

**TECHNOLOGY, LIFE, AND CAREERS CORE
FAMILY AND CONSUMER SCIENCES/
HEALTH SCIENCE AND TECHNOLOGY**

Grades: 6-8
9 to 12 Weeks

CIP CODE: 20.0001

The Technology, Life, and Careers (TLC) core program is designed to explore the applied technology areas of Technology and Agriculture, Business and Marketing, and Family and Consumer Sciences and Health Science and Technology. Emphasis is placed on career exploration in each area of study. This section of the course provides an overview of family and consumer sciences and health science and technology. Technology is utilized in group work and individualized projects to help each student develop life skills necessary for success within the family and the workplace.

SCOPE AND SEQUENCE:

- I. INDEPENDENT LIVING SKILLS (11%)**
- A. Developing Independence**
1. Explore ways to handle crisis situations independently.
 2. Identify methods to manage when alone.
 3. Identify advantages and disadvantages of developing skills for independence.
 4. Define the term *independence*.
 5. List the five steps of problem solving.
- B. Self-Concept**
1. Define the term *self-concept*.
 2. Identify ways self-concept is reflected.
 3. Analyze the importance of personal presentation.
- C. Stress Management**
1. Analyze ways stress impacts individuals physically, emotionally, socially, and at home/school/workplace.
 2. Identify various types of personal stressors.
 3. List positive ways of reducing stress.
 4. Define *stress-related terms*.
 5. Name careers that help others deal with stress.
- D. Communication**
1. Examine the importance of food communication skills.
 2. Define the term *communication*.
 3. Differentiate between *verbal, nonverbal, and written methods of communication*.
 4. Identify communication-related careers.
- E. Social Skills**
1. Recognize acceptable and unacceptable social behaviors.
 2. Explore ways to develop and maintain friendships.

II. FAMILIES

(13%)

A. Family Dynamics

1. Define the *family-related terms*.
2. Examine a variety of family types.
3. Define the terms *related to family communication*.
4. List qualities that support positive family relationships.
5. Explore the value of multiple viewpoints and differing opinions.
6. Identify techniques for resolving family conflict situations.
7. Consider reasons for family traditions.
8. Assess the positive aspects of sharing with other family members.
9. Examine the advantages of organization.
10. Identify careers that help individuals and/or families improve communication skills and resolve conflicts.

B. Family Economics

1. Assess how career choices affect family patterns.
2. Identify various types of housing.
3. Consider factors affecting housing choices.
4. Identify various types of transportation.
5. Consider factors affecting transportation choices.
6. Define the terms *related to budgeting*.
7. Analyze reasons for budgeting.
8. Explore factors to consider when choosing a career.
9. Name reasons for career changes.
10. Identify careers related to budgeting and finance.

III. CHILD CARE

(13%)

1. Identify safety hazards for small children.
2. Assess ways to correct safety hazards for young children.
3. Assess ways to prevent potential hazards for young children.
4. Identify the primary caregiving skills for children (physical, emotional, guidance).
5. Determine personal characteristics desirable in a child caregiver.
6. Develop inexpensive learning activities for children.
7. Identify careers related to child care.
8. Recognize causes and types of child abuse and community sources of help.

IV. TEXTILES TECHNOLOGY

(20%)

A. Textiles Equipment Technology

1. Identify the basic parts of a conventional sewing machine and the function of each part.
2. Operate basic types of textiles equipment (conventional sewing machine, serger, and rotary cutter).

B. Textile Occupational Skills

1. Demonstrate the safe operation of a conventional sewing machine.
2. Demonstrate the safe operation of a serger.
3. Demonstrate the safe operation of a rotary cutter and mat.
4. Identify textiles-related careers.

C. Textile Care and Consumerism

1. Determine proper clothing care techniques.
2. Identify good consumer practices related to clothing purchases.

V. FOODS AND NUTRITION

(25%)

A. Kitchen Management

1. Observe basic safety and sanitation rules to be observed in food preparation areas.
2. Identify reasons for planning individual and/or group work schedules in food preparation experiences.
3. Explore various components of food service careers and food preparation related to lab management such as management skills, dishwashing, tablesetting, and eating etiquette.

B. Food Measurements

1. Recognize and use standard measurement abbreviations.
2. Recognize and use standard measurement equivalents.
3. Apply standard measurement techniques.

C. Food Preparation Terms

1. Define food preparation terms.

D. Reading a Recipe

1. Recognize the characteristics of an easy-to-use recipe.
2. Identify the importance of following directions.
3. State functions of basic ingredients used in food products.

E. Food Labels

1. Identify various types of information found on a food label.
2. Analyze the nutritional values of food according to the information provided on labels.

F. Nutrition Strategies

1. Name the parts of the food pyramid.
2. Name the seven dietary guidelines.
3. List the six basic types of nutrients.
4. Define nutrition terms.
5. Analyze foods for nutritional value.
6. Identify careers related to nutrition.

G. Restaurant Simulation

1. Identify careers related to food preparation and food service (specifically restaurant-related careers).
2. Identify qualities employers expect employees to possess.
3. Participate in a restaurant simulation activity.

VI. GUIDANCE ACTIVITIES

(11%)

NOTE: The recommended percentages of time are based on the time allotted for the Family and Consumer Sciences portion of this section of the T-L-C Curriculum.