IDAHO FAMILY AND CONSUMER SCIENCES EDUCATION

Idaho Division of Professional-Technical Education

YOUNG LIVING

Activity & Resource Guide

Grade 8

ISEE Code 722060

June, 2011

Idaho State Board for Professional-Technical Education

Kenneth Edmunds, Vice President
Twin Falls

Don Soltman, Secretary
Twin Lakes

Emma Atchley
Ashton

Bill Gossling
Moscow

Rod Lewis
Boise

Milford Terrell
Boise

Tom Luna, Superintendent of Public Instruction
Boise

Richard Westerberg, President
Preston

Idaho Division of Professional-Technical Education

Ann Stephens, State Administrator

Theresa Golis, Program Manager
Family and Consumer Sciences Education

(208) 334-3216

The Idaho Division of Professional-Technical Education is an equal opportunity employer. Hiring is done without regard to race, color, religion, national origin, sex, age or disability. Appropriate consideration shall be given to veterans in accordance with applicable state and federal laws and regulations.

*Costs associated with this publication are available from the Idaho Division of Professional-Technical Education in accordance with Section 60-202, Idaho Code.

ACKNOWLEDGEMENTS

Thanks to the following individuals for their contributions of activities, websites, lessons, and/or resources, and for their assistance in editing and revision:

Curriculum Project Director
Sandra Lee Evenson
Professor and Interim Director
School of Family &Consumer Sciences
University of Idaho
Moscow, Idaho

Curriculum Project Coordinator
Carolee Fogg Mordi
Teacher
Middleton High School
Middleton, Idaho

The following people gave of their time, energy and expertise in the development of this document:

Cindy Agee
Sacajawea JHS
Lewiston, Idaho

Kathy Mitchell
Eagle Rock JHS
Idaho Falls, Idaho

Shannon Phillips
Meridian High School
Meridian, Idaho

Betty Sawyer
University of Idaho Representative
Moscow, Idaho

Tracie Spencer
Taylorview Jr. High
Idaho Falls, Idaho

Debbie Guinn
Jefferson Middle School
Caldwell Idaho

Kathryn Tracy-Stucker
Heritage Middle School
Meridian, Idaho

INTRODUCTION

The Young Living curriculum framework was developed by a team comprised of Idaho Professional-Technical Education staff and University of Idaho personnel. The curriculum team developed the Young Living framework from the National Standards for Family and Consumer Sciences Education, the previous Idaho Young Living guide, Idaho State recommended texts, other states' curricula, and a review of literature pertaining to curriculum content. A committee of selected Idaho teachers participated in the review process.

This statewide curriculum reflects the knowledge and skills recommended for 8th grade students. Students completing the Young Living course are better prepared for the challenges of living and working in today's society.

The competency-based curriculum framework format provides a means for monitoring student progress and generating student profiles. The student profile is a cumulative record of student progress and provides documentation of competence.

The Young Living statewide curriculum framework is intended to be the fundamental guide to schools for program content. Schools offering Family and Consumer Sciences education should use an advisory committee to consider local and community needs.

YOUNG LIVING

What Does a Typical Classroom Look Like?

Because this course emphasizes full-class participation, teamwork, and individual projects and/or study, there should be enough room for tables, chairs, equipment, and lab stations. Accommodations should be made for work stations with electrical outlets. There should be enough storage space to contain resources, display activities, materials, software, and unfinished projects.

Both reusable and consumable instructional materials are generally used in this experience. If there is not enough money in the school budget to purchase materials, equipment, and books, outside funding and/or in-kind services may be required. Some teachers may need to develop classroom materials themselves. If so, adequate time for developing the materials should be allowed.

Equipment might include an overhead projector, computers, videos/VCRs, camcorders, software and videos. Special locks or other security precautions may be taken to protect equipment.

