

Course Title: Family & Consumer Science – Grade 7

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 and a level three sewing project. In this course students will learn a variety of food preparation techniques, which they will use while producing food in the foods lab with emphasis on quick breads, cookies, casseroles, teamwork, time management, space arrangement, and safety. The sewing unit in 7th grade will focus on a level three sewing project. The project encompasses increased sewing skills with the sewing machine, measurement, safety, time management, space management, and the completion of a level three project.

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 7**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Foods and Nutrition	11 days
2. Sewing Level 3	<u>11 days</u>
DAYS TOTAL	22 Days

Topic: 7th. Grade Foods and Nutrition

Days: 11

Subject(s): Other

Grade(s): 7th

Know:

11.2.6.A – Essential

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.

11.2.6.B – Essential

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

11.2.6.C – Essential

Classify the components of effective teamwork and leadership.

11.2.6.D – Important

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

Importance of proper hand washing before handling food.

Methods to prepare food using safe food handling techniques.

What a quick breads are and how to create quick breads.

The six categories of cookies and the methods used to create them.

Understand:

How the use of nutritious ingredients, good safety techniques, following directions, organizing work space, teamwork and time management are essential for successful food production.

Do:

11.2.6.A – Essential

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.

11.2.6.B – Essential

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

11.2.6.C – Essential

Classify the components of effective teamwork and leadership.

11.2.6.D – Important

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

Use Glo-germ and experiment with different hand washing methods and products to determine the best practices.

Plan and complete the quick bread lab using time management, team work and proper food handling techniques.

Plan and complete the cookie lab using time management, team work and proper food handling techniques.

Plan and complete the casserole lab using time management, team work and proper food handling techniques.

11.2.9.C - Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

Topic: 7th. Grade Foods and Nutrition

Subject(s): Other

Days: 11

Grade(s): 7th

Know:

Understand:

Do:

The nutritional values and benefits of casseroles.

Benefits of organizing the kitchen work space.

Importance of using time management skills and team work in food preparation.

Vocabulary - hygiene, baking powder, baking soda, tunneling, refrigerator cookies, drop cookies, bar cookies, rolled cookies, filled cookies, pressed cookies, molded, cream, whisk, white sauce, al dente, to taste

Topic: FCS - Grade 7 (06/16/14)

Days: 11

Subject(s): Other

Grade(s): 7th

Know:

Understand:

Do:

11.2.6.A – Essential

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.

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 skills.

Vocabulary - natural fabric, man-made fabric, directional print, zig zag stitch, casing

How fabric selection, space organization, sewing techniques and time management determine the success of the sewing project.

11.2.6.A – Essential

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.

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 project.

Manage time and work space.

Use correct sewing techniques including correct measurement.

Complete the level 3 sewing project.