

Bemidji Middle School Family and Consumer Sciences

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

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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	<p>Positive Family Relationships: Analyze factors that contribute to positive relationships with family members, including:</p> <ul style="list-style-type: none"> <li>• Roles and responsibilities</li> <li>• Coping with family changes</li> <li>• Setting rules, compromising , cooperating</li> </ul>	
MMSACS 4.2	<p>Caring for Children and Others: Demonstrate skills for positive guidance and care-giving of children and others, including:</p> <ul style="list-style-type: none"> <li>• Understanding ages and development stages from birth through adolescence</li> <li>• Care giving responsibilities/babysitting skills</li> <li>• Handling emergencies and keeping children safe</li> <li>• Nutritious and developmentally appropriate foods for children</li> <li>• Children’s play and toys (for learning as well as safety, recalls and age appropriate)</li> </ul>	
MMSFACS 4.4	<p>Quality Friendships: Analyze factors that contribute to positive relationships with peers, including:</p> <ul style="list-style-type: none"> <li>• Peer pressure, assuming responsibility for choices and actions</li> <li>• Appreciate diversity</li> <li>• Changing male/female relationships</li> </ul>	

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<b>Domain 5: Middle School Life Skills and Resource Management</b>		
<b>Minnesota Frameworks: 5.0</b> Students will integrate multiple life roles and responsibilities in school, family, career, and community settings.		
<b>MN Frameworks/Standard</b>	<b>Standard/Benchmarks</b>	<b>Activities/Examples</b>
MMSFACS 5.2	Decision Making, Problem Solving, and Critical Thinking: Accomplish tasks and fulfill responsibilities by using thinking and problem-solving processes, including: <ul style="list-style-type: none"> <li>• Decision-making, evaluating information, and planning processes</li> <li>• Choices, options, and consequences</li> </ul>	
MMSFACS 5.3	Personal Safety: Demonstrate skills needed for responsibility for self and self-protection, including: <ul style="list-style-type: none"> <li>• Refusal skills</li> <li>• Physical, emotional, and sexual abuse</li> </ul>	
MMSFACS 5.5	Using Technology Wisely in Personal and Family Settings: Demonstrate skills to use technology and evaluate impact of change and innovations in school, family, career, and community settings: <ul style="list-style-type: none"> <li>• Technology integration throughout FACS units and topics as available</li> <li>• Digital etiquette on emails, cell phones, etc.</li> <li>• Digital ethics : plagiarism, commenting vs. anonymity</li> </ul>	

<b>Topic: Prenatal</b>		
<b>Minnesota Frameworks: 2.0</b> Analyze principles of human growth and development across the life span.		
<b>MN Frameworks/Standard</b>	<b>Standard/Benchmarks</b>	<b>Activities/Examples</b>
MCHD 2.1	<ul style="list-style-type: none"> <li>• Analyze current and emerging research about human growth and development, including nutrition, brain development, birth defect, labor, delivery and the post-natal period of parent and child.</li> </ul>	