supplies
- Explain renewable and non-renewable resources in the context of purchasing, storing, and preparing food in homes and food industries
- Gather and analyze statistical data on waste disposal procedures used in home, work, or industry
- Evaluate restaurant menus (including fast food) and available nutritional information to guide and promote food choices and a healthy life style
- Assess and apply food choice, nutritional information, and other factors related to a healthy life style
- Analyze the relationship between disease, physical activity, and overall wellness

Topic:

Food Preparation

Content Statement:

- Know and understand basic cooking and kitchen safety techniques

Performance Tasks:

- Select and use appropriate equipment in food preparation
- Compare and contrast various cooking methods (e.g., stirring vs. folding, frying vs. baking)
- Prepare a variety of nutritious foods and dishes
- Use basic kitchen equipment
- Understand food preparation knowledge (e.g., following and adapting a recipe, equivalent measurement, cooking and preparation terms, equipment operation and care)
- Identify the role of the digestive system in nutrient absorption
- Identify symptoms of nutrient deficiencies and toxicity
- Calculate nutrient values of meals based on the food labels of products and ingredients.
- Identify suitable ingredient substitutes to meet special dietary needs
- Compensate for nutritional deficiencies.
- Evaluate the nutritional effects of fad diets, food addictions and eating disorders on individual wellness.
- Evaluate meat and poultry based on cuts and grading standards.
- Evaluate challenges that prevent individuals from obtaining nutritious food choices.
- Identify quality standards used to select food products.
- Select nutritious food choices at home and when dining out.
- Describe the impact of social and cultural influences on dietary patterns.
- Create daily food plans that meet current United States Department of Agriculture (USDA) dietary guidelines and contribute to healthy eating habits.
- Create menus for special occasions and events that reflect knowledge of special dietary and nutritional needs.

Topic:

Management and sustainability of food resources

Content Statement:

- Know and understand consumer and food industry practices that sustain the environment through reducing, reusing, and recycling and contribute to responsible consumer choices.

Performance Tasks:

- Create plans to handle food and food packaging waste in public and private settings related to renewable and non-renewable resources
- Analyze data from consumers and industries to learn how food-related practices (e.g., production, processing, and consumption) contribute to sustaining the environment
- Investigate renewable and non-renewable resources in the context of purchasing, storing, and preparing foods in homes and food industries
- Demonstrate methods that sustain the environment in homes and food industry
- Use seasonal foods to support local economies and help reduce carbon footprints
- Plan a food garden
- Identify the role of local producers, food distributors and current farm practices to support sustainable agriculture
- Explain research findings on current and emerging trends in the food industry
- Compare renewable and non-renewable resource practices, related to food and food packaging waste
- Compare community-based food systems and resources

Family Life and Practical Skills

Course Description:

Students will integrate management principles and life skills to lead to more productive and meaningful lives by accepting responsibility for the management of personal, family, spiritual, and environmental resources.

Topic:

Personal Development

Content Statement:

- Know and understand the values and resources that support lifestyle choices

Performance Tasks:

- Formulate and analyze goal setting strategies
- Develop the skills necessary for career planning and employment
- Develop the skills necessary to maintain a comfortable, affordable, and moral personal environment (e.g., care and maintenance of clothing, maintaining a functional residence, purchasing decisions, life style choices in keeping with Catholic Church teachings)
- Identify characteristics of healthy relationships
- Develop personal assets that demonstrate healthy, caring and responsible citizenship
- Identify the knowledge, skills and abilities necessary to succeed
- Explain the importance of work ethic, accountability and responsibility and demonstrate associated behaviors in fulfilling personal, community and workplace roles
- Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions
- Adapt personal coping skills to adjust to life and workplace demands
- Identify career pathways related to interests and talents
- Set educational and volunteer goals that support progress toward meeting career goals.
- Develop strategies for self-promotion
- Extract relevant, valid information from materials and cite sources of information.
- Deliver and analyze formal and informal presentations
- Identify and use verbal, nonverbal and active listening skills to communicate effectively
- Use negotiation and conflict-resolution skills to reach solutions
- Communicate information for an intended audience and purpose

