

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

Tracie Spencer
Taylorview Jr. High
Idaho Falls, Idaho

Kathy Mitchell
Eagle Rock JHS
Idaho Falls, Idaho

Debbie Guinn
Jefferson Middle School
Caldwell Idaho

Shannon Phillips
Meridian High School
Meridian, Idaho

Kathryn Tracy-Stucker
Heritage Middle School
Meridian, Idaho

Betty Sawyer
University of Idaho Representative
Moscow, 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 fclclainc.org to begin the affiliation process.

Guest Speakers

Genetic scientist

Counselors

Special education personnel

Other Materials and Resources

[Learning Styles Resource Site](#)

[Background Information for Teachers](#)

[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](http://stress.lovetoknow.com/Stress_Management_Lesson_Plans)

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

Guest Speakers
 Massage therapist Counselors
 Therapist

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

1.03 Competency:
 Explore
 personality,
 self-concept
 and attitude

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

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

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 <u>Competency:</u> Develop skills for responsible decision- making and achieving personal goals	Lesson Plans	Making Good Decisions Setting and Achieving Goals	
	Activities	It's Your Life (webquest) The Game of Life (webquest) When I Grow Up (webquest) You're In Charge (Decision-Making online game)	
	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 <u>Competency:</u> Explain the	Lesson Plans	Building Healthy Relationships Friendship Healthy Relationships Character is Caring
		Activities	Social Skills for Middle Schoolers (activity bank)
		PowerPoint Presentations	Friendship 1 Friendship 2 The ABCs of Healthy Relationships
		Website Articles	What is a Healthy Relationship Healthy Relationship Healthy Relationships
FCCLA Connections		STOP the Violence Applied Technology Focus on Children	
Guest Speakers		Relationship Counselor Abuse Victim Domestic Abuse Counselor	
Other Materials and Resources		Background Information for Teachers Signs of an Unhealthy Relationship Scholastic Choices magazine What Makes a Healthy Relationships? (booklet) Multimedia Activities for Exploring Friendships	

1.06 <u>Competency:</u> Describe the importance of the family and strengthening family relationships	Lesson Plans	Our Family Family Heirlooms
		This Is Your Life (family tree)
	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	National Program-Families First Interpersonal Communications
		Illustrated Talk
	Guest Speakers	Family relationship counselor Genealogist
	Other Materials and Resources	Background Information for Teachers Family Tree (lesson plan bank) Family Life Cycle Stages Create a Family Journal Make Family Folk Art Scholastic Choices magazine 47 Relationship-building Activities
	1.07 <u>Competency:</u> Develop strategies for dealing with life	Lesson Plans
		Coping with Change
Activities		Coping with Change
PowerPoint Presentations		Dealing with Change
Websites		thinkexist.com/quotations/change/
FCCLA Connections		Interpersonal Communication Illustrated Talk
		Focus on Children
Guest Speakers		School Counselor
Other Materials and Resources		Background Information for Teachers Activities That Teach Strategies to Conquer Your Fear of Change Scholastic "Choices" magazine Helping Children to Cope with Change, Stress and Anxiety (resource book)

1.08 <u>Competency</u> : Explain the importance of	<p>Lesson Plans</p> <p>Talk, Talk, Talk</p> <p>Communications Skills (“Fred Learns to Making Good Observations”)</p> <p>Communication Skills (“Goofy Jane”)</p> <p>Communication Skills (“Josh Takes a Risk”)</p> <p>Communication Skills (“Dennis Learns About Responsible Reporting”)</p> <p>Activities</p> <p>Interpersonal Communication Skills Test (online assessment)</p> <p>It’s Peanut Butter and Jelly Time! (webquest)</p> <p>PowerPoint Presentations</p> <p>Communication Process</p> <p>Websites, Articles</p> <p>Communication (.ppt)</p> <p>FCCLA Connections</p> <p>Illustrated talk</p> <p>Guest Speakers</p> <p>Professional Speaker</p> <p>Other Materials and Resources</p> <p>Joe.org article</p>	<p>What is Effective Communication?</p> <p>Let’s Talk</p> <p>Background Information for Teachers</p> <p>Scholastic Choices magazine</p>
--	--	---

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

2.0 EXAMINE THE COMPONENTS OF CARING FOR OTHERS

2.01 <u>Competency:</u> Examine the responsibilities of	Lesson Plans	Caring for Children: Babysitting Basics (4H)	
	Activities	Babysitter Beginnings Spot the Hazards	
	PowerPoint Presentations	Babysitting Safety Student Notes	
	Websites	Babysitting Essentials wvcaregivers.org/families A Guide to the Business of Babysitting netwellness.org/healthtopics/aging hcare4hire.com/tips/13-responsibilities-of-a-babysitter/ caregiverstress.com	
	FCCLA Connections	Focus on Children Career Investigation	
	Guest Speakers	Childcare Teacher Camp counselor Librarian Pediatric nurse	
	Other Materials and Resources	Background Information for Teachers Babysitting Activities Learning Zone Express	
	2.02 <u>Competency:</u> 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		Born Learning: Ages & Stages kidsgrowth.com/stages childdevelopmentinfo.com	
FCCLA Connections		Focus on Children Applied Technology Illustrated Talk	
Guest Speakers		Childcare Teacher Elementary Teacher Social Worker Pediatrician Pediatric Nurse Early Childhood Education Professor	
Other Materials and Resources		Background Information for Teachers	