The teacher is the instructional facilitator and the manager of the classroom environment and resources. He/she helps students identify instructional goals and creative activities, moves about the classroom observing and giving assistance, and works with other teachers to plan and deliver the curriculum. The students are active rather than passive learners. They do individual and group work. They develop skills through hands-on activities, test theories, and relate and/or apply what they learn.

YOUNG LIVING CONTENT STANDARDS OUTLINE

1. EXAMINE FACTORS THAT AFFECT PERSONAL DEVELOPMENT

COMPETENCIES:

1.01 Explore individual differences and learning styles
1.02 Explore stress management
1.03 Explore personality, self-concept and attitude
1.04 Develop skills for responsible decision-making and achieving personal goals
1.05 Explain the components of healthy relationships and friendships
1.06 Describe the importance of the family and strengthening family relationships
1.07 Develop strategies for dealing with life changes
1.08 Explain the importance of communication in personal and family life
1.09 Explore conflict resolution techniques
1.10 Investigate career options related to families and personal development

2. EXAMINE THE COMPONENTS OF CARING FOR OTHERS

COMPETENCIES:

2.01 Examine the responsibilities of caring for children
2.02 Recognize the developmental stages of children
2.03 Identify safety guidelines for caring for others
2.04 Investigate career options related to caring for others

3. DEVELOP CONSUMER AND RESOURCE MANAGEMENT SKILLS

COMPETENCIES:

3.01 Practice wise money management skills
3.02 Explore wise consumer choices
3.03 Develop problem solving and decision making skills
3.04 Investigate career options related to consumer and resource management

4. DEVELOP SKILLS TO ENHANCE HOME AND ENVIRONMENT

COMPETENCIES:

4.01 Explain the importance of the home and personal environment
4.02 Manage and enhance personal living space
4.03 Develop skills for home and personal safety
4.04 Examine actions to preserve the environment and conserve resources
4.05 Practice skills to improve community pride
4.06 Investigate career options related to home and the environment

5. DEVELOP NUTRITION, FITNESS AND FOOD PREPARATION SKILLS

COMPETENCIES:

5.01 Explore cultural effects on food choices
5.02 Explain guidelines in promoting good health
5.03 Demonstrate proper food safety and sanitation practices
5.04 Demonstrate personal safety in the kitchen
5.05 Practice kitchen management
5.06 Examine factors that affect meal management
5.07 Explore food preparation
5.08 Investigate career options related to nutrition, fitness and food preparation

6. PRACTICE APPAREL AND DESIGN SKILLS

COMPETENCIES:

6.01 Select clothing to enhance personal appearance
6.02 Develop clothing purchasing skills
6.03 Explain techniques for proper clothing care
6.04 Practice safety in the sewing lab
6.05 Practice sewing skills
6.06 Develop skills to repair and maintain clothing
6.07 Investigate career options related to apparel and design

1.0 EXAMINE FACTORS THAT AFFECT PERSONAL DEVELOPMENT

1.01 Competency: Explore individual differences and learning styles

Lesson Plans

What is Your Learning Style?

Activities

Different Yet the Same

What is Your Learning Style? (online quiz)

What's Your Learning Style? (online quiz)

PowerPoint Presentations

Learning Styles

Websites

Learning Styles

What's YOUR Learning Style?

The Gene School

Genetics, Heredity & DNA lesson plans

Genetics, Heredity & DNA PowerPoint Presentations

FCCLA Connections

Power of One

Focus on Children

Illustrated Talk

Interpersonal Communications

The National FCCLA Association only allows access to FCCLA resources, lesson plans, and materials to affiliated chapter advisers. Please visit fcclainc.org to begin the affiliation process.