- Use proper grammar and expression in all aspects of communication
- Use consensus-building techniques to draw conclusions and determine next steps.
- Compare the strengths, weaknesses and characteristics of leadership styles that influence personal versus professional relationships
- Identify advantages and disadvantages involving digital and/or electronic communications
- Use interpersonal skills to provide group leadership, promote collaboration and work in a team
- Use technical writing skills to complete forms
- Select and use software applications to locate record, analyze and present information
- Use personal organization management and productivity applications to optimize assigned tasks
- Use electronic media to communicate, following online etiquette guidelines

Content Statement:

- Understand the importance of time management plans related to personal, family, educational, and work goals

Performance Task:

- Create and evaluate time management strategies that balance personal, family, spiritual, educational, and work goals

Performance Tasks:

- Choose appropriate stress management techniques
- Evaluate plans for reducing stress
- Identify and list private, government, and community support services available for coping with stress and stress related illnesses

Topic:

Manage personal transitions

Content Statement:

- Students are active participants in their own personal growth and development

Performance tasks:

- Recognize the ongoing need to set goals and plan the actions needed to reach them
- Demonstrate how academic achievement supports personal and career growth
- Examine various influences on personal and academic life transitions
- Reflect on the goal setting process and product
- Exercise personal leadership in creating a self-identity, making ethical choices, and controlling impulses
- Show confidence in ability to interpret, respond to, and influence change
- Develop skills for life-long learning
- Accept responsibility for the management and stewardship of personal, family, and environmental resources

Parenting and Child Development

Course Description:

This course will engage students in learning child development stages and acceptable Christian parenting and/or childcare techniques and offer the opportunity to apply their knowledge to their lives as Christian parents and/or childcare providers

Topic:

Nurturing and caring for children

Content Statements:

- Know and understand the attributes and skills needed to nurture and care for children

Performance Task:

- Demonstrate an understanding of healthy, growth producing child care and parenting strategies and styles
- Identify the structure of family units and the impact on society
- Evaluate the effects of change on family units at each lifecycle stage
- Explain the importance of cultural traditions in a family unit
- Evaluate how a family unit builds the independence, interdependence and commitment of its members
- Analyze the impact of factors that influence individual growth and family development
- Differentiate among the parenting roles of support, nurturance and guidance
- Explain how parents provide for a child's basic needs, health and safety
- Identify parenting strategies to accommodate children's personalities and special needs
- Compare theories of how to develop a child's morals, values and self-esteem
- Explain how to develop mutual respect between a parent and child
- Compare the effects of parental involvement on a child's education
- Compare the benefits and consequences of different discipline practices
- Describe the role of available services (e.g., Department of Job and Family Services)

- Compare the types of parenting styles and the impact they have on child growth and development
- Describe the impacts of emotional, intellectual and physical nurturing on human growth and development
- Evaluate impacts of abuse and neglect based on signs and symptoms
- Determine methods and resources needed to address signs of abuse or neglect
- Explain the positive and negative impacts technology has on family relationship

Topic:

Building healthy families where children thrive

Content Statements:

- Know and understand how individual and family characteristics, decisions and issues impact the developing child
- Know and understand how parents and families prepare for prenatal, birth, and infant care
- Know childcare options related to child nurturing and care
- Understand the role of good parenting techniques

Performance Task

- Describe the healthy characteristics of pre-pregnancy, pre-natal, birth and post-natal issues and care
- Identify and explain the stages of child growth and development
- Explain the developmental needs of children
- Interpret different child development theories
- Explain how children learn behaviors and the objectives of Christian/religious guidance and discipline
- Compare and contrast various childcare services and educational programs
- Observe children in various child care and educational settings and discuss observations
- Explain how to prepare for the healthy emotional, spiritual, and physical well-being of parents and children
- Gather and assess resources for parenting information

Course Description:

Students will be introduced to design principles to the history of fashion as well as offer the students the opportunity to design and produce original pieces of clothing.

