

SHENENDEHOWA CENTRAL SCHOOL DISTRICT
Family and Consumer Sciences Department
Home and Career Skills - Grade: 7



Welcome to Family and Consumer Sciences (FACS). During the next twenty weeks, you will have the opportunity to develop The Process Skills you were introduced to in sixth grade. Thinking, Management, Leadership, and Communication are skills you'll need now and in the future.

This is an exciting time! Your parents may remember this course as being called Home Economics. However, you will hear this course called Family and Consumer Sciences (FACS). This is where academics meet real life!!!

We will cover the following content topics:

COMMUNITY CONNECTIONS AND CLOTHING MANAGEMENT:

Connecting to the community through sewing! - Room 904 A.

- Learn basic sewing techniques using the sewing machine and other equipment.
- Construct/sew something for yourself (hot/cold pack for your neck or a computer wrist rest).
- Work as a team to construct something to be donated to a person or group in need in our community.

CONSUMER RESOURCE MANAGEMENT: - 904 A

- Know your "*Consumer Rights and Responsibilities.*"
- Investigate some of the things that influence you when making a purchase.
- Making wise consumer decisions: including thinking before you make a purchase, evaluating food labels, calculating unit pricing, and using "*Consumer Reports,*" (resource management).

NUTRITION AND WELLNESS: 901

- Study and use tools for healthy eating - emphasizing The Dietary Guidelines for Americans and the 6 nutrients.
- Learn how to modify recipes to lower the fat and cholesterol content as well as meeting other nutritional needs.
- Practice using the proper safety and sanitation procedures in the kitchen.
- Prepare quick and healthful foods.
- Use teamwork in and out of the foods lab.
- Identify more healthful choices when eating on the run.
- Recognize the dangers and warning signs of eating disorders.
- Investigate cultural and regional foods: their influences on the food you eat.

CAREER DEVELOPMENT AND FINANCIAL MANAGEMENT - 903

- Participate in *The Real Game*- where you will be assigned a job, learn to manage money and time and learn skills you will be able to use throughout your life.
- Research careers using NY Career Zone
- Develop your communication skills needed for completing job applications, resumes and interviews.
- Identify job seeking and job keeping skills
- Develop skills that demonstrate effective money management.

PERSONAL ENVIRONMENT MANAGEMENT - 903

- Design a living space that achieves personal expression, while considering safety and environmentally friendly resources

*** We will discuss careers associated with each content topic as we move along throughout the year. ***

Grading Policy:

Each assignment is worth a certain number of points. If you turn an assignment in on time and everything is correct, you will earn full credit. I follow the "late policy" set by the team regarding late homework. If projects are turned in late there will be a point reduction for each day it is passed the due date.

Attendance:

If you are absent, it is your responsibility to see me as soon as possible to get your missed work. I have an "Absent Bin," which will help you get caught up. I will explain how to use it during the first couple of days of FACS.

If you are late to class, you need a pass.

Music Lessons:

If you have a music lesson, please check in with me before your lesson. You are responsible for the work/assignments of that day.

You will need the following supplies:

A FACS binder, paper, pen or pencil, hi-lighter and calculator (optional)

Here's to a great semester. I hope you enjoy FACS 7!

Mrs. J. Nicholls

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