

## TOPIC OBJECTIVES

- TOPIC #1:           DEVELOPING INDEPENDENCE  
Students will identify the skills necessary to become independent and the methods to attain those skills.
- TOPIC #2:           SELF-CONCEPT  
Students will analyze the relationship between self-concept and self-packaging.
- TOPIC #3:           STRESS MANAGEMENT  
Students will discuss stress as a natural part of living, and identify methods of stress reduction for personal use through classroom activities.
- TOPIC #4:           COMMUNICATION  
Students will identify and practice the skills necessary for effective communication.
- TOPIC #5:           SOCIAL SKILLS  
Students will identify the social skills which assist individuals in developing friendships and independence.
- TOPIC #6:           FAMILY DYNAMICS  
Students will be grouped into classroom families to practice skills that support and facilitate pleasant family relationships through communication, family traditions, organization of living space, sharing, and accepting some personal responsibility for the well-being of other family members.
- TOPIC #7:           FAMILY ECONOMICS  
Students will analyze the impact of individual career choices on family lifestyles and develop a family budget.
- TOPIC #8:           CHILD CARE  
Students will identify child care skills for personal and/or occupational use.
- TOPIC #9:           TEXTILES EQUIPMENT TECHNOLOGY  
Students will demonstrate the use of a conventional sewing machine, a serger, and a rotary cutter and mat.

- TOPIC #10: TEXTILES OCCUPATIONAL SKILLS**  
Students will demonstrate a beginning level of proficiency using the conventional (lockstitch) sewing machine, serger, and rotary cutter and mt as used in many textile-related occupations.
- TOPIC #11: TEXTILES CARE AND CONSUMERISM**  
Students will identify consumer skills related to fabrics, laundry procedures, and clothing care by completing individualized projects.
- TOPIC #12: KITCHEN MANAGEMENT**  
Students will identify and practice basic food safety and sanitation rules in food preparation activities.
- TOPIC #13: FOOD MEASUREMENTS**  
Students will demonstrate use of standard measurement abbreviations, equivalents, and techniques during a food preparation experience.
- TOPIC #14: FOOD PREPARATION TERMS**  
Students will demonstrate knowledge of basic food preparation terms by participating in foods terminology learning games and a foods laboratory experience.
- TOPIC #15: READING A RECIPE**  
Students will demonstrate reading a recipe, following directions, and recognizing the reason(s) basic ingredients are used in recipes.
- TOPIC #16: FOOD LABELS**  
Students will be able to read and analyze the information provided on a food product label.
- TOPIC #17: NUTRITION STRATEGIES**  
Students will study the food pyramid, the U.S.D.A. dietary guidelines, and the basic types of nutrients, and then demonstrate the use of this information by assessing the nutritional qualities (value) of various foods.
- TOPIC #18: RESTAURANT SIMULATION**  
Students will explore restaurant-related careers by participating in a restaurant simulation activity.