

FACS Basics: Building Skills to Last a Lifetime Pacing Guide

8th-12th Grades

Unit	Recommended Weeks
FCCLA INTRODUCTION	3 Weeks
Unit 1: Personality, Dating and Close Relationships	2 Weeks
Unit 2: Communication and Conflict Resolution	1 Week
Unit 3: Physical Development	1 Week
Unit 4: Making Families Stronger	2 Weeks
Unit 5: Caring for Children	4 Weeks
Unit 6: Applying Design	2 Weeks
Unit 7: Sewing Basics	3 Weeks
Unit 8: Choosing and Caring for Clothing	1 Week
Unit 9: Promoting Good Health	1 Week
Unit 10: Nutrition	2 Weeks
Unit 11: Kitchen Equipment	1 Week
Unit 12: Kitchen Safety and Sanitation	1 Week
Unit 13: Using a Recipe	2 Weeks
Unit 14: Planning and Serving Meals	1 Week
Unit 15: Fruits, Vegetables, and Grains	2 Weeks
Unit 16: Milk, Yogurt, and Cheese	2 Weeks
Unit 17: Proteins	2 Weeks
Unit 18: Exploring Careers	1 Week
TESTING	2 Weeks (total throughout the year)