



Standard:

1. Understands essential concepts about nutrition and food preparation

Benchmarks:

- Demonstrates kitchen safety procedures
- Demonstrates ability to follow recipe directions (e.g., knows abbreviations and terms)
- Demonstrates use of kitchen equipment in food preparation (e.g., hand mixer, blender, microwave)
- Knows etiquette (e.g., table setting)
- Identifies how different foods fit into the food guide pyramid

Standard:

2. Understands essential concepts of clothing selection, construction, and maintenance

Benchmarks:

- Knows clothing lab safety procedures (e.g., sewing machine)
- Follows directions in a sequential order to construct a project (e.g., pin cushion and/or pillow, etc.)

Standard:

6. Understands the role of the family and its impact on the well being of individuals and society

Benchmarks:

- Understands how to develop and maintain relationships (e.g., teamwork, getting along with others, cooperation)
- Understands the responsibilities of caring for yourself and others



Standard:

1. Understands essential concepts about nutrition and food preparation

Benchmarks:

- Know how to use the food pyramid to make healthy food choices
- Knows food nutrients and their sources (e.g., carbohydrates, proteins, vitamins, minerals, fats, fiber and water)
- Demonstrates sanitation procedures
- Demonstrates ability to follow recipe directions (e.g., measures accurately, terms)
- Demonstrates use of kitchen equipment in food preparation (e.g., gas/electric oven, skillet)

Standard:

2. Understands essential concepts of clothing selection, construction, and maintenance

Benchmarks:

- Knows clothing lab safety procedures (e.g., shears, needles and sewing machines)
- Follows directions in a sequential order to construct a project (e.g., pin cushion, gym bag or pillow)
- Knows ways to maintain clothing (e.g., mending, clothing care)

Standard:

6. Understands the role of the family and its impact on the well being of individuals and society

Benchmarks:

- Understands the responsibilities of child care (e.g., safety, age-appropriate activities, healthy snacks)
- Understands how communication and attitudes affect relationships (e.g., form healthy work habits, build nurturing relationships)



Standard:

1. Understands essential concepts about nutrition and food preparation

Benchmarks:

- Uses the information from nutritional labels in meal planning and preparation
- Demonstrates kitchen safety and sanitation procedures in meal preparation (e.g., washing hands, serving and storing food at the proper temperature, bacteria and germ control, and fire safety)
- Demonstrates ability to follow recipes and incorporates kitchen math (e.g., measurement, abbreviations, terms, adjust recipes, equivalents, and time management)
- Demonstrates use of kitchen equipment in food preparation (e.g., wok, food processor, convection oven)
- Knows etiquette (e.g., table setting, manners and serving procedures)
- Understands the effect of cultural diversity on food choice and etiquette
- Demonstrates meal planning knowledge (e.g., time management, menu variety, color, temperature, textures, flavors, food pyramid)
- Knows food nutrients and functions (e.g., carbohydrates, proteins, vitamins, minerals, fats and water)
- Understands the danger of eating disorders and nutritional deficiencies

Standard:

2. Understands essential concepts of clothing selection, construction, and maintenance

Benchmarks:

- Understands sewing machine and serger safety procedures, functions, use and care
- Follows directions in a sequential order to construct a project (e.g., stuffed animal, t-shirt or shorts)
- Knows ways to maintain clothing (e.g., repairing, using labels, stain removal, recycling)



- Uses technology in sewing project (e.g., photo transfer quilting)

Standard:

4. Understands how to manage individual and family resources

Benchmarks:

- Manages resources and achieves goals (e.g., money and time management)
- Knows cost comparison components (e.g., food, child expenses, technology)

Standard:

5. Knows Family and Consumer Sciences career opportunities, related skills and issues in the world of work

Benchmarks:

- Knows careers related to Family and Consumer Education (e.g., child care, food service)

Standard:

6. Understands the role of the family and its impact on the well being of individuals and society

Benchmarks:

- Knows that the use of effective communication within family and within other social settings affects relationships
- Understands how one's own family affects personal development and influences the condition of one's life now and in the future
- Understands ages and stages of child development (e.g., infant, toddler, pre-schooler)
- Knows that there are responsibilities and skills involved in parenting (e.g., simulations, demonstrations)
- Uses positive techniques of personal development (e.g., decision making, conflict resolution, self-esteem)