

Course Title: Family & Consumer Science – Grade 5

Board Approval Date: 06/16/14

Credit / Hours: NA

Course Description:

This course focuses on mastery of the PA Academic Standards for Family and Consumer Science. As students progress through this course they will participate in a systematic study in foods and nutrition. In this course students will learn a variety of food preparation techniques, which they will use while making breakfast foods in foods lab. Along with the food preparation skills, students will focus on teamwork and time management. The second unit in this course focuses on a level one sewing project that encompasses hand sewing, sewing machine use, measurement, time and space management, and completion of the level one sewing project. During both units, we will focus on safety.

Learning Activities / Modes of Assessment:

Large group instruction
Laboratory experiments
Checklists / Teacher Observation
Small group work
Projects with Rubrics

Instructional Resources:

ChooseMyPlate.gov
Various cookbooks, videos/DVDs, and periodicals relevant to the course

Course Pacing Guide

Course: **Family and Consumer Science – Grade 5**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Foods and Nutrition	11 days
2. Sewing Level 1	<u>11 days</u>
DAYS TOTAL	22 Days

Topic: 5th. Grade - Sewing Level 1

Days: 11

Subject(s):

Grade(s): 5th

Know:

11.2.6.B – Essential

Deduce the importance of time management skills (e.g. home, school, recreational activities).

11.2.6.D – Important

Identify the concepts and principles used in planning space for activities.

Selection requirements for the project materials.

Safe and correct use of the sewing machine and sewing equipment.

Appropriate organization of sewing space and supplies.

Importance of using time management.

Vocabulary - woven, knit, hand wheel, spool pin, thread guide, take up arm, presser foot, foot control, stitch selector, bobbin, running stitch, whip stitch

Understand:

How to select appropriate materials, follow directions, and organize the work space for the safe and correct use of sewing equipment and supplies to create the level 1 sewing project.

Do:

11.2.6.B – Essential

Deduce the importance of time management skills (e.g. home, school, recreational activities).

11.2.6.D – Important

Identify the concepts and principles used in planning space for activities.

Select appropriate materials for the level 1 sewing project.

Follow safe work practices.

Manage time and work space.

Use the correct sewing techniques.

Complete the level 1 sewing project
11.2.6.A - Contrast the solutions reached through the use of a simple decision making process that includes analyzing consequences of alternative solutions against snap decision making methods.

Topic: 5th. Grade Foods & Nutrition
 Subject(s): Other

Days: 11
 Grade(s): 5th

Know:	Understand:	Do:
<p>Safe methods to handle kitchen equipment.</p> <p>Ways to avoid food contamination..</p> <p>Duties that must be completed in food preparation.</p> <p>Use teamwork in food preparation.</p> <p>The six nutrients groups essential for life.</p> <p>Table manners</p> <p>Proper storage and handling of eggs.</p> <p>Vocabulary Contamination, cross contamination, bacteria, time management, host, hostess, porous, albumen, chalaza, hand rotary mixer, egg beater, spatula, turner, rubber scraper, covers, manners, nutrients, carbohydrates, fats, protein, vitamins, minerals,etiquette</p>	<p>How to be successful with food preparation by following food safety techniques, teamwork, correct food preparation procedures and time management.</p>	<p>Complete the foods lab using proper safety techniques, teamwork, correct food preparation procedures and time management.</p> <p>11.2.6.B - Deduce the importance of time management skills (e.g. home, school, recreational activities).</p> <p>11.2.6.C - Classify the components of effective teamwork and leadership.</p> <p>11.2.6.D - Identify the concepts and principles used in planning space for activities.</p> <p>11.3.6.B - Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).</p> <p>11.3.6.F - Analyze basic food preparation techniques and food-handling procedures.</p> <p>11.3.6.C - Analyze factors that effect food choices.</p>