

DeRuyter Central School

Family and Consumer Science

Grade 7

20 Benchmarks

►Standard 1: Uses skills to establish and maintain personal health and fitness

FCSC1.1 Understands the relationship between nutrition and wellness

- Manages resources to promote good health and wellness
- Identify sources of reliable and unreliable nutrition information
- Evaluates nutrient and calorie content of foods
- Identifies nutrition principle of health, growth and performance

FCSC1.2 Demonstrates knowledge of the early stages of human development

- Understands the differences in stages of development
- Identifies components of a safe environment for small children
- Possesses a basic knowledge of first aid
- Identifies potential signs of child abuse and neglect

FCSC1.3 Understands and uses skills to build positive, interpersonal relationships

- Practices positive verbal and nonverbal communication
- Understands the impact of self-concept on interpersonal relationships
- Demonstrates effective use of refusal and negotiation skills
- Identifies positive methods of conflict resolution

FCSC1.4 Recognizes a variety of family structures

- Recognizes diversity among today's families
- Recognizes the influences of society and environment on family development

FCSC1.5 Explores life skills

- Practices positive communication
- Identifies signs of stress
- Practices effective stress management skills
- Understands basic money management skills

FCSC 1.6 Explores resources and information pertaining to hospitality, tourism and recreation

►Standard 2: Demonstrates having knowledge and ability necessary to create and maintain a safe and healthy environment

FASC2.1 Recognizes safe and healthy methods of food production and services

- Demonstrates food safety and sanitation procedures
- Demonstrates the ability to select, use and maintain food production equipment

FASC2.2 Recognizes home safety practices

FASC2.3 Identifies environmentally conscious practices

► **Standard 3: Understands, and is able to manage personal and community resources.**

FASC3.1 Understands need for management of personal finance

FASC3.2 Identifies consumer rights and advocacy

FASC3.3 Uses time management skills

FASC3.4 Recognizes consumer use textiles and apparel

- Demonstrate skills needed to produce, alter, and repair textiles, products and apparel

FASC3.5 Examines various types of housing

Career Development and Occupational Studies Learning Standards

► **Standard 1: Demonstrates understanding of the world of work, explores career options, and relates personal skills, aptitudes, and abilities to future career decisions.**

CDOS1.1 Understands various components of career awareness.

- Explores personal values
- Evaluates personal interests
- Evaluates personal and academic abilities

CDOS1.2 Understands elements of employment readiness

- Demonstrates fundamental knowledge of New York State labor laws
- Examines the job search process
- Practices various components of the job search process

► **Standard 2: Demonstrates how academic knowledge and skills are applied in the workplace and other settings.**

CDOS 2.1 Demonstrates ability to locate career information

- Recognizes career information resources
- Identifies the Guidance Office as a source for career information
- Demonstrates ability to use newspaper and internet resources to locate job and career information

CDOS 2.2 Understands how to set career goals

- Identifies personal interests and values
- Understands the relationship between education and career options

- Understands the difference between realistic and unrealistic goals

►Standard 3a: Demonstrates mastery of the foundation skills and competencies essential for success in the workplace.

CDOS 3a.1 Acquire knowledge to achieve career goals

- Uses the interest inventory in Careerzone and establishes a working portfolio
- Demonstrates an understanding of values, interests, and skills as they relate to careers

CDOS 3a.2 Apply skills to achieve career goals

- Uses effective time management strategies
- Practices verbal and nonverbal communication techniques
- Demonstrates leadership ability
- Establishes effective organizational practices
- Demonstrates ability to set realistic goals