Guest Speakers

Counselors

Genetic scientist

Special education personnel

Other Materials and Resources

Background Information for Teachers

Learning Styles Resource Site

Learning Styles Information

1.02 Competency: Explore stress management

Lesson Plans

Taking Care of Me

Don't Stress Out About It

Stress Management and Problem Solving

Activities

Stress Busters (online brain games)

Stress Reduction Activities

PowerPoint Presentations

Stress Management

Stress

Websites Stress Relief Games
medicinenet.com/stress/article
stress.org/
helpguide.org/mental/stress_signs
stress.lovetoknow.com/Stress_Management_Lesson_Plans

FCCLA Connections
Power of One projects
Focus on Children
Illustrated Talk
Interpersonal Communications

Guest Speakers
Massage therapist
Counselors
Therapist

Other Materials and Resources
Stress Test (bhcinfo.com)
Background Information for Teachers
Scholastic "Choices" magazine

1.03 Competency: Explore personality, self-concept and attitude

Lesson Plans
Self-Awareness
Choose Your Attitude
Personality Sacks
Self-Esteem
The Price of Happiness
My Personality: Personality Profiler (College Board)

Activities
Personality Strengths and Limitations (online test)
Paint the Personality Behind the T-shirt: Who Are You?
The Color Code (online personality test)

PowerPoint Presentations
Attitude is Everything

Websites
ericdigests.org/pre-9211/**self**
quotegarden.com/**attitude**

FCCLA Connections
Illustrated Talk
Power of One
Interpersonal Communications

Guest Speakers
Psychologist
Counselor

Other Materials and Resources
Background Information for Teachers
powerofattitudemovie.com

1.04 Competency: Develop skills for responsible decision-making and achieving personal goals	**Lesson Plans**	Making Good Decisions Setting and Achieving Goals
	Activities When I Grow Up (webquest) You're In Charge (Decision-Making online game)	It's Your Life (webquest) The Game of Life (webquest)
	PowerPoint Presentations	Decision-Making
	Websites	In the Mix
	FCCLA Connections	Power of One Life Event Planning
	Other Materials and Resources	Goal Setting Worksheet Materials Scholastic "Choices" magazine
1.05 Competency: Explain the	**Lesson Plans** Healthy Relationships Character is Caring	Building Healthy Relationships Friendship
	Activities	Social Skills for Middle Schoolers (activity bank)
	PowerPoint Presentations Healthy Relationships The ABCs of Healthy Relationships	Friendship_1 Friendship_2
	Website Articles Healthy Relationships	What is a Healthy Relationship Healthy Relationship
	FCCLA Connections Illustrated Talk Focus on Children	STOP the Violence Applied Technology
	Guest Speakers Domestic Abuse Counselor	Relationship Counselor Abuse Victim
	Other Materials and Resources Scholastic *Choices* magazine What Makes a Healthy Relationships? (booklet) Multimedia Activities for Exploring Friendships	Background Information for Teachers Signs of an Unhealthy Relationship

1.06 Competency: Describe the importance of the family and strengthening family relationships

Lesson Plans
This Is Your Life (family tree)
Our Family
Family Heirlooms

Activities
Make a Family Yearbook
Relationship-building Activities for Small Groups (Ice breakers too)
Get the Scoop: Create a Family Newsletter

PowerPoint Presentations
Family Life Cycle

Websites and Articles
familyeducation.com
Understanding Family Structures and Dynamics

FCCLA Connections
Illustrated Talk
National Program-Families First
Interpersonal Communications

Guest Speakers
Family relationship counselor
Genealogist

Other Materials and Resources
Family Tree (lesson plan bank)
Create a Family Journal
Scholastic *Choices* magazine
Background Information for Teachers
Family Life Cycle Stages
Make Family Folk Art
47 Relationship-building Activities

1.07 Competency: Develop strategies for dealing with life

Lesson Plans
Coping with Change
Family Portraits (Dealing with Divorce)
Decision-Making and Coping with Change

Activities
Coping with Change

PowerPoint Presentations
Dealing with Change

Websites
thinkexist.com/quotations/change/

FCCLA Connections
Focus on Children
Interpersonal Communication
Illustrated Talk

Guest Speakers
School Counselor

Other Materials and Resources
Activities That Teach
Background Information for Teachers
Scholastic "Choices" magazine
Strategies to Conquer Your Fear of Change
Helping Children to Cope with Change, Stress and Anxiety (resource book)

1.08 Competency: Explain the importance of

Lesson Plans

What is Effective Communication?

