

FAMILY AND CONSUMER SCIENCES CORE ACTIVITIES

SUBJECT: INDEPENDENT LIVING SKILLS

- TOPIC #1: Developing Independence
- ▶ 2. Definition of "Independence"
 - ▶ 3. Five Steps of Problem Solving
- TOPIC #2: Self-Concept
- ▶ 3. Self-Packaging Activity
- TOPIC #3: Stress Management
- ▶ 2. Stress-Related Terms
 - ▶ 4. Classroom Discussion on Stress
 - ▶ 5. Stress Reduction Activities
- TOPIC #4: Communication
- ▶ 2. Communication Basics
 - A. Definition of Communication
 - B. Types of Communication
 - C. What Am I Communicating?
- TOPIC #5: Social Skills
- ▶ 1. "No-Name" Case Study (Motivator)
 - ▶ 2. Definition of Social Skills
 - ▶ 3. Acceptable vs. Unacceptable Behaviors

SUBJECT: FAMILIES

- TOPIC #6: Family Dynamics
- ▶ 1. What Is a Family?
 - ▶ 2. Family Types
 - ▶ 3. Classroom Families
 - A. Name Tags
 - B. Family Record Book
 - C. Family Information Sheet
 - ▶ 6. "Red Lights" and "Green Lights" of Communication
 - ▶ 7. Conflict Resolution Methods
 - A. "No-Lose/Win-Win" Method
 - B. Family Council
 - ▶ 10. Family Links
- TOPIC #7: Family Economics
- ▶ 3. Lifestyles and Careers
 - ▶ 4. Family Career(s) and Income
 - ▶ 5. The Family House
 - ▶ 6. The Family Auto
 - ▶ 7. The Family Budget
- TOPIC #8: Child Care
- ▶ 1. Children's Safety
 - B. Safety Checklist
 - C. Six Points of Danger
 - ▶ 3. "Keys to Caregiving"
 - ▶ 4. Child Abuse

SUBJECT: TEXTILES TECHNOLOGY

TOPIC #9: Textiles Equipment Technology

- ▶ 2. The Sewing Machine
 - A. Parts of the Sewing Machine
 - C. Winding the Bobbin
 - D. Threading the Sewing Machine
- ▶ 4. The Serger

TOPIC #10: Textiles Occupational Skills

- ▶ 1. Bookmark Project
- ▶ 2. Table Pad/Pot Holder Project
- ▶ 3. Windsock Project

SUBJECT: FOODS AND NUTRITION

TOPIC #12: Kitchen Management

- ▶ 2. Safety and Sanitation Posters
- ▶ 3. Dishwashing Procedures

TOPIC #13: Food Measurements

- ▶ 2. Measuring Techniques
- ▶ 3. Measurement Abbreviations and Equivalents Activity

TOPIC #14: Food Preparation Terms

- ▶ 1. Food Preparation Terms
- ▶ 2. Correct Terms Add Up to Success With Food

TOPIC #15: Reading a Recipe

- ▶ 2. Basic Rules of Choosing
- ▶ 3. Characteristics of a Good Recipe
- ▶ 5. Basic Rules for Following a Recipe

TOPIC #16: Food Labels

- ▶ 3. Let's Read Labels

TOPIC #17: Nutrition Strategies

- ▶ 1. Nutrition Strategies
 - A. Food Pyramid
 - B. Dietary Guidelines
 - C. Six Basic Nutrients

TOPIC #18: Restaurant Simulation

- ▶ 2. Exploring Restaurant-Related Careers
- ▶ 3. Restaurant Career Skills
 - A. Public Relations Activity
 - B. Lunch Break
 - C. Cashier's Activity
 - D. Tablesetting Activity
 - E. Food Server Activity
 - F. Menu Design Activity
 - G. Dishwashing Activity