

Family and Consumer Science 6–12

Section 52

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1 Knowledge of families

1. Recognize types and functions of family and household units.
2. Identify cultural influences on family life.
3. Identify stages and characteristics of the family life cycle, including changes in roles and responsibilities during each stage of the cycle.
4. Differentiate the strengths and weaknesses of diverse family structures.
5. Analyze factors that influence the quality of family relationships.
6. Identify effective communication skills.
7. Recognize the needs of and care requirements for elderly family members.

2 Knowledge of personality development

1. Identify hereditary and environmental factors that affect individual growth and development.
2. Recognize theories of personality development.
3. Identify the components of self-esteem and self-concept and strategies for building self-esteem.
4. Analyze factors that contribute to a person's understanding of his or her sexuality.
5. Recognize the influence of gender and its effect on personality development.

3 Knowledge of decision making and problem solving

1. Apply the decision-making process.
2. Analyze the relationship between values, goals, and decision making.
3. Identify joint decision-making skills as applied to families and groups.
4. Identify the steps in conflict resolution.

4 Knowledge of marriage

1. Identify principles and factors, including marriage laws and customs, involved in preparation for marriage.
2. Assess the effects of multiple roles on marital relationships.
3. Determine factors affecting marital relationships.
4. Analyze consequences of divorce and remarriage.

5 Knowledge of preparation for parenthood

1. Identify factors that determine readiness for parenthood.
2. Analyze economic, physical, genetic, and psychological consequences of deciding whether or not to become parents.
3. Identify the process of conception, including functions of the male and female reproductive systems.
4. Evaluate economic, social, and cultural factors as related to family planning.
5. Identify procedures, cost, effectiveness, and side effects of various methods of birth control.
6. Identify alternatives for dealing with infertility.

6 Knowledge of prenatal care, fetal development, and childbirth

1. Identify terms related to pregnancy.
2. Identify factors affecting the development of the fetus.
3. Identify elements of a plan for adequate prenatal care that includes the physical and nutritional needs of the expectant mother.
4. Identify possible complications of pregnancy, including those associated with adolescents and women over age 40.
5. Identify stages of labor and methods of childbirth.
6. Recognize the characteristics of a healthy newborn baby.
7. Identify the aspects of postnatal care for both mother and child.
8. Relate common birth defects to their causes.

7 Knowledge of social, emotional, physical, and intellectual development

1. Identify the stages and characteristics of the physical development and motor control of infants.
2. Identify the stages and characteristics of brain development in infants.
3. Identify the stages and characteristics of social and emotional development of infants.
4. Identify the physical development and motor control of toddlers, including activities appropriate for their developmental levels.
5. Identify the stages and characteristics of cognitive development of toddlers and activities for promoting intellectual development.
6. Identify the stages and characteristics of social and emotional development of toddlers and methods of promoting social and emotional development.
7. Analyze techniques for specific aspects of toddler care, such as feeding, toileting, disciplining, and safety.
8. Identify the stages and characteristics of the physical development and motor control of preschoolers and activities appropriate to their developmental levels.
9. Identify the stages and characteristics of cognitive development of preschoolers and activities for promoting intellectual development.
10. Identify the stages and characteristics of social and emotional development of preschoolers and methods of promoting social and emotional development.
11. Analyze techniques for specific aspects of preschooler care, such as guidance and safety.
12. Identify the stages and characteristics of the physical development and motor control of school-aged children and activities appropriate to their developmental levels.
13. Identify stages and characteristics of cognitive development of school-aged children and activities for promoting intellectual development.
14. Identify the stages and characteristics of the social and emotional development of school-aged children.
15. Assess techniques for the care, guidance, and safety of school-aged children.
16. Recognize the stages and characteristics of the physical, emotional, social, and intellectual development of adolescents.
17. Assess the interpersonal relationships of adolescents, including dating, friendships, and family.

8 Knowledge of parenting

1. Identify various parenting styles and their effects on the growth and development of the child.
2. Differentiate the roles and responsibilities of one- and two-parent families.
3. Identify characteristics of a quality childcare facility.
4. Identify communication patterns that affect parent-child relationships.
5. Analyze techniques promoting social competence in children.
6. Identify appropriate methods of recognizing and working with children who have special needs.

9 Knowledge of stress and crises

1. Identify types of family crises brought about by events such as birth, aging, long-term illness, and death.
2. Interpret consequences of various crises.
3. Recognize coping skills in dealing with crises.
4. Identify causes and consequences of substance abuse.
5. Recognize types and causes of family violence.
6. Identify signs of suicidal behavior and preventative techniques.
7. Identify support systems and agencies for crisis assistance.
8. Apply stress management techniques.

10 Knowledge of clothing selection

1. Identify cultural, social, and economic factors that influence the selection of clothing.
2. Apply the principles of design to garment and textile selection.
3. Analyze the psychological effects of color, design, and other factors on the selection of clothing and accessories.

11 Knowledge of clothing, textiles, and technology

1. Evaluate properties and characteristics of textiles in relation to use and care.
2. Identify the effects of different types of fibers, yarns, construction, and finishes on fabrics.
3. Interpret labels on clothing and textile products.
4. Identify federal laws regarding clothing and textile products.
5. Identify guidelines for the selection, use, and care of sewing equipment.
6. Identify factors to consider when selecting patterns and fabrics.
7. Analyze techniques of pattern alteration, fabric preparation, layout, cutting, marking, construction, and pressing compatible with fabric and garment design.
8. Assess methods for care, repair, and storage of garments.
9. Evaluate garments according to standards of construction.

