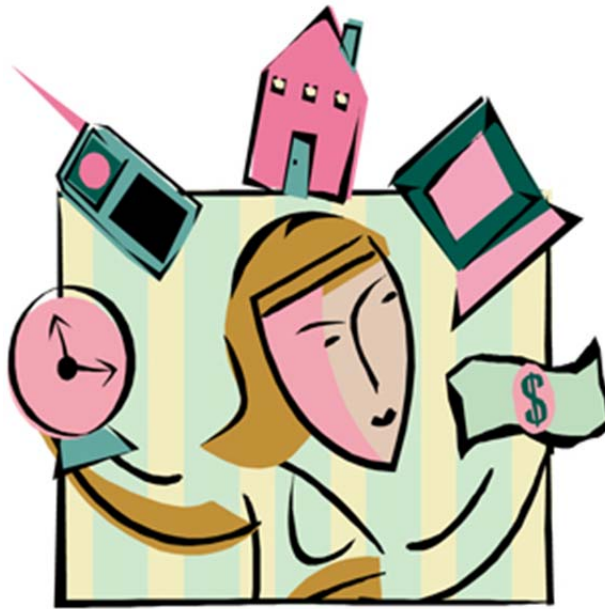


*FAMILY &*  
*CONSUMER*  
*SCIENCE*



*CAREER & TECHNICAL EDUCATION*

**THE FAMILY & CONSUMER SCIENCE BINDER**  
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**Exploratory Family and Consumer Science I**  
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## Exploratory Family and Consumer Science I /8206 9 Weeks Content Outline

Unit		Competency	Suggested Timeframe
<b>1</b>	<b>Implementing Virginia's CTE Course Requirements</b>	<b>001-002</b>	<b>On Going</b>
	A. Virginia Workplace Readiness		
	B. Internet Safety		
<b>2</b>	<b>Participating in the Student Organization</b>	<b>003-005</b>	<b>On Going</b>
	A. Purpose		
	B. Benefits		
	C. Leadership Skills		
<b>3</b>	<b>Exploring Human Development</b>	<b>006-011</b>	<b>1 Week</b>
	A. Character and Individual Development		
	B. Set personal goals		
	C. Transition in school		
	D. Steps in a process		
<b>4</b>	<b>Demonstrating Interpersonal Relationships</b>	<b>010-015</b>	<b>1 Week</b>
	A. Positive Communication and disagreement resolution		
	B. Getting along with others		
	C. Cultural contributions to society		
<b>5</b>	<b>Developing the Individual's Role in the Family</b>	<b>016-018</b>	<b>1 Week</b>
	A. Problem solving within families		
	B. Roles and Responsibilities within a family		
	C. Strategies to strengthen a family		
<b>6</b>	<b>Developing Responsibility for Living Environments (Personal Environments)</b>	<b>019-021</b>	<b>1 Week</b>
	A. Clean Environment		
	B. Conserve natural resources		
	C. Global concerns		
<b>7</b>	<b>Understanding Nutrition and Wellness</b>	<b>022-0303</b>	<b>2 Weeks</b>
	A. Relationship between food and nutrition		
	B. Food allergies and special diets		
	C. Kitchen sanitation		
	D. Food and kitchen safety		

	E. Food labels		
	F Prepare nutrition		
	G. Table manners		
	H. Grooming and personal hygiene		
	I. Personal wellness		
	J. Sleep		
	K. Manage stress		
<b>8</b>	<b>Examining Consumer and Family Resources</b>	<b>034-038</b>	<b>1 Week</b>
	A. Personal resources		
	B. Education/skills and income		
	C. Consumer safety		
	D. Saving and earning money		
	E. Comparison shopping		
<b>9</b>	<b>Exploring Textile, Fashion and Apparel Concepts</b>	<b>039-044</b>	<b>1 Week</b>
	A. Steps in Clothing maintenance		
	B. Use and safety of basic textile tools		
	C. Clothing repair		
	D. Parts and function of a sewing machine		
	E. Machine stitched sewing project		
<b>10</b>	<b>Exploring Education and Early Childhood Development</b>	<b>045-046</b>	<b>1 Week</b>
	A. Responsibilities in caring for a child		
	B. Appropriate snack for children		
<b>11</b>	<b>Identifying Career Connections</b>	<b>047-048</b>	<b>On Going</b>
	A. Internet skills as they relate to school and career choices		
	B. FACS career clusters		
<b>12</b>	<b>Developing Leadership Skills</b>	<b>049-050</b>	<b>On Going</b>
	A. FCCLA planning process		
	B. Cooperate to achieve goals		