2.03 <u>Competency:</u> Identify safety guidelines for	Lesson Plans	Babysitting Safety Caring for Children: Babysitting Basics
	Activities	Online Safety Games
	Websites	Babysitting Tips for Teens life.familyeducation.com/parenting/safety
	FCCLA Connections	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 <u>Competency:</u> Investigate	Lesson Plans	A Day in the Life Help Wanted!
	Websites	idahocis.org
	FCCLA Connections	Career Investigation National Program-Career Connections
	Guest Speakers	Career counselor Child Care Worker
	Other Materials and Resources	Background Information for Teachers

3.0 DEVELOP CONSUMER AND RESOURCE MANAGEMENT SKILLS

- 3.01 **Competency:** **Lesson Plans** Spend Wisely
Practice wise money management skills [Do You Like to Spend or Save?](#) [Changing Hands](#)
[Practical Money Skills](#) (multiple lesson plans; free to register)
- Activities** [Practical Money Skills Online Games](#)
[Alexander’s Coin Conundrum](#) [Sample Money Budget for Teens](#)
[Vacation Time](#) (webquest) [All About Money](#) (webquest)
[Money and You](#) (online activity) [handsonbanking.com](#))
[Jump\\$tart Reality Check](#) (online game)
[Financial Management Online Games](#)
- Websites** [The United States Mint](#)
[consumerjungle.org](#) [practicalmoneyskills.com/](#)
[Financial Education Clearinghouse](#)
- FCCLA Connections** Financial Fitness
Illustrated Talk Power of One
- Guest Speakers** Banker
Financial Analyst
- Other Materials and Resources** [Background Information for Teachers](#)
[fefc.arizona.edu/](#) [Scholastic “Choices” magazine](#)
- 3.02 **Competency:** **Lesson Plans** [Cash](#)
Explore wise [Advertising: Does It Affect Your Purchasing Decisions?](#)
[Appliance Comparison](#)
- Activities** [Personal Consumer Rating](#)
[Case Studies](#) (with answer key) [Purchasing Assignment](#)
[What is a Consumer Report?](#) (webquest)
[Ad-ventures in Advertising](#) (webquest)
- PowerPoint Presentations** [Be a Wise Consumer](#)
[Guidelines for Consumers](#)
- Websites** [money-wise.org](#)
- FCCLA Connections** Illustrated Talk
Applied Technology Leadership
- Other Materials and Resources** [Scholastic Choices magazine](#)
[Vocabulary Worksheet](#) (with teacher’s key)

3.03	<u>Competency:</u> 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	Scholastic Choices magazine You’re In Charge...A Decision Making Game (online)
3.04	<u>Competency:</u> 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 <u>Competency:</u> Explain the importance of the home and personal environment	Lesson Plans Activities Websites FCCLA Connections Guest Speakers Interior designer Other Materials and Resources	Houses and Communities My Bedroom is... My Home is... homesafetycouncil.org Power of One, Illustrated Talk Home inspector Architect Background Information for Teachers
4.02 <u>Competency:</u> Manage and enhance personal living space	Lesson Plans PowerPoint Presentations Websites housecleaning-tips.com FCCLA Connections Guest Speakers Other Materials and Resources	Bedroom Floor Plan Evaluating Floor Plans Housing Traffic Patterns Cleaning 101 Tutorials and Resources homesafetycouncil.org Illustrated talk, Interior Design Home inspector, Interior decorator Background Information for Teachers
4.03 <u>Competency:</u> Develop skills for home and personal safety	Lesson Plans Websites homesafetycouncil.org preventviolence.org FCCLA Connections Power of One Guest Speakers Other Materials and Resources	Safety Disaster Relief Household Safety Checklists safetyathome.com/home-safety homesafetycouncil.org/ResourceCenter STOP the Violence Illustrated talk Home Inspector Domestic violence Counselor Background Information for Teachers missingkids.com

4.04 <u>Competency:</u> Examine actions to preserve the environment and	Lesson Plans Natural Disasters Passive Solar Design for Homes Let's Make a Plan The Power of the Environment in Our Lives	Reduce, Reuse, Recycle Cooking with the Sun Energy Conservation in the Home Let's Experiment
	Activities Shower-Lock Holmes Don't Waste – Are You Green? Splish Splash I was Taking a Bath....or Should I Say Shower?	Conservation Trees The Human Faucet Everyday is Earth Day on the Farm
	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 <u>Competency:</u> 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 cIn.org/themes/recycle	Background Information for Teachers ehow.com/improve-community themes.pppst.com/greenplanet

