

Bemidji Middle School Family and Consumer Sciences

Topic: Middle School Nutrition and Wellness		
Minnesota Frameworks: 3.0 Students will demonstrate nutrition, wellness, and food preparation practices that enhance individual and family well-being.		
MN Frameworks/Standard	Standard/Benchmarks	Activities/Examples
MMSFACS 3.1	Nutrition: Evaluate nutrition choices and practices in a variety of settings, using reliable guidelines and sources of information, including: <ul style="list-style-type: none"> • Dietary guidelines/MyPlate • Comparing food intake to recommendations/serving/portion sizes • Nutrients, nutritional label analysis • Selecting foods at home and away 	
MMSFACS 3.2	Food and Wellness Issues: Examine factors and issues that impact current and future health and wellness, including: <ul style="list-style-type: none"> • Activity and exercise • Food safety and food borne illnesses • Wellness issues (for example, calcium/osteoporosis, diabetes, obesity, eating disorders, cardio-vascular health) 	
MMSFACS 3.3	Preparing and Serving Food: Demonstrate skills needed for preparing and serving foods, including: <ul style="list-style-type: none"> • Laboratory/kitchen safety and sanitation practices • Cooking terms, equivalents, abbreviations, measurements • Reading and using recipes • Techniques and equipment for preparing and serving food • Teamwork in the laboratory setting and hands on activities 	

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Topic: Middle School Human Development and Relationships		
Minnesota Frameworks: 4.0 Students will demonstrate relationship skills and understanding in contexts across the life span such as school, parenting, and the workplace.		
MN Frameworks/Standard	Standard/Benchmarks	Activities/Examples
MMSFACS 4.1	Positive Family Relationships: Analyze factors that contribute to positive relationships with family members, including: <ul style="list-style-type: none"> • Roles and responsibilities • Coping with family changes • Setting rules, compromising , cooperating 	
MMSACS 4.2	Caring for Children and Others: Demonstrate skills for positive guidance and care-giving of children and others, including: <ul style="list-style-type: none"> • Understanding ages and development stages from birth through adolescence • Care giving responsibilities/babysitting skills • Handling emergencies and keeping children safe • Nutritious and developmentally appropriate foods for children • Children’s play and toys (for learning as well as safety, recalls and age appropriate) 	
MMSFACS 4.3	Communication: Examine factors that contribute to positive relationships, including: <ul style="list-style-type: none"> • Communication skills and styles • Conflict prevention and resolution 	
MMSFACS 4.4	Quality Friendships: Analyze factors that contribute to positive relationships with peers, including: <ul style="list-style-type: none"> • Peer pressure, assuming responsibility for choices and actions • Appreciate diversity • Changing male/female relationships 	