

Family and Consumer Sciences – 7th Grade

Student Outcomes

Course Objectives:

- * The students demonstrate how to work in a kitchen by practicing safe food handling and preparation to prevent illness and/or injury.
- * The students will be able to identify areas of strength and weakness in personal nutritional needs.
- * Students will develop an understanding of the many changes that occur in relationships as they change and develop as well as how others around them change and develop.
- * Students will be able to identify the many challenges they may face as they go through the stages of the individual life cycle.
- * Students will be able to employ strategies for dealing with pressure situations.

Content Topics:

Safety
Sanitation
Recipes
Equipment
My Plate
Nutrients
Friendship
Refusal Communication
Abstinence
Grooming
Puberty
Pregnancy
Teen Pregnancy
Communicable Diseases
Sexually Transmitted Diseases/Infections
HIV/AIDS

Course Projects:

6 cooking labs
2-day daily food and activity log
My Plate analysis
1-3 quizzes
2 tests

Grading Policy:

Grading is based on a total point system cumulative over the quarter.

90% - 100% = A's

80% - 89% = B's

70% - 79% = C's

60% - 69% = D's

59% and lower = U