Talk, Talk, Talk

Let's Talk

Communications Skills ("Fred Learns to Making Good Observations")

Communication Skills ("Goofy Jane")

Communication Skills ("Josh Takes a Risk")

Communication Skills ("Dennis Learns About Responsible Reporting")

Activities

Interpersonal Communication Skills Test (online assessment)

It's Peanut Butter and Jelly Time! (webquest)

PowerPoint Presentations Communication Process

Websites, Articles Communication (.ppt)

FCCLA Connections Interpersonal Communication

Illustrated talk

Job Interview

Guest Speakers Professional Speaker

Other Materials and Resources Background Information for Teachers

Joe.org article

Scholastic *Choices* magazine

1.09 Competency: Explore	**Lesson Plans** Many Ways to Resolve Conflict Conflict Resolution	Practicing Problem Solving Resolving Conflicts - Lesson's PowerPoint, - Guided Notes
	Activities Bully Buster's Webquest	Conflict Resolution Activity Suggestions Stop Bullies in Their Tracks (webquest)
	PowerPoint Presentations	Conflict Resolution
	Websites ohrd.wisc.edu/onlinetraining/resolution/index.asp	studygs.net/conflres
	FCCLA Connections Illustrated Talk Interpersonal Communication	National Program-STOP the Violence Focus on Children
	Guest Speakers	Counselor School Resource Officer
	Other Materials and Resources Scholastic "Choices" magazine	Background Information for Teachers facs.pppst.com/conflictresolution
1.10 Competency: Investigate	**Lesson Plans** Where am I going?	A Day in the Life Help Wanted!
	Activities	Careers
	Websites	idahocis.org
	FCCLA Connections	Career Investigation National Program-Career Connections
	Guest Speakers Career counselor	Social worker Relationship counselor
	Other Materials and Resources	Background Information for Teachers Scholastic *Choices* magazine

2.0 EXAMINE THE COMPONENTS OF CARING FOR OTHERS

2.01 Competency: Examine the responsibilities of

Lesson Plans
Caring for Children: Babysitting Basics (4H)

Activities
Babysitter Beginnings
Spot the Hazards

PowerPoint Presentations
Caregiver Responsibilities
Babysitting Safety
Student Notes

Websites
wvcaregivers.org/families
Babysitting Essentials
caregiverstress.com
A Guide to the Business of Babysitting
netwellness.org/healthtopics/aging
hcare4hire.com/tips/13-responsibilities-of-a-babysitter/

FCCLA Connections
Illustrated Talk
Focus on Children
Career Investigation

Guest Speakers
Nanny
Coach
Pediatrician
Childcare Teacher
Camp counselor
Librarian
Pediatric nurse

Other Materials and Resources
Babysitting Activities
Background Information for Teachers
Learning Zone Express

2.02 Competency: Recognize the developmental stages of

Lesson Plans
Human Development
Infancy and Early Childhood

Activities Child Development Theorists and Finger Puppets

PowerPoint Presentations
Child Development Theorists

Websites
kidsgrowth.com/stages
Born Learning: Ages & Stages
childdevelopmentinfo.com

FCCLA Connections
Applied Technology
Focus on Children
Illustrated Talk

Guest Speakers
Elementary Teacher
Social Worker
Early Childhood Education Professor
Childcare Teacher
Pediatrician
Pediatric Nurse

Other Materials and Resources
Background Information for Teachers

2.03 Competency: Identify safety guidelines for	**Lesson Plans**	Babysitting Safety Caring for Children: Babysitting Basics
	Activities	Online Safety Games
	Websites homesafetycouncil.org	Babysitting Tips for Teens life.familyeducation.com/parenting/safety
	FCCLA Connections Illustrated Talk	Family First Interpersonal Communications
	Guest Speakers	Firemen Home Inspector
	Other Materials and Resources	Background Information for Teachers