12 Knowledge of the American economic system

1. Analyze the American economic system as it relates to the consumer.
2. Identify factors that influence pricing, including the costs of production, distribution, and selling of goods and services.
3. Identify the purposes and sources of taxation.

13 Knowledge of money and resource management

1. Identify the elements of budgeting, including factors in estimating income and expenses.
2. Identify sources and procedures for establishing, using, and protecting credit.
3. Compare services provided by financial institutions.
4. Identify types of insurance coverage, benefits, and retirement programs.
5. Identify resource management principles, techniques, and processes appropriate to various stages of the life cycle.
6. Analyze the use of computers in money and resource management.

14 Knowledge of consumerism

1. Compare consumer purchasing practices for stores, catalogs, multimedia, and the Internet.
2. Evaluate products according to quality standards.
3. Identify sources of consumer information.
4. Identify guidelines for consumer shopping.
5. Identify consumer rights and responsibilities, including ecological practices.
6. Identify laws, issues, and regulations protecting the consumer.
7. Identify issues resulting from increased technology.

15 Knowledge of factors affecting housing selection

1. Analyze trends in housing affected by needs and desires of the population.
2. Identify government regulations that influence housing.
3. Identify characteristics of various types of housing.
4. Analyze factors affecting housing selections.
5. Define basic terms of standard lease and mortgage sales contracts.
6. Compare renting and buying.
7. Analyze the cost of providing for housing needs.

16 Knowledge of home design features

1. Evaluate home construction features in terms of traffic patterns, room arrangements, storage facilities, kitchen work areas, and the impact of the family life cycle.
2. Analyze home energy usage and methods for conserving energy.
3. Evaluate home construction features in terms of maintenance, repair, aesthetics and family needs.
4. Analyze interior spaces using the basic elements and principles of design.
5. Identify factors in the selection of appropriate wall, window, and floor treatments.

6. Evaluate room arrangements for efficient and effective use of furniture, architectural features, traffic paths, and focal points.
7. Select furniture styles according to design, scale, proportion, and family needs.
8. Evaluate home furnishings according to materials, workmanship, care, and family needs.
9. Identify the use of emerging technology in home design.

17 Knowledge of nutrition and wellness

1. Analyze the relationship of diet, exercise, and wellness.
2. Analyze nutritional information based on the *Food Guide Pyramid* and the *Dietary Guidelines for Americans*.
3. Identify the nutrients, their primary functions, and major food sources.
4. Compare effects of age, gender, physical activity, and stress on nutritional needs.
5. Select appropriate diets for infants, young children, the middle-aged, the elderly, pregnant women, athletes, and individuals with special health problems.
6. Identify eating disorders and their effects on mental and physical health.
7. Identify nutritional deficiencies and excesses and symptoms of each.
8. Analyze the effect of addictive behaviors (e.g., smoking, alcohol, drugs) on diet and wellness.

18 Knowledge of meal planning and service

1. Analyze influences of life cycle, multicultural, socioeconomic, and geographic factors on food choices.
2. Identify factors contributing to aesthetically pleasing meals.
3. Apply the principles of the *Food Guide Pyramid* and the *Dietary Guidelines for Americans* to meal planning.
4. Analyze budget and management factors to consider in planning the purchase and preparation of food.
5. Determine appropriate table settings and table services.
6. Identify appropriate mealtime etiquette.

19 Knowledge of principles of food selection, safety, and storage

1. Evaluate food items using the food labeling system.
2. Interpret information conveyed in unit pricing and dating of products.
3. Identify government grades and policies as set by the U.S. Department of Agriculture (USDA), the Food and Drug Administration (FDA), and other recognized agencies.
4. Identify safety and sanitation procedures in the production, processing, handling, and storage of food.
5. Identify safety and sanitation procedures in the use of food preparation utensils and equipment.
6. Identify various food-borne illnesses and their causes.
7. Evaluate food quality in terms of product standards.
8. Identify technology used to preserve, alter, or enhance food products.
9. Analyze the effects of physical processes (such as heating, cooling, dehydrating, and crystallizing) and storage on food quality.
10. Identify the purposes, functions, and physiological effects of food additives.

20 Knowledge of food preparation

1. Identify principles to consider in selection, use, and care of kitchen utensils and equipment in the home and workplace.
2. Recognize principles of organization and management in the arrangement and use of kitchen facilities and equipment.
3. Relate the physical and chemical composition of food to food preparation techniques.
4. Analyze variations in quality of finished food products.
5. Identify terms, techniques, and preparation tasks for food preparation.
6. Identify the use of emerging technology in food preparation.
7. Identify food preparation techniques for each group in the *Food Guide Pyramid*.

21 Knowledge of the profession

1. Identify the integrative nature of the Home Economics field and how the areas of specialization fit together.
2. Identify career opportunities and determine effective job search strategies, such as writing résumés, writing cover letters, and interviewing.
3. Identify exploratory, practical arts, and job-preparatory courses/programs.
4. Demonstrate knowledge of national vocational legislation that has affected the development of Home Economics.
5. Recognize the significance of ethics, public policy, and cultural and global diversity for the Home Economics professional.
6. Identify student organizations and strategies for including their activities in the curriculum.
7. Identify professional organizations, journals, and publications for Home Economics.