

The student will:

Present Tense/ Action Verb	Adjective	Object (limit to one object)	Method of Evaluation/Assessment	Common Core State Standard	National Standard
1.0 Examine Factors That Affect Personal Development				1.0, 6.0, 7.0, 12.0, 13.0	
Explore	individual differences	factors	explain how all people are similar and different, explain the importance of heredity and explain acquired characteristics	WHST.6-8.2	
Explore	self-concept	experiences	explain self concept, describe qualities that build a positive self concept and explain constructive criticism	WHST.6-8.2	
Explain	Hereditary and environmental	Influences	explain how all people are similar and different, explain the influence of heredity, explain acquired characteristics and describe the influence of role models	WHST.6-8.2	
Describe	Various	Learning styles	explain the types of intelligences and describe the development of types of intelligence	WHST.6-8.2	
Explain	attitude	effects	define attitude, describe the importance of a positive attitude, describe the influence of values on actions, and explain the importance of responsible actions	WHST.6-8.2	
Examine	personality	factors	define personality, explain how personality develops and describe different personality traits needed for specific jobs	WHST.6-8.2	
Develop	decision-making	skills	differentiate between routine and major decisions, explain the decision making process and describe factors to considering making responsible decisions	WHST.6-8.2 WHST.6-8.4	
Develop	Goal-setting	Skills	distinguish long and short term goals, identify resources that can help achieve goals, describe steps to achieve goals and develop a plan to achieve a personal goal	WHST.6-8.2 WHST.6-8.4 WHST.6-8.6	
Explain	healthy relationship	components	explain the importance of relationships, identify skills needed to develop strong relationships and practice ways to develop strong relationships	WHST.6-8.2 WHST.6-8.4 WHST.6-8.6	

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Describe	family importance	society	describe the types of family structures, explain the function of the family as a basic unit of society, explain the importance of family traditions, and explore healthy long term relationships and marriage	WHST.6-8.2 WHST.6-8.4 WHST.6-8.6	
Develop	life change	strategies	explain changes that occur through life stages, describe ways to adapt to changes and explain techniques to deal with stressful situations	WHST.6-8.2 WHST.6-8.4 WHST.6-8.6	
Develop	strong family	strategies	see "describe family importance society"	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5 SL.8.1
Explain	friendship	development	explain the meaning of friendship, describe the qualities of a friend, and explain reasons why friendships change	WHST.6-8.2	
Describe	peer	influences	explain the influence that peers have on each other, differentiate between positive and negative influences of peer pressure, and practice ways to handle peer pressure	WHST.6-8.2 WHST.6-8.4 WHST.6-8.5 SL.8.1	
Develop	positive communication	skills	skills are developed through ways that promote positive communication, practice verbal communication and demonstrate non-verbal communication	SL.8.1	
Practice	conflict resolution	techniques	identify reasons why conflict occurs, describe ways to prevent conflicts, explain how conflicts can be resolved and practice peer mediation techniques	WHST.6-8.2 SL.8.1 SL.8.4	
2.0 Examine the Components of Caring for Others				1.0, 4.0, 12.0, 15.0	
Explain	parenting	responsibilities	describe the commitment involved in becoming a parent, identify the physical, intellectual, emotional, and social needs of children and determine the parenting skills necessary to respond and interact positively with children	WHST.6-8.2	
Recognize	children	development	see "explain parenting responsibilities"	WHST.6-8.2	
Explain	children's play	importance	explain how infants, toddlers and pre-schoolers learn through play, describe different play activities and create play activities	WHST.6-8.2 WHST.6-8.4 WHST.6-8.5	WHST.6-8.6 RST.6-8.2

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Identify	child safety	guidelines	identify ways to make a home safe for infants and young children, describe how to prevent common accidents and investigate resources for children's safety	WHST.6-8.2	
Develop	care for children, elderly, special needs	skills	explain how to prepare for child care and babysitting, describe how to care for infants, toddlers and preschoolers, identify skills needed to care for the elderly and list accomodations necessary to care for individuals with special needs	WHST.6-8.2 SL.8.1 SL.8.4	
Investigate	career	options	Complete the "Help Wanted!" activity.	RST.6-8.2 RST.6-8.4 WHST.6-8.2	WHST.6-8.4 WHST.6-8.5 WHST.6-8.6
3.0 Develop Consumer and Resource Management Skills					1.0, 2.0, 3.0
Explain	buying decision	factors	identify how peers influence buying decisions, describe ways in which advertising influences buying decisions and evaluate advertising messages	RST.6-8.2 RST.6-8.4 WHST.6-8.2	WHST.6-8.4 WHST.6-8.5 WHST.6-8.6
Practice	money management	skills	identify sources of income and expenses, develop a plan for spending and saving money and discuss the benefits and costs of using credit	RST.6-8.2 RST.6-8.3 RST.6-8.4 WHST.6-8.2	WHST.6-8.4 SL.8.1 8.NS.1
Practice	consumer	skills	identify rights and responsibilites of a consumer, demonstrate how to make an exchange or receive a refund and compare products based on their quality and price	WHST.6-8.2 SL.8.1	
Investigate	career	options	Identify work settings for consumer and resource management services careers. Explain what preparations are necessary for career field.	RST.6-8.1 RST.6-8.2 RST.6-8.3 RST.6-8.4	WHST.6-8.2 WHST.6-8.4 WHST.6-8.5 WHST.6-8.6
4.0 Develop Skills to Enhance Home and Environment					1.0, 11.0
Explain	home environment	importance	list common accidents that happen in the home and describe ways to make a home safe	WHST.6-8.2	
Manage	personal living	space	list common accidents that happen in the home and describe ways to make a home safe	WHST.6-8.2	