BLAST! (Babysitter Lesson and Safety Training)
Many local hospitals offer CPR classes for babysitters
Scholastic Choices magazine

2.04 Competency: Investigate	**Lesson Plans** Where am I going?	A Day in the Life Help Wanted!
	Websites	idahocis.org
	FCCLA Connections	Career Investigation National Program-Career Connections
	Gu0est Speakers CNA	Career counselor Child Care Worker
	Other Materials and Resources	Background Information for Teachers

3.0 DEVELOP CONSUMER AND RESOURCE MANAGEMENT SKILLS

3.01 Competency: Practice wise money management skills

Lesson Plans
Do You Like to Spend or Save?
Spend Wisely
Changing Hands
Practical Money Skills (multiple lesson plans; free to register)

Activities
Alexander's Coin Conundrum
Vacation Time (webquest)
Money and You (online activity)
Jump$tart Reality Check (online game)
Financial Management Online Games
Practical Money Skills Online Games
Sample Money Budget for Teens
All About Money (webquest)
handsonbanking.com)

Websites
consumerjungle.org
Financial Education Clearinghouse
The United States Mint
practicalmoneyskills.com/

FCCLA Connections
Illustrated Talk
Financial Fitness
Power of One

Guest Speakers
Banker
Financial Analyst

Other Materials and Resources
fefe.arizona.edu/
Background Information for Teachers
Scholastic "Choices" magazine

3.02 Competency: Explore wise

Lesson Plans
Advertising: Does It Affect Your Purchasing Decisions?
Appliance Comparison
Cash

Activities
Case Studies (with answer key)
What is a Consumer Report? (webquest)
Ad-ventures in Advertising (webquest)
Personal Consumer Rating
Purchasing Assignment

PowerPoint Presentations
Be a Wise Consumer
Guidelines for Consumers

Websites
money-wise.org

FCCLA Connections
Applied Technology
Illustrated Talk
Leadership

Other Materials and Resources
Vocabulary Worksheet (with teacher's key)
Scholastic *Choices* magazine

3.03	Competency: Develop problems solving and decision making skills	**Lesson Plans** Responsible Decision Making Cruel Schools	Practicing Problem Solving Empowered Decision Making In-"cent"-ives
		Activities	Design Your Adventure in Hawaii (webquest)
		PowerPoint Presentations	Decision-Making
		FCCLA Connections National Programs in Action	Power of One Life Event Planning
		Guest Speakers	School Counselor
		Other Materials and Resources You're In Charge….A Decision Making Game (online)	Scholastic *Choices* magazine

3.04	Competency: Investigate	**Lesson Plans** Where am I going?	A Day in the Life Help Wanted!
		Activities	Career and Income (webquest)
		Websites	idahocis.org
		FCCLA Connections National Program-Career Connections	Career Investigation
		Guest Speakers Business Consultant	Consumer Counselor
		Other Materials and Resources	Background Information for Teachers

4.0 DEVELOP SKILLS TO ENHANCE HOME AND ENVIRONMENT

4.01 Competency: Explain the importance of the home and personal environment	**Lesson Plans**	Houses and Communities
	Activities	My Bedroom is… My Home is…
	Websites	homesafetycouncil.org
	FCCLA Connections	Power of One, Illustrated Talk
	Guest Speakers Interior designer	Home inspector Architect
	Other Materials and Resources	Background Information for Teachers
4.02 Competency: Manage and enhance personal living space	**Lesson Plans**	Bedroom Floor Plan Evaluating Floor Plans
	PowerPoint Presentations	Housing Traffic Patterns
	Websites housecleaning-tips.com	Cleaning 101 Tutorials and Resources hhomesafetycouncil.org
	FCCLA Connections	Illustrated talk, Interior Design
	Guest Speakers	Home inspector, Interior decorator
	Other Materials and Resources	Background Information for Teachers
4.03 Competency: Develop skills for home and personal safety	**Lesson Plans**	Safety Disaster Relief
	Websites homesafetycouncil.org preventviolence.org	Household Safety Checklists safetyathome.com/home-safety homesafetycouncil.org/ResourceCenter
	FCCLA Connections Power of One	STOP the Violence Illustrated talk
	Guest Speakers	Home Inspector Domestic violence Counselor
	Other Materials and Resources facs.pppst.com/safety	Background Information for Teachers missingkids.com

