Course Syllabus

Family and Consumer Sciences I (FACS)

Text: Creative Living Skills

CIMC FACS I

Course Description: Family and Consumer Sciences I is designed to provide students with basic information and skills needed to function effectively within the family and within a changing, complex society. Emphasis is given to the development of competencies related to: relationships; arrangement of personal living space; wardrobe planning and selection; garment care and construction; money management; consumer education, health and safety procedures related to child care; family and individual health; nutrition and food selection; meal planning, preparation, and service; and career skills. Upon completion of this course, the student should have developed basic life skills that promote a positive influence on the quality of life. Student leadership through Family, Career and Community Leaders of America (FCCLA), is an integral part of this course.

**CIMC FACS I Creative Living**

**First 9 weeks:**

Introduction to FCCLA 2 Weeks Unit 1, 2 & 3

**Outside Reading #1** Web Research of 2 STAR Events

Food, Fitness and Health 10 Weeks Chapters 33-40

--Practicing Safety and Sanitation Unit 12

**Reading #2- Research Two Bacteria Commonly Found in Food**

 --Developing Good Habits for Health Unit 13

 --Using Kitchen Utensils and Tools Unit 15

**Reading #3- Cookbook Evaluation**

 --Using a Recipe Unit 16

**Second 9 weeks:**

**Reading #4- Nutrition in Food**

 --Preparing Breads Unit 17

 --Using Milk, Yogurt and Cheese Unit 18

 --Cooking with Eggs Unit 19

**Reading #5- Eggs: Nutrients and Cooking with Eggs**

 --Planning and Serving Meals Unit 20

**Third 9 weeks:**

Providing Responsible Child Care 2-3 Weeks Chapter 25, 26, & 27

**Reading #6- Research Cost of Caring For A Baby**

Career Investigation 2 Weeks Chapters 10 & 11

**Reading #7- Research a Career**

Developing Relationships &

 Understanding Development 5-6 Weeks Unit 23&24 Chapters 14-18,

**Reading #9- Research Dating Through History** Chapters 21&22 and Connections: Dating & Emotions

**Fourth 9 weeks:**

Space Design and Color **(move this to after sewing and do personal development Unit 23 and STI and Birth control DVD’s before sewing and Design & color after sewing)**

 (Your Living Space) 2-3 Weeks Unit 21&22 Chapter 46 & 47

Clothing Selection, Construction & Care 5-6 Weeks Chapters 42

**Reading #10- Fabric Finishes**

 Basic Sewing Techniques Unit 7 Chapters 45

 Caring For Clothing Unit 8 Chapter 44

 Selecting Clothing Unit 9 Chapter 43

**State and National Standards for the course can be found at:**

<https://icat.okcareertech.org/cgi-bin/WebObjects/OKCT.woa/wa/room?id=N1BIs>