

Blackhawk School District

CURRICULUM

Course Title: 8th grade Family and Consumer Science
Grade Level(s): Grade 8
Periods Per Week: 5
Length of Period: 40 minutes
Length of Course: 35 days
Faculty Author(s): Megan Bailey
Date: February 2013

COURSE DESCRIPTION:

8th grade Family and Consumer Science is a course that integrates valuable life skills with technology, math, science, and reading to create an independent worker that will be successful in a changing world. Topics revolve around academic skills learned in a practical setting.

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| <p>C. Pre-Lab Activities:</p> <ol style="list-style-type: none"> 1. Lab Organization 2. Appliance Review 3. Team/Kitchen Area Review | <p>11.2.6 Balancing Family, Work, and Community Responsibility</p> <p>B. Deduce the importance of time management skills.</p> <p>C. Classify the components of effective teamwork and leadership.</p> <p>Students will use RA strategies where applicable.</p> | <p>1 Day</p> | <p>Teacher made resources</p> | |
| <p>D. Foods/ Labs</p> <ol style="list-style-type: none"> 1. New skill/cooking technique lab (knife skills-stir fry) 2. Healthy Meal Planning <ol style="list-style-type: none"> a. Breakfast b. Dinner 3. Using Healthy Substitutions <ol style="list-style-type: none"> a. Healthy Dessert b. Healthy Snack 4. Meal Planning for a Party <ol style="list-style-type: none"> a. Create menu b. Create market order c. Calculate supply amounts | <p>11.2.9 Balancing Family, Work, and Community Responsibility</p> <p>E. Evaluate the impact of technology and justify the use or nonuse of it.</p> <p>11.2.12 Balancing Family, Work, and Community Responsibility</p> <p>C. Analyze teamwork and leadership skills and their application in various family and work situations.</p> <p>11.3.6 Food Science and Nutrition</p> <p>F. Analyze basic food preparation techniques and food handling procedures.</p> <p>11.3.9.Food Science and Nutrition</p> <p>F. Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, etc.)</p> <p>11.3.12.Food Science and Nutrition</p> <p>F. Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet specific nutritional needs of individuals across their lifespan.</p> | <p>6-8 Days</p> | <p>Teacher made resources Various recipe books</p> | |

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| <p>E. Nutritional Needs</p> <ol style="list-style-type: none"> 1. Addressing specific diet considerations <ol style="list-style-type: none"> a. Athletic considerations b. Special diet considerations 2. Portion Sizing / Control 3. Using technology <ol style="list-style-type: none"> a. Computer programs b. Tablet/ Smart phone apps | <p>11.3.9.Food Science and Nutrition</p> <p>C. Analyze the impact of food addictions and eating disorders on health.</p> <p>D. Analyze the relationship between disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol, and heart disease; folate and birth defects; sodium and hypertension)</p> <p>E. Analyze the energy requirements, nutrient requirements and body composition for individuals at various stages of the life cycle.</p> <p>11.3.12.Food Science and Nutrition</p> <p>C. Evaluate sources of food and nutrition information.</p> <p>D. Critique diet modifications for their ability to improve nutritionally-related health conditions.</p> <p>Students will use various RA strategies where applicable. Students will be addressing the ‘science’ and ‘technology’ elements of STEM.</p> | <p>3-4 Days</p> | <p>Teacher made resources</p> <p>BYOT and school supplied technology resources</p> | |
| <p>F. Technology Trends</p> <ol style="list-style-type: none"> 1. How foods are made 2. Advancements in food production | <p>11.3.9.Food Science and Nutrition</p> <p>A. Explain how scientific and technological developments enhance our food supply.</p> <p>11.3.12.Food Science and Nutrition</p> <p>A. Analyze how food engineering and technology trends will influence food supply.</p> <p>Students will use various RA strategies where applicable. Students will be addressing the ‘science’ and ‘technology’ elements of STEM.</p> | | <p>YouTube/tv show episode</p> <p>Teacher made resources</p> | |