4.04 Competency: Examine actions to preserve the environment and

Lesson Plans
- Natural Disasters
- Passive Solar Design for Homes
- Let's Make a Plan
- Reduce, Reuse, Recycle
- Cooking with the Sun
- Energy Conservation in the Home
- Let's Experiment
- The Power of the Environment in Our Lives

Activities
- Shower-Lock Holmes
- Don't Waste – Are You Green?
- Conservation Trees
- The Human Faucet
- Everyday is Earth Day on the Farm
- Splish Splash I was Taking a Bath….or Should I Say Shower?

PowerPoint Presentations
- Save the Planet
- Recycling

Websites
- hepa.gov/epahome
- id.nrcs.usda.gov/
- wateruseitwisely.com

FCCLA Connections
- Illustrated Talk
- Community Service
- Power of One

Guest Speakers
- Environmentalist

Other Materials and Resources
- nrcs.usda.gov
- Background Information for Teachers
- ehow.com/conserve

4.05 Competency: Practice skills to improve

Lesson Plans
- A Better Place
- A Plethora of Philanthropy

Activities
- Middle School Game

Websites
- homesafetycouncil.org
- epa.gov/osw/conserve/rrr/recycle
- heartsandminds.org/charity/steps
- recycle.net/
- hearth911.com/recycling/

FCCLA Connections
- Power of One
- Recycle and redesign
- Community service
- Chapter Service

Other Materials and Resources
- Local recycling center
- cln.org/themes/recycle
- Background Information for Teachers
- ehow.com/improve-community
- themes.pppst.com/greenplanet

4.06 Competency: Investigate	**Lesson Plans**	A Day in the Life
	Where am I going?	Help Wanted!
	Websites	idahocis.org
	FCCLA Connections	Career Investigation National Program-Career Connections
	Guest Speakers	Interior Designer
	Environmental consultant	Home builder
	Construction worker	Architect
	Other Materials and Resources	Background Information for Teachers

5.0 DEVELOP NUTRITION, FITNESS AND FOOD PREPARATION SKILLS

5.01 Competency: Explore

Lesson Plans Addressing World Hunger

Activities I Hate School Food (webquest)

PowerPoint Presentations Factors Affecting Food Choice
Hunger vs. Appetite World Hunger

Websites worldhunger.org/
militaryschoolalternatives.com/article-teen-diets
americanheart.org/

FCCLA Connections Illustrated Talk
Power of One Food Innovations
Nutrition and wellness

Guest Speakers Nutritionist
Dietician Doctor

Other Materials and Resources Background Information for Teachers
ncbi.nlm.nih.gov

5.02 Competency: Explain guidelines in promoting good health

Lesson Plans Eating for Your Future
Six Nutrients: Healthy Body Image
Six Nutrients Worksheet
Six Nutrients PowerPoint

Activities My Plate Food Guide Assignment

Websites cumbavac.org/Food_and_Nutrition
dietaryguidelines.gov vitaminsworld.org/six-essential-nutrients
newsfitness.com/blog/275790-how-food-affects-your-body/
ezinearticles.com/?The-Six-Classes-of-Nutrients-and-Their-Functions
healthbodyfit.com/3-15-Role_of_Exercise_in_fitness

FCCLA Connections Illustrated Talk
Power of One Food Innovations
Nutrition and wellness

