## Family and Consumer Sciences (Grade 7)
### Exploring Textiles and Farm to Table Foods

<table>
<thead>
<tr>
<th>ORGANIZING THEME/TOPIC</th>
<th>FOCUS STANDARDS &amp; SKILLS</th>
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<tbody>
<tr>
<td><strong>Unit Topic: Clothing and Consumerism</strong></td>
<td>FCS 2.0 Demonstrate management of financial resources to meet the goals of individuals and families.</td>
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</table>
| What do smart consumers know and do? | Clothing Selection and Care  
- Identify consumer guidelines for purchasing clothing.  
- Discuss steps involved in laundry and routine clothing care. |
| Consumer skills  
Clothing care | FCS 7.1 Demonstrate how to safely use sewing machines, equipment, and technology related to sewing project construction.  
- Demonstrate proper use of sewing equipment and current technology. |
| Sewing safety  
Sewing equipment  
Machine set-up and operation | Time Frame: 2 Weeks |
| **Unit Topic: Project Construction** | FCS 7.0 Integrate knowledge, skills, and practices required for careers in fashion, textiles, or interior design. |
| Pattern study  
Project construction  
Machine sewing  
Hand sewing | Using a Pattern  
- Read and interpret pattern directions.  
- Recognize pattern symbols and markings.  
Project Construction  
- Demonstrate fabric preparation, cutting, and marking techniques.  
- Use hand and machine sewing skills to create projects.  
- Utilize creativity to personalize projects  
Career and College Readiness  
- Apply technical reading to follow project instructions.  
- Plan and manage time and resources to complete projects.  
- Accurately measure and calculate using whole numbers and fractions. |
| Time Frame: 5 Weeks | **UNIT TOPIC: Welcome to the Kitchen** |
| Safety and sanitation  
Measuring  
Understanding recipes  
Kitchen tools and equipment | FCS 8.1.b Demonstrate precision, safety and sanitation practices. |
| Time Frame: 1-2 Weeks | Kitchen Basics  
- Demonstrate safety and sanitation practices.  
- Demonstrate measuring techniques.  
- Apply technical reading skills to follow a recipe.  
- Identify uses of various kitchen tools and small appliances. |
### Theme: Farm to Table
What are the connections between food, health and the environment?
- Food system
- Fresh and processed foods
- People working in the food system
- Food and health issues
- Environmental impact

Time Frame: 1 week and integrated throughout Foods units

### Analyze how food and the food system affects health, the community, and the environment.
- Follow the journey of a food item through the food system.
- Explore personal food preferences
- Compare fresh and processed foods
- Describe how various people participate in the food system
- Analyze food safety and health concerns.
- Explore foods from local farms and ways to be environmentally friendly

Primary Resource
Discovering our Food System by Cornell University

### UNIT TOPIC: Nutrition and Wellness
Health and wellness
Nutrition and nutritional needs
My Plate, dietary guidelines

Time Frame: 1 Week and integrated throughout Foods Labs

### FCS 3.0 Demonstrate nutrition and wellness practices that enhance individual and family wellbeing.
- Describe factors that contribute to overall health and wellness.
- Identify essential nutrients, their functions and food sources.
- Identify dietary guidelines.
- Make healthy choices using My Plate.
- Analyze nutrition label information to make healthy food choices.
- Identify foods high in fat, cholesterol, fiber, and sugar, and describe their affect of health.

### UNIT TOPIC: Basic Food Preparation
Food preparation
Buying and storing foods
Teamwork skills

Time Frame: 4 Weeks

### FCS 8.0 Integrate knowledge, skills, and practices required for careers in culinary arts, food production, and services.
- Identify various techniques used to cook foods.
- Demonstrate ability to select, store, prepare, and serve nutritious foods.
- Organize tasks and responsibilities to complete a cooking lab.
- Practice organization and efficiency in the foods lab.

**Career and College Readiness**
- Apply technical reading to follow project instructions.
- Apply planning, time and project management.
- Accurately measure and calculate using whole numbers and fractions.
- Work collaboratively with a team to accomplish team goals.

### UNIT TOPIC: Design Project
Design process
Project presentation

Time Frame 4 weeks

### FCS 3.0 Solve problems using creativity, innovation and critical thinking skills (analyze, synthesize, and evaluate) independently and in teams.
- Utilize design thinking to solve a challenge or meet a need
- Identify a challenge or need
- Identify constraints
- Design a solution to meet the challenge or need
- Develop and refine a prototype
- Present and display solution appropriate for intended audience