Topic:

History of fashion

Content Statement:

- Identify the principles and elements of design
- Evaluate the physiological and psychological ways humans interact with spaces and furnishings
- Apply design elements and principles to develop and enhance visual effects
- Evaluate the use of design in textiles, interiors or exteriors
- Prepare sketches, patterns or elevations
- Generate and manipulate two-dimensional (2D) and three-dimensional (3D) digital designs
- Create a virtual rendering using design principles and elements

Topic:

Textile Design

- Categorize textile fibers and describe the uses for each
- Explain how fiber, weave, texture, pattern and finishes affect the visual appearance and functionality of fabric
- Evaluate performance characteristics of fabrics and finishes
- Analyze the effects of textile characteristics on design and construction
- Design textile products using design elements and principles
- Select the type of production, alteration or repair needed based on the characteristics of woven, knit and non-woven textile products
- Explain research findings on current textile-design and -production technologies and trends
- Develop textile products using the production sequence
- Alter and repair textile products
- Repurpose, redesign and recreate a textile product

- Determine the processes needed to protect and preserve products based on textile characteristics

Interior and Exterior Design

- Measure and estimate the dimensions of interior or exterior areas
- Create a design that incorporates environmental psychology, architecture and product design elements
- Draft space plans to scale using architectural symbols
- Revise plans to improve aesthetics, function, safety and return on investment
- Incorporate universal design principles, building codes and regulations in space planning
- Develop a project scope of work
- Compare quotes and select products or services based on project criteria
- Estimate costs and value gains of a remodel or redesign

Content Statement:

- Identify, explore and analyze the evolution of fashion and style

Performance Tasks:

- Analyze, describe or demonstrate how fashion styles have changed throughout time
- Describe the societal influences for clothing style changes
- Create a history of fashion timeline

Topic:

Style, design, and creativity

Content Statement:

- Identify and analyze garment shapes in relationship to the style of clothing

Performance Tasks:

- Identify styles according to examples of various designs
- Illustrate and/or demonstrate specific styles of design

Topics:

Design elements and clothing

Art elements and clothing

Content Statements:

- Know and understand the elements of line, shape, form, texture, and color as they apply to clothing design
- Know and understand the design principals of balance, unity, variety, and emphasis as they apply to clothing design
- Know and understand the visual and aesthetic impact of clothing design

Performance Task:

- Identify, explain, demonstrate and analyze the principals and elements of clothing design

Topic:

Pattern Development

Content Statement:

- Understand how clothing patterns are created

Performance Tasks:

- Create a pattern
- Use the created pattern in the production of a project

Topic:

Fabric

Content Statements:

- Know and understand the use of fibers in fabric
- Understand the wear ability of fabric

Performance tasks:

- Analyze and compare the different weaves and knits
- Identify advantages and disadvantages of natural versus manufactured fibers
- Identify various fabric finishes
- Categorize textile fibers and describe the uses for each
- Explain how fiber, weave, texture, pattern and finishes affect the visual appearance and functionality of fabric
- Evaluate performance characteristics of fabrics and finishes
- Analyze the effects of textile characteristics on design and construction
- Design textile products using design elements and principles

Topic:

Sewing Techniques

Content Statements:

- Investigate and know the parts and functions of the sewing machine
- Know and understand the variations in hand sewing techniques
- Know and understand different sewing techniques not related to the sewing machine
- Understand the steps necessary in the creation of a project

Performance Tasks:

- Identify, label, and explain the parts of a sewing machine on a diagram and/or an actual machine
- Demonstrate the technique used for different hand stitches and notions attachment
- Demonstrate examples of different sewing techniques (e.g., applying interfacing, trimming, grading)
- Create and execute a sewing project

Recommended Textbooks

Schools may select and purchase textbooks from vendors they feel the content is appropriate.