Guest Speakers Nutritionist
Dietician Doctor

Other Materials and Resources Background Information for Teachers
health.gov/dietaryguidelines mypyramid.gov/guidelines/index
cdc.gov/healthyweight/ Scholastic *Choices* magazine

5.03 Competency: Demonstrate proper food safety and sanitation practices	**Lesson Plans** Chain of Food Summer Food Safety	The 4 Cs of Food Safety High Pressure Treatment
	PowerPoint Presentations	Food Safety and Sanitation
	Websites fiu.edu/FoodSafety	foodsafety.gov/ fightbac.org/
	FCCLA Connections Power of One Nutrition and Wellness	Illustrated Talk Food Innovations
	Guest Speakers	Health inspector, Chef
	Other Materials and Resources Fight Back Brochures nal.usda.gov/fnic/service/foodsafety.pdf (website resource List)	Background Information for Teachers Scholastic *Choices* magazine

5.04 Competency: Demonstrate personal safety in the kitchen	**Lesson Plans**	Safety Kitchen Tools
	Activities FightBAC Activities	Experiments Perils at the Picnic
	PowerPoint Presentations	Kitchen Safety
	Websites	fightbac.org/
	FCCLA Connections Power of One Nutrition and wellness	Illustrated Talk Food Innovations
	Guest Speakers Nurse Health inspector	Fire fighter Doctor
	Other Materials and Resources	Background Information for Teachers

5.05 Competency: Practice kitchen management

Lesson Plans
Microwave Introduction

PowerPoint Presentations
Cooking Terms
Recipes
Kitchen Tools
Microwaves

Websites
fsis.usda.gov/factsheets/cooking_safely_in_the_microwave/index.asp
busycooks.about.com/od/microwaveovens/a/microwavehow
weloveseafood.com/CookingMeasurementAndCookingTechniques

FCCLA Connections
Power of One
Nutrition and Wellness
Illustrated Talk
Food Innovations

Guest Speakers
Dietician
Chef
Nutritionist
Doctor

Other Materials and Resources
Background Information for Teachers
Microwave Oven Handout

5.06 Competency: Examine factors that affect meal management

Lesson Plans
Elementary Etiquette
Meal Management

Activities
Family Food Shopping

PowerPoint Presentations
Etiquette Do's and Don'ts
Manners

Websites
choosemyplate.gov
busycooks.about.com/od/cookinglessons/a/mealplanning
mannersinternational.com/etiquette_tips_table.asp

FCCLA Connections
Power of One
Nutrition and Wellness
Illustrated Talk
Food Innovations

Guest Speakers
Dietician
Nutritionist
Doctor

Other Materials and Resources
Background Information for Teachers
Planning a Food Budget
Everyday Meal Planning
10 Ways to Save Money on Food Shopping
30 Ways in 30 Days to Stretch Your Fruits and Vegetables Budget

5.07 Competency: Explore food preparation	**Lesson Plans**	Eat Right!
	Websites ChooseMyPlate	familyconsumersciences.com e-mealz.com/
	FCCLA Connections Power of One Nutrition and Wellness	Illustrated Talk Food Innovations
	Guest Speakers Dietician	Nutritionist Chef
	Other Materials and Resources Sample Work Plan	Background Information for Teachers Lab Rules and Guidelines Handout
5.08 Competency: Investigate	**Lesson Plans** Where am I going?	A Day in the Life Help Wanted!
	Websites	idahocis.org
	FCCLA Connections	Career Investigation National Program-Career Connections
	Guest Speakers Nutritionals Restaurant owner	Personal trainer Chef
	Other Materials and Resources	Background Information for Teachers

6.0 PRACTICE APPAREL AND DESIGN SKILLS

6.01 Competency: Select

Lesson Plans Appearance Lesson
The Price of Happiness

Activities Fashion Style Quiz (online)

PowerPoint Presentations What Not To Wear

Websites mindpub.com/art281
jobsearch.about.com/od/interviewsnetworking/a/dressforsuccess
kidshealth.org/teen/your_mind/body_image/body_image
wikihow.com/Choose-Good-Clothes