## Exploratory Family and Consumer Science II /8263 18 Weeks Content Outline

Unit		Competency	Suggested Timeframe
<b>1</b>	<b>Implementing Virginia's CTE Course Requirements</b>	<b>001-021</b>	<b>On Going</b>
	A. Virginia Workplace Readiness		
	B. Internet Safety	025	
<b>2</b>	<b>Student Organizations</b>	<b>022-024</b>	<b>On Going</b>
	A. Purpose		
	B. Benefits		
	C. Leadership Skills		
<b>3</b>	<b>Understanding Human Development</b>	<b>026-029</b>	<b>1 Week</b>
	A. Developmental characteristics of adolescence		
	B. Individual and family development		
	C. Development of self-esteem, self-concept and personality		
	D. Etiquette		
<b>4</b>	<b>Demonstrating Interpersonal Relationships</b>	<b>030-035</b>	<b>1 Week</b>
	A. Demonstrate caring, respectful and responsible behaviors		
	B. Positive relationships		
	C. Peer pressure,		
	D. Communication skills		
	E. Goal setting		
<b>5</b>	<b>Exploring Family Relationships</b>	<b>036-038</b>	<b>1 Week</b>
	A. Family		
	B. Responsibilities within a family		
	C. Strategies to strengthen a family		
<b>6</b>	<b>Maintaining Living Environments (Personal Environments)</b>	<b>039-042</b>	<b>1 Week</b>
	A. Natural resource and global concerns as they relate to the family		
	B. Clean and safe environment and personal space.		
<b>7</b>	<b>Demonstrating Nutrition and Wellness</b>	<b>043-050</b>	<b>3 Weeks</b>
	A. Demonstrate nutrition and wellness practices, food safety and kitchen safety		
	B. Identify terms and equipment used in food preparation		
	C. Perform sequential steps in food preparation while preparing nutritious foods		
	D. Personal safety practices		
	E. Personal wellness, health and fitness		

<b>8</b>	<b>Using Consumer and Family Resources</b>	<b>051-057</b>	<b>3 Weeks</b>
	A. Problem-solving/decision making-making model		
	B. Manage production of a project and personal resources		
	C. Advertising		
	D. Consumer rights resources and responsibilities		
<b>9</b>	<b>Developing Textile, Fashion and Apparel Concepts</b>	<b>058-061</b>	<b>3 Weeks</b>
	A. Clothing repair and maintenance		
	B. Clothing choices		
	C. Machine stitched sewing project to serve a family need		
<b>10</b>	<b>Developing Family Education and Early Childhood Development</b>	<b>062-065</b>	<b>2 Weeks</b>
	A. Responsible behaviors in caring for a child		
	B. Developmentally-appropriate and nutritious snack for children		
	C. Storytelling		
	D. Stages of early childhood development		
<b>11</b>	<b>Exploring Career, Community and Family Connections</b>	<b>066-062</b>	<b>3 Weeks</b>
	A. Strategies to balance work, family and school		
	B. Responsible citizen of a community or school		
	C. FACS careers		
	D. Characteristics of successful workers at school and on the job		
	E. Entrepreneurial opportunities for adolescents		
<b>12</b>	<b>Developing Leadership Skills</b>	<b>063-064</b>	<b>On Going</b>
	A. FCCLA planning process		
	B. Cooperate with others to goals on course activities		

## Exploratory Family and Consumer Science III /8244 18 Weeks Content Outline

Unit		Competency	Suggested Timeframe
<b>1</b>	<b>Implementing Virginia's CTE Course Requirements</b>	<b>001-021</b>	<b>On Going</b>
	A. Virginia Workplace Readiness		
	B. Internet Safety	029	
<b>2</b>	<b>Student Organizations</b>	<b>022-024</b>	<b>On Going</b>
	A. Purpose		
	B. Benefits		
	C. Leadership Skills		
<b>3</b>	<b>Facilitating Human Development</b>	<b>026-029</b>	<b>1 Week</b>
	A. Roles and Responsibilities as a community member		
	B. Factors that influence individual development		
	C. Manage change		
	D. Etiquette		
<b>4</b>	<b>Managing Interpersonal Relationships</b>	<b>030-033</b>	<b>1 Week</b>
	A. Responsible Relationships		
	B. Tolerance in Society		
	C. Conflict-resolution strategies.		
	D. Teamwork family		
<b>5</b>	<b>Strengthening Family Relationships</b>	<b>034-036</b>	<b>1 Week</b>
	A. Family Roles		
	B. Community Services for Families		
	C. Communication		
<b>6</b>	<b>Analyzing Living Environments (Personal Environments)</b>	<b>037-040</b>	<b>1 Week</b>
	A. Environmental Global Concerns		
	B. Conservation of Natural Resources		
	C. Reduce, Reuse, Recycle		
	D. Principles and Elements of Design		
<b>7</b>	<b>Enhancing Nutrition and Wellness</b>	<b>041-050</b>	<b>6 Weeks</b>
	A. Food Allergies		
	B. Food Safety and Sanitation		
	C. Food Preparation		
	D. Kitchen Safety		
	E. Nutrition, Wellness & Personal Safety		
<b>8</b>	<b>Maximizing Consumer and Family Resources</b>	<b>051-056</b>	<b>1 Week</b>

	A. Career Choice and Income		
	B. Budgets		
	C. Checking and Credit		
	D. Consumer Rights and Responsibilities		
9	<b>Applying Textile, Fashion, and Apparel Concepts</b>	<b>057-061</b>	<b>5 Weeks</b>
	A. Clothing Decisions		
	B. Clothing Creations		
	C. Community Service Textile Project		
	D. Technology in the Apparel industry		
	E. Recycling textile products		
10	<b>Applying Education and Early Childhood Concepts</b>	<b>062-064</b>	<b>1 Week</b>
	A. Stages of Childhood		
	B. Child Care Skills		
	C. Careers in Child Care		
11	<b>Managing Career, Community and Family Connections</b>	<b>065-069</b>	<b>1 Week</b>
	A. Family and Consumer Science Clusters		
	B. Entrepreneurship		
	C. Family and Consumer Science Courses		
	D. Job-search and Application Skills		
	E. Job Interviews Dress		
12	<b>Developing Leadership Skills</b>	<b>070-072</b>	<b>On Going</b>
	A. FCCLA Planning Process		
	B. Benefits of Community Volunteering		