

## Colorado CTE Course – Scope and Sequence

Course Name	Family and Consumer Sciences 1		Course Details	Semester/Trimester (12-18 weeks)	
			Course = 0.50 Carnegie Unit Credit		
<b>Course Description</b>	In this level one middle school course, students will begin to explore and practice concepts in Career Exploration, Financial Literacy, Foods/Nutrition, Interior Design, Apparel Design, Personal Development, and Interpersonal Relationships. Students will acquire knowledge and essential skills necessary for success in career pathways				
<b>Note:</b>	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered. <b>Note: FCS pathways in the description can be expanded on or added to the suggested scope and sequence based on student needs or local discretion.</b> Menu of Options/Ideas for Curriculum: <a href="#">Level 1: Career Interest Development - CTECS - WRS</a>				
SCED Identification #		Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at <a href="https://www.cde.state.co.us/standardsandinstruction/essentialskills">https://www.cde.state.co.us/standardsandinstruction/essentialskills</a> <b>2021 Version of PWR/Essential Skills</b>					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment <i>Standard alignment to be added at local discretion</i> <a href="#">National FCS Middle School Standards</a>	Competency / Performance Indicator	Outcome / Measurement (suggestions for potential outcome demonstration)	CTSO/PWR (essential) Skills/ICAP* Integration <small>*MS ICAP Quality Indicators</small>
<b><u>Foods: Kitchen Basics/Lab Management</u></b> <b>Kitchen Basics</b> <ul style="list-style-type: none"> <li>● Kitchen Tools &amp; Equipment</li> <li>● Measuring Techniques</li> <li>● Cooking Terms</li> <li>● Reading and Using a Recipe</li> <li>● Abbreviations and Equivalents</li> <li>● Food Preparation</li> </ul> <b>Kitchen Basics</b> <ul style="list-style-type: none"> <li>● Kitchen Tools &amp; Equipment</li> <li>● Measuring Techniques</li> <li>● Cooking Terms</li> <li>● Reading and Using a Recipe</li> </ul>	4-8 weeks	4.0 Hospitality and Culinary Arts: Integrate knowledge, skills and practices required for careers in culinary arts and hospitality.  4.2 Utilize food preparation/culinary methods and techniques to produce a variety of food products  4.2.1 Demonstrate food, equipment, and facilities safety and sanitation procedures	<ul style="list-style-type: none"> <li>- Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving including hand tools and small ware.</li> <li>- Maintain kitchen/lab related equipment and supplies</li> <li>- Practice good health procedures</li> <li>- Demonstrate professional skills in safe handling of tools and equipment</li> </ul>	Food Labs Written Tests Kitchen tools ID Quiz	Self Direction and Personal Responsibility  Critical and Creative Thinking  Agility & Adaptability  Collaboration & Leading by Influence

<ul style="list-style-type: none"> <li>• Abbreviations and Equivalents</li> <li>• Food Preparation</li> </ul>					
<p><b><u>Nutrition: Food Guidelines and Choices</u></b>  <b>USDA Food Guidelines</b></p> <ul style="list-style-type: none"> <li>• Nutrition Labels</li> <li>• Macro/Micro Nutrients</li> <li>• Shopping</li> </ul> <p><b>Food Choices</b>  <b>Food Choice Factors</b></p> <ul style="list-style-type: none"> <li>• Lifestyles</li> <li>• Dietary Needs</li> <li>• Culture</li> <li>• Technology</li> </ul> <p><b>Food Preparation Careers</b></p>	1-3 Weeks	<p>3.1 Investigate nutrition and wellness practices that enhance individual and family wellbeing</p> <p>3.2.1 Examine the basic principles of nutrition</p> <p>3.2.3 Apply nutritional knowledge to healthy meal planning.</p> <p>4.1 Explore careers in food production, culinary arts and hospitality</p>	<ul style="list-style-type: none"> <li>- Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span</li> <li>- Analyze sources of food and nutritional labels information including food labels, related to health and wellness</li> <li>- Apply various dietary guidelines in planning to meet nutrition and wellness needs</li> <li>- Evaluate the nutrition information on food labels to compare products</li> </ul>	<p>Food Guidelines and personal nutrition plan project</p> <p>Food Labs – Adapting recipes for specific health goals</p>	<p>Critical Thinking</p> <p>Self-Advocacy</p> <p>Self-Direction and Personal Responsibility</p>
<p><b><u>Fundamentals of Textiles/Apparel Design</u></b>  <b>Sewing Safety</b>  <b>Patterns</b></p> <ul style="list-style-type: none"> <li>• Choosing and Utilizing a Pattern</li> <li>• Symbols</li> <li>• Measurements</li> </ul> <p><b>Hand Sewing:</b></p> <ul style="list-style-type: none"> <li>• Types of stitches</li> <li>• Buttons</li> <li>• Repairs</li> </ul> <p><b>Machine Sewing</b></p> <ul style="list-style-type: none"> <li>• Parts of Machine</li> <li>• Care of the Machine</li> </ul> <p><b>Careers</b></p>	2-4 Weeks	8.2.2 Demonstrate basic construction skills to create, repair, or repurpose clothing or textile items	<ul style="list-style-type: none"> <li>- Demonstrate basic skills for production and altering textile products and apparel</li> <li>- Recognize, utilize, and demonstrate form, function, and craftsmanship when creating works of art</li> <li>- Demonstrate professional and safety skills in using a variety of sewing equipment and tools</li> <li>- Utilize elements and principles of design in designing, construction, and/or altering textile, apparel, and fashion products</li> </ul>	<p>Pattern I.D. demonstration</p> <p>Picture Design – Hand Sewing Book</p> <p>Basic Book Bag Project</p>	<p>Content Mastery</p> <p>Agility and Adaptability</p>
<p><b><u>Child Development: Stages of Development and Child Care</u></b>  <b>Ages &amp; Stages</b></p> <ul style="list-style-type: none"> <li>• Infant</li> <li>• Toddler</li> <li>• Preschoolers</li> </ul> <p><b>Development Areas</b></p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Intellectual/Cognitive</li> <li>• Emotional</li> </ul>	1-3 Weeks	<p>5.2. Explore developmental milestones throughout the lifespan</p> <p>5.3 Analyze conditions that influence human growth and development</p>	<ul style="list-style-type: none"> <li>- Analyze physical, emotional, social, moral, and intellectual development</li> <li>- Choose nurturing practices that support human growth and development</li> <li>- Analyze opportunities for employment and entrepreneurial endeavors (babysitting)</li> </ul>	<p>Ages and Stages Poster/Presentation</p> <p>Play Stations Group Activity</p>	<p>Self-Direction and Personal Responsibility</p> <p>Content Mastery</p>