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Enhance	personal living	space	list the elements of interior home design and create a new look for a living space	WHST.6-8.2	
Develop	safe home tasks	skills	list common accidents that happen in the home and describe ways to make a home safe	WHST.6-8.2	
Demonstrate	environment preservation	action	identify the natural resources in the environment, describe ways to conserve natural resources, and list ways to use energy wisely	WHST.6-8.2 SL.8.1	
Practice	community pride	skills	identify a project to improve the environment and develop plans to reduce, reuse and recycle	WHST.6-8.2 SL.8.1	
Develop	personal safety	strategies	describe the cause and effect of accidents, identify ways to avoid unnecessary risks, and determine methods to prevent violence to maintain personal safety	WHST.6-8.2 SL.8.1	
Investigate	career	options	Create a "treasure map" describing the steps needed to obtain a career related to home and environmental safety.	RST.6-8.2 RST.6-8.4 WHST.6-8.2	WHST.6-8.4 WHST.6-8.5 WHST.6-8.6
5.0 Develop Nutrition, Fitness and Food Preparation Skills					1.0, 14.0
Examine	food choice	attitudes	list factors that influence food choices, describe how food affects the way people feel and explain the difference between hunger and appetite	WHST.6-8.2	
Analyze	essential nutrient	sources	see "explain dietary guidelines"	RST.6-8.2 RST.6-8.4	WHST.6-8.2
Explain	dietary	guidelines	List the six nutrients, explain the functions of nutrients, determine foods that are sources of nutrients, explain the functions of vitamins, minerals, and water in the human body, list foods that are good sources of vitamins and minerals, and identify the food groups and serving sizes according to Choose MyPlate.	RST.6-8.2 RST.6-8.4 WHST.6-8.2	
Establish	fitness wellness	behaviors	explain why fitness is important, describe how exercise helps maintain fitness and describe ways to maintain a healthy weight	WHST.6-8.2	

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Demonstrate	food safety and sanitation	practices	identify the sources of food contamination, explain how to handle food safely and describe ways to keep the kitchen sanitary	WHST.6-8.2	
Demonstrate	kitchen	safety	demonstrate proper use of kitchen tools, demonstrate how to use the microwave safely and demonstrate how to operate kitchen appliances	WHST.6-8.2	
Practice	kitchen tool and equipment	use	identify causes of common kitchen accidents, describe ways to prevent accidents in the kitchen and demonstrate how to use a fire-extinguisher	WHST.6-8.2 SL.8.1	
Develop	food lab teamwork	skills	discuss how to work as a team in the school foods lab, prepare a work plan, and follow a work plan in the foods lab	WHST.6-8.2	
Examine	meal pattern	factors	describe how to plan balanced meals, explain the importance of variety in meal planning and determine available resources for meal preparation	RST.6-8.2 RST.6-8.4 WHST.6-8.2 WHST.6-8.5	
Develop	food shopping	techniques	explain the importance of planning ahead before shopping, describe how to make wise food choices and determine proper food storage methods	WHST.6-8.2	
Develop	cooking	techniques	Identify different recipe formats, define abbreviations and preparation terms used in recipes and demonstrate how to measure dry and liquid ingredients.	WHST.6-8.2	
Prepare	healthy and tasty	food	demonstrate ways to prepare fruit, cook and serve vegetables, identify different types of salads, explain how to prepare baked products, demonstrate how to cook pasta and rice, incorporate dairy foods into a healthy diet and identify how to prepare meat, poultry, fish, beans and eggs	WHST.6-8.2	
Practice	mealtime	manners	demonstrate how to arrange a formal table setting and identify appropriate table manners	WHST.6-8.2 SL.8.1	
Investigate	career	options	Interview a professional in the food service and management industry. Summarize your interview and reflect on the information given from the interview.	SL.8.1 WHST.6-8.2 WHST.6-8.4	WHST.6-8.5 WHST.6-8.6

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6.0 Practice Apparel and Design Skills					1.0, 16.0
Select	enhancing appearance	clothing	describe how color, line and texture of clothing affect a persons appearance, explain how to select clothes, and identify appropriate clothing styles and fit	WHST.6-8.2	
Develop	clothing purchase	skills	assess wardrobe needs, evaluate the quality of clothing, and list ways to maximize the dollar value from cloghing purchases	WHST.6-8.2 SL.8.1	
Explain	clothing care	techniques	interpret clothing labels, describe how to remove spots and stains from clothing, identify techniques for washing, drying, and ironing clothes, and explain how to store clothes properly	WHST.6-8.2 SL.8.1	
Practice	sewing and equipment	skills	describe safely methods in the sewing lab, demonstrate how to properly use scissors, demonstrate how to hand stitch, and demonstrate how to operate a sewing machine	WHST.6-8.2 SL.8.1	
Develop	construction	skills	discuss the selection of a sewing project, explain how to select fabric for a sewing project, explain how to use sewing instructions, list steps to preare fabric for sewing, demonstrate how to stitch straight and curved seams and to turn corners, and demonstrate ways to finish seams	WHST.6-8.2 SL.8.1	
Develop	repair and alter	skills	explain when and how to use hand-sewing techniques, describe ways to repair clothing and identify ways to recycle clothing	WHST.6-8.2 SL.8.1	
Investigate	career	options	Identify considerations for selecting a career related to the retail, merchandising and design industry, explain how to prepare for a career in this field.	RST.6-8.2 RST.6-8.4 WHST.6-8.2	WHST.6-8.4 WHST.6-8.5 WHST.6-8.6