FCCLA Connections Applied Technology
Illustrated Talk Fashion Design
Recycle & Redesign

Guest Speakers Stylist
Clothing manufacturer

Other Materials and Resources Background Information for Teachers
Finding Clothes that Fit and Flatter (article)

6.02 Competency: Develop

Lesson Plans Wardrobe Planning
Clothing Purchasing

PowerPoint Presentations Repair, Redesign and Recycle

Websites knowledgehound.com/topics/clothing
essortment.com/select-maintain-clothing-actually-wear-44697

FCCLA Connections Recycle & Redesign
Illustrated Talk National Program – Financial Fitness

Guest Speakers Department Store Purchasing Agent

Other Materials and Resources Background Information for Teachers

6.03 Competency: Explain techniques for proper	**Lesson Plans**	Laundry Iron, Mend & Store
	PowerPoint Presentations	How to Care for Your Clothes
	Websites	How to Care for Your Clothes
	FCCLA Connections Recycle & Redesign	Fashion Design Applied Technology
	Guest Speakers	Dry cleaner Laundry specialist
	Other Materials and Resources Clothing Storage Tips How to Read Clothing Care Labels (article)	Background Information for Teachers Common Laundry Symbol Guide

6.04 Competency: Practice safety in the sewing lab	**Lesson Plans** Equipment	Sew Cool: The Basics of Sewing Equipment Worksheet
	Activities	Safety in the Sewing Lab
	PowerPoint Presentations	Sewing Machine Vocabulary Sewing Machine Parts
	Websites Sewing Lessons and Project Ideas familyconsumersciences.com/2010/08/sewing-powerpoints-worksheets-curriculum-links/	Sewing Lessons
	FCCLA Connections Entrepreneurship	Fashion Construction Applied Technology
	Guest Speakers Sewing machine distributor Tailor	Sewing machine technician Seamstress
	Other Materials and Resources Sewing Lab Rules	Background Information for Teachers Sewing Rules

6.05 Competency: Practice sewing skills	**Lesson Plans** Measuring and Sewing Equipment Identification Sew Cool: The Basics of Sewing	Intro to Sewing Beginning Sewing Projects Kwik Sew: Sewing Foundation Skills Measuring Up! - Fitting Brochure
	Activities Sewing Basics Sewing Drivers Test	Equipment Bingo List Fish and Stitch with Thread Pattern Markings Scramble
	PowerPoint Presentations	Drawstring Bag (project)
	Websites sewing.org simplicity.com	Reading a Sewing Pattern mccall.com butterick.com
	FCCLA Connections Applied Technology	Fashion Construction Illustrated Talk
	Guest Speakers	Seamstress Tailor
	Other Materials and Resources Daily Goal Sheet How to Read a Sewing Pattern (video) familyconsumersciences.com/2010/08/sewing-powerpoints-worksheets-curriculum-links/	Background Information for Teachers Sewing Practice Papers (rubric)
6.06 Competency: Develop skills to repair and maintain	**Lesson Plans**	Pressing and Seam Finishes Sew Cool: The Basics of Sewing
	Activities	Sew Crazy Home Project
	PowerPoint Presentations	Repair and Redesign How to Sew on a Button
	FCCLA Connections	Applied Technology Power of One
	Guest Speakers	Tailor Seamstress
	Other Materials and Resources Sewing Basics	Background Information for Teachers Hand Sewing

6.07 Competency: Investigate	**Lesson Plans**	A Day in the Life
	Where am I going?	Help Wanted!
	Activities	khake.com/page94
	PowerPoint Presentations	Clothing Pathways
	FCCLA Connections	Career Investigation National Program-Career Connections
	Guest Speakers	Clothing designer
	Seamstress	Tailor
	Shopper	
	Other Materials and Resources	Background Information for Teachers
	Career Zone and Activities	Career Activities and Lesson Plans