<ul style="list-style-type: none"> <li>• Social Activities for Children &amp; Child Care (Babysitting) <ul style="list-style-type: none"> <li>• Infants</li> <li>• Toddlers</li> <li>• Preschoolers</li> </ul> </li> <li>• Careers</li> </ul>		<p>5.4 Analyze roles and responsibilities of caregiving, education and training</p> <p>5.3.2 Analyze strategies that promote growth and development across the lifespan</p>			Career Exploration
<p><b>Personal Development/Individuality</b></p> <p>Values</p> <p>Goals</p> <p>Self Esteem</p> <ul style="list-style-type: none"> <li>• Personality Traits</li> <li>• Self Respect</li> <li>• Peer Pressure</li> </ul> <p>Careers</p>	1-3 Weeks	<p>1.0 Exploring Self and Careers: Analyze factors that impact self-formation and career decisions</p> <p>1.1 Investigate personality traits, strengths, interests and values</p> <p>1.2.2 Identify ethical behaviors</p>	<ul style="list-style-type: none"> <li>- Develop short and long term goals based on personal values</li> <li>- Analyze the effects of self-esteem and self-image</li> <li>- Identify character traits of positive and negative self esteem</li> <li>- Analyze practical reasoning components</li> </ul>	<p>“Who Am I” Journal Project</p> <p>Personality Colors Exam</p> <p>Handling Peer Pressure Skit</p>	<p>Communication</p> <p>Self-Direction and Personal Responsibility</p> <p>Collaboration</p>
<p><i>Optional: Career Exploration</i></p> <p><i>Either intertwine careers into each unit or teach a specific unit on careers covering the following topics.</i></p> <p>Personal Career Selection</p> <ul style="list-style-type: none"> <li>• Aptitudes</li> <li>• Interests</li> <li>• Abilities</li> <li>• Career Pathways</li> </ul> <p>Employability Factors</p> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Teamwork</li> </ul> <p>Work Readiness</p> <ul style="list-style-type: none"> <li>• Job Applications</li> <li>• Resume Writing</li> <li>• Job Interview Skills</li> </ul> <p>21st Century Skills</p>	1-3 Weeks	<p>1.0 Exploring Self and Careers: Analyze factors that impact self-formation and career decisions</p> <p>1.1 Investigate personality traits, strengths, interests and values</p> <p>1.2.2 Identify ethical behaviors</p>	<ul style="list-style-type: none"> <li>- Demonstrate transferable and employability skills in school, community and workplace settings</li> <li>- Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career</li> <li>- Demonstrate job seeking skills</li> <li>- Identify work ethics employers seek</li> <li>- Demonstrate teamwork skills in school, community and workplace settings</li> </ul>	<p>Interests/Skills Evaluation</p> <p>Work Place Team Project</p> <p>Mock Job Interviews</p>	<p>Self-Advocacy</p> <p>Collaboration and Leading by Influence</p> <p>Communication</p> <p>Career Exploration</p>