4.06 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

Environmental consultant

Construction worker

Interior Designer

Home builder

Architect

Other Materials and Resources

[Background Information for Teachers](#)

5.0 DEVELOP NUTRITION, FITNESS AND FOOD PREPARATION SKILLS

5.01 <u>Competency:</u> Explore	Lesson Plans Activities PowerPoint Presentations Hunger vs. Appetite Websites worldhunger.org/ militaryschoolalternatives.com/article-teen-diets americanheart.org/ FCCLA Connections Power of One Nutrition and wellness Guest Speakers Dietician Other Materials and Resources	Addressing World Hunger I Hate School Food (webquest) Factors Affecting Food Choice World Hunger Illustrated Talk Food Innovations Nutritionist Doctor Background Information for Teachers ncbi.nlm.nih.gov
5.02 <u>Competency:</u> Explain guidelines in promoting good health	Lesson Plans Six Nutrients: Six Nutrients Worksheet Six Nutrients PowerPoint Activities Websites dietaryguidelines.gov 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 Power of One Nutrition and wellness Guest Speakers Dietician Other Materials and Resources	Eating for Your Future Healthy Body Image My Plate Food Guide Assignment cumbavac.org/Food and Nutrition vitaminsworld.org/six-essential-nutrients Illustrated Talk Food Innovations Nutritionist Doctor Background Information for Teachers health.gov/dietaryguidelines mypyramid.gov/guidelines/index cdc.gov/healthyweight/ Scholastic Choices magazine

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

5.04 <u>Competency:</u> Demonstrate personal safety in the kitchen	Lesson Plans	Safety Kitchen Tools
	Activities	Experiments Perils at the Picnic
	PowerPoint Presentations	Kitchen Safety
	Websites	fightbac.org/
	FCCLA Connections	Illustrated Talk Food Innovations
	Guest Speakers	Fire fighter Doctor
	Other Materials and Resources	Background Information for Teachers

5.05 <u>Competency:</u> Practice kitchen management	Lesson Plans PowerPoint Presentations Cooking Terms Recipes 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 Guest Speakers Dietician Chef Other Materials and Resources	Microwave Introduction Kitchen Tools Microwaves Illustrated Talk Food Innovations Nutritionist Doctor Background Information for Teachers Microwave Oven Handout
5.06 <u>Competency:</u> Examine factors that affect meal management	Lesson Plans Activities PowerPoint Presentations Etiquette Do's and Don'ts Websites choosemyplate.gov busycooks.about.com/od/cookinglessons/a/mealplanning mannersinternational.com/etiquette_tips_table.asp FCCLA Connections Power of One Nutrition and Wellness Guest Speakers Dietician Other Materials and Resources	Elementary Etiquette Meal Management Family Food Shopping Manners choosemyplate.gov busycooks.about.com/od/cookinglessons/a/mealplanning mannersinternational.com/etiquette_tips_table.asp Illustrated Talk Food Innovations Nutritionist Doctor 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 <u>Competency:</u> Explore food preparation	Lesson Plans	Eat Right!
	Websites	familyconsumersciences.com e-mealz.com/
	FCCLA Connections	Illustrated Talk Food Innovations
	Guest Speakers	Nutritionist Chef
	Other Materials and Resources	Background Information for Teachers Sample Work Plan Lab Rules and Guidelines Handout
5.08 <u>Competency:</u> Investigate	Lesson Plans	A Day in the Life Help Wanted!
	Websites	idahocis.org
	FCCLA Connections	Career Investigation National Program-Career Connections
	Guest Speakers	Personal trainer Chef
	Other Materials and Resources	Background Information for Teachers

6.0 PRACTICE APPAREL AND DESIGN SKILLS

6.01 Competency: Lesson Plans
Select

[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: Lesson Plans
Develop

[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 <u>Competency:</u> 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	Background Information for Teachers Clothing Storage Tips Common Laundry Symbol Guide How to Read Clothing Care Labels (article)
6.04 <u>Competency:</u> 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 Sewing Lessons and Project Ideas familyconsumersciences.com/2010/08/sewing-powerpoints-worksheets-curriculum-links/
	FCCLA Connections Entrepreneurship	Fashion Construction Applied Technology
	Guest Speakers Sewing machine distributor Tailor	Sewing machine technician Seamstress
Other Materials and Resources	Background Information for Teachers Sewing Lab Rules Sewing Rules	

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

6.07 <u>Competency:</u>	Lesson Plans	A Day in the Life
Investigate	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 Tailor
	Seamstress Shopper	
	Other Materials and Resources	Background Information for Teachers Career Activities and Lesson Plans
	Career Zone and Activities	