

Planned Course of Study

6th Grade

Family and Consumer Sciences

Family and Consumer Sciences Department
Salisbury Township School District

RATIONALE

Family and Consumer Sciences, a required course in grades 6 through 8, is beneficial for all middle school students as they explore and develop competencies in the four content areas:

- Financial and Resource Management
- Balancing Family, Work and Community Responsibility
- Food Science and Nutrition
- Child Development

Having knowledge and proficiency in all of these areas:

- Provides students with an ability to take on greater personal responsibility
- Enhances students' ability to function in and contribute to their school, family, and community life and adapt to societal changes
- Helps students develop a sound basis for balancing family, work, and community life in the future
- Enables students to recognize the value of lifelong learning

COURSE DESCRIPTION

The 6th grade course in Family and Consumer Sciences introduces the students to this subject area at the middle school level. This course provides opportunities and experiences in the areas of Food Science and Nutrition, and Balancing Family, Work and Community Responsibility. This will enable students to develop and improve skills that are helpful to them now and will be in the future as emphasis is placed on preparation for independent living.

COURSE GOALS

The student will:

Increase self-awareness.

Develop knowledge and skills for use in relationship development and interpersonal communications.

Recognize the significance of individual management of time and other personal resources.

Use teamwork to achieve group goals and share responsibilities through cooperative classroom experiences.

Become knowledgeable about basic nutrition and nutrient functions.

COURSE SYLLABUS

I. Individuality

- A. Self awareness
- B. Building relationships
- C. Importance and qualities of friendships
- D. Communication skills
- E. Conflict resolution
- F. Dealing with peer pressure

II. Individual Management

- A. Decision making
- B. Taking responsibility for individual items and space
- C. Scheduling personal/free time
- D. Operation of home equipment

III. Individual Nutrition

- A. Introduction to the Food Guide Pyramid
- B. Nutrient Functions

IV. Working Cooperatively

- A. Using teamwork for common goals
- B. Time management
- C. Sharing of responsibilities

Family and Consumer Sciences
6th Grade
One Half Quarter

Balancing Family, Work and Community Responsibility			
Learning Objectives/ Content	Teaching/Learning Activities	Evaluation Criteria	State Standard
<p>The student will be able to:</p> <ol style="list-style-type: none"> 1. Identify personal characteristics related to building of relationships and friendships. 2. Describe methods of interpersonal communications, and positive and negative interactions. 3. Relate the decision making process to development of relationships and taking personal responsibility. 	<ul style="list-style-type: none"> • “Ice breaker” activity • Complete chart on personal characteristics • Brainstorm qualities of positive friendships • Discussion and role playing of methods of communication • Communication terms game • Discuss the role of the decision making process in interpersonal relationships and acceptance of responsibility • Decision making case studies and situations 	<ul style="list-style-type: none"> • Graded classwork • Class participation • Graded role playing 	<p>11.2.3.E 11.2.6.B 11.2.6.C 11.2.6.D 11.2.6.H 11.3.3.D 11.3.6.F</p>
Resources/Materials			
<u>Young Living</u> , Glencoe		Teacher generated activities	
Additional Resources/Inter-disciplinary Relationships			

Family and Consumer Sciences
6th Grade
One Half Quarter

Balancing Family, Work and Community Responsibility (continued)			
Learning Objectives/ Content	Teaching/Learning Activities	Evaluation Criteria	State Standard
<p>The student will be able to:</p> <ol style="list-style-type: none"> 4. Identify concepts and principles used in planning space for activities, and taking responsibility for individual items and space. 5. Deduce the importance of time management skills. 6. Analyze the effectiveness of technology and equipment in accomplishing the work of the family. 	<ul style="list-style-type: none"> • Devise plans for use of space and taking responsibility for individual items and space • Food labs to gain experience in time management • Brainstorm technology and equipment used in the home • List, discuss, and evaluate effectiveness of technology and equipment in accomplishing the work of the family 	<ul style="list-style-type: none"> • Graded classwork • Class participation • Graded food labs 	<p>11.2.3.E 11.2.6.B 11.2.6.C 11.2.6.D 11.2.6.H 11.3.3.D 11.3.6.F</p>
Resources/Materials			
<u>Young Living</u> , Glencoe	Teacher developed activities	Food lab supplies	
Additional Resources/Inter-disciplinary Relationships			

Family and Consumer Sciences
6th Grade
One Half Quarter

Balancing Family, Work and Community Responsibility (continued)
Food Science and Nutrition

Learning Objectives/ Content	Teaching/Learning Activities	Evaluation Criteria	State Standard
<p>The student will be able to:</p> <ul style="list-style-type: none"> 7. Classify foods and serving sizes based on the Food Guide Pyramid. 8. Identify nutrient functions within the body. 9. Identify the components of effective teamwork and leadership. 10. Utilize teamwork to accomplish common goals. 	<ul style="list-style-type: none"> • Brainstorm food group and nutrition knowledge • Create 3 dimensional Food Guide Pyramid identifying food sources and serving sizes for each category • Discuss nutrient functions • Activity to practice teamwork • Food lab experiences emphasizing teamwork 	<ul style="list-style-type: none"> • Graded classwork • Class participation • Graded Food Guide Pyramid • Graded food labs • Objective quiz 	<ul style="list-style-type: none"> 11.2.3.E 11.2.6.B 11.2.6.C 11.2.6.D 11.2.6.H 11.3.3.D 11.3.6.F

Resources/Materials

Young Living, Glencoe

Teacher generated activities

Food lab supplies

Additional Resources/Inter-disciplinary Relationships