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| <p>II. Module/Skills Rotation</p> <p>A. Early Childhood Module</p> <ol style="list-style-type: none"> 1. Physical, social, intellectual, and emotional development 2. Career opportunities <p>B. Home Makeover Module</p> <ol style="list-style-type: none"> 1. Planning space requirements <ol style="list-style-type: none"> a. Financing b. Designing 2. CAD Program <p>C. Money Management Module</p> <ol style="list-style-type: none"> 1. Spending plan basics 2. Budgeting | <p>11.4.9. Child Development</p> <p>A. Analyze physical, intellectual and social/emotional development in relation to theories of child development.</p> <p>B. Evaluate health and safety hazards relating to children at each stage of child development.</p> <p>Student will be addressing the ‘science’, ‘technology’, and ‘math’ elements of STEM.</p> <p>11.2.9 Balancing Family, Work, and Community Responsibility</p> <p>D. Analyze space requirements for a specified activity to meet a given need.</p> <p>11.2.12 Balancing Family, Work, and Community Responsibility</p> <p>D. Based on efficiency, aesthetics, and psychology, evaluate space plans for their ability to meet a variety of needs.</p> <p>Students will be addressing the ‘technology’, ‘engineering’, and ‘math’ elements of STEM.</p> <p>11.1.9 Financial and Resource Management</p> <p>B. Explain the responsibilities associated with managing personal finances.</p> <p>11.1.12 Financial and Resource Management</p> <p>B. Analyze the management of financial resources across the lifespan.</p> <p>Students will be addressing the ‘technology’ and ‘math’ elements of STEM.</p> | <p>3 ½ Weeks</p> | <p>Module materials (Pitsco Education)</p> <p>Teacher Made resources</p> <p>BYOT and school supplied technology</p> | |
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| <p>D. Space Planning Rotation</p> <ol style="list-style-type: none"> 1. Principles of space 2. Planning space for for specific activity | <p>11.2.9 Balancing Family, Work, and Community Responsibility D. Analyze space requirements for a specified activity to meet a given need.</p> <p>11.2.12 Balancing Family, Work, and Community Responsibility D. Based on efficiency, aesthetics, and psychology, evaluate space plans for their ability to meet a variety of needs.</p> <p>Students will be addressing the ‘technology’, ‘engineering’, and ‘math’ elements of STEM.</p> | | | |
| <p>E. Financial Management</p> <ol style="list-style-type: none"> 1. Requirements at various life stages 2. Teen Budgeting | <p>11.1.9 Financial and Resource Management B. Explain the responsibilities associated with managing personal finances.</p> <p>11.1.12 Financial and Resource Management B. Analyze the management of financial resources across the lifespan.</p> <p>Students will be addressing the ‘technology’ and ‘math’ elements of STEM.</p> | | | |
| <p>F. Career Exploration</p> <ol style="list-style-type: none"> 1. Benefits 2. Career mentors - Related Arts career Day 3. Related websites apps | <p>11.1.6 Financial and Resource Management E. Explain the principles of child labor laws and the opportunity cost of working by evaluating the advantages and disadvantages of holding a job while a teenager.</p> <p>11.1.9 Financial and Resource Management E. Compare the influences of income and fringe benefits to make decisions about work</p> | | | |

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| <p>III. Construction Techniques</p> <ul style="list-style-type: none"> A. Review operating construction machines B. Construction of Sewing Project <ul style="list-style-type: none"> 1. Skills to read directions 2. Planning skills 3. Math and measuring skills 4. Technology to support construct. projects | <p>11.2.9. Balancing Family, Work, and Community Responsibility</p> <ul style="list-style-type: none"> A. Solve dilemmas using a practical reasoning approach. (Garment care and construction). C. Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family. <p>11.2.9. Balancing Family, Work, and Community Responsibility</p> <ul style="list-style-type: none"> C. Analyze teamwork and leadership skills and their application in various family and work situations. <p>11.1.9. Financial and Resource Management</p> <ul style="list-style-type: none"> A. Analyze current conservation practices and their effect on future renewable and non-renewable resources; refuse, reduce, reuse, recycle. (Garment care and repair, and non-renewable fiber sources) <p>Students will use various RA strategies where applicable. Students will be addressing the ‘technology’, ‘engineering’, and ‘math’ elements of STEM</p> | <p>2 weeks</p> | <p>Project materials ordered through NASCO</p> <p>Teacher supplied materials</p> <p>BYOT and other school supplied technology</p> | |
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