

# Introduction to Family and Consumer Sciences: Middle Level

## Personal Development

### 1 Demonstrate foundational life literacy skills. MSFCS1

- 1 Identify Maslow's hierarchy of needs on meeting basic needs. MSFCS1.1
  - 2 Analyze factors that impact development of self-esteem and self-worth. MSFCS1.2
  - 3 Assess personal hygiene and self-care strategies. MSFCS1.3
  - 4 Analyze the benefits of making intelligent decisions. MSFCS1.4
  - 5 Demonstrate effective communication skills. MSFCS1.5
  - 6 Analyze role of communication on preventing conflicts with friends, family and others. MSFCS1.6
  - 7 Apply problem-solving strategies to real-life situations. MSFCS1.7
  - 8 Demonstrate strategies for respecting self and others. MSFCS1.8
  - 9 Understand and practice appropriate skills and ethical behavior when using technology. MSFCS1.9
  - 10 Evaluate the importance of building foundational life literacy skills MSFCS1.10
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## Healthy Relationships

### **2 Demonstrate positive relationship skills and understanding of others at school, in the community and at home.** MSFCS2

- 1 Analyze the importance of family and the role families play in personal development. MSFCS2.1
  - 2 Analyze how to be a responsible and supportive family member. MSFCS2.2
  - 3 Evaluate the needs of children regarding safety, activities, food and positive discipline techniques. MSFCS2.3
  - 4 Demonstrate appreciation and support for family members and others. MSFCS2.4
  - 5 Demonstrate the qualities necessary for successful friendships and how to handle peer pressure in a positive manner. MSFCS2.5
  - 6 Analyze the negatives and positives of technology on the health of relationships. MSFCS2.6
  - 7 Understand what it means to be a good community citizen. MSFCS2.7
  - 8 Analyze the impact of one person through volunteering, serving as a community leader and working for the common good. MSFCS2.8
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## Personal Resource Management

### **3 Practice foundational personal management, consumer and personal finance skills to meet personal goals.** MSFCS3

- 1 Apply leadership and cooperative learning skills to achieve personal goals. MSFCS3.1
  - 2 Practice personal management skills in a variety of settings. MSFCS3.2
  - 3 Distinguish the difference between needs and wants. MSFCS3.3
  - 4 Analyze impact of personal financial decisions on the family, community and the environment. MSFCS3.4
  - 5 Identify the basics of financial planning. MSFCS3.5
  - 6 Investigate basic roles and responsibilities of the consumer. MSFCS3.6
  - 7 Identify and apply wise consumer practices. MSFCS3.7
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## Healthy Living Environment

### **4 Analyze management and organization of personal possessions to promote safety and healthy living environment.** MSFCS4

- 1 Evaluate personal and shared living spaces for function and meeting needs of self and family. MSFCS4.1
  - 2 Apply concepts of personal safety in physical environments. MSFCS4.2
  - 3 Analyze storage needs of personal possession that fits lifestyle and space. MSFCS4.3
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## Nutrition, Wellness and Food Preparation

- 5 Demonstrate foundational nutrition, wellness and food preparation knowledge and skills to enhance individual and family well-being.** MSFCS5
    - 1 Apply nutrition basics in making healthy food choices. MSFCS5.1
    - 2 Assess personal exercise and sleep habits to enhance health. MSFCS5.2
    - 3 Apply wellness concepts to live a healthy lifestyle. MSFCS5.3
    - 4 Apply nutrition concepts to prepare healthy food. MSFCS5.4
    - 5 Analyze food sources and practices that impact the nutritional value of the food we consume. MSFCS5.5
    - 6 Demonstrate food preparation and food safety concepts when preparing healthy food. MSFCS5.6
    - 7 Demonstrate kitchen safety and personal sanitation habits in food labs. MSFCS5.7
    - 8 Utilize basic kitchen math while preparing food. MSFCS5.8
    - 9 Create a safe and effective work environment. MSFCS5.9
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## Apparel and Textiles

- 6 Analyze personal decisions regarding apparel and its role in meeting physical, social and emotional needs.** MSFCS6
    - 1 Analyze needs met through apparel decisions. MSFCS6.1
    - 2 Compare and contrast different price points of clothing to determine best value. MSFCS6.2
    - 3 Analyze factors in making wise apparel decisions. MSFCS6.3
    - 4 Practice appropriate repair and care of apparel as a means of extending life of item. MSFCS6.4
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## Career Readiness

- 7 Demonstrate foundational knowledge and skills for success in career and work.** MSFCS7
    - 1 Investigate interest aptitudes and abilities to align to careers that meet personal needs and interests. MSFCS7.1
    - 2 Research and create a plan of study based upon personal interests through high school and beyond. MSFCS7.2
    - 3 Evaluate of basic life literacy skills provides a foundational readiness for all career clusters. MSFCS7.3
    - 4 Analyze the technical knowledge and skill development needed for specific career clusters. MSFCS7.4
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## **FCS Career Awareness**

### **8 Demonstrate foundational skills in Family and Consumer Sciences careers. MSFCS8**

- 1 Identify careers that are part of the Family and Consumer Sciences family. MSFCS8.1
- 2 Analyze the relationship between life literacy skills and human services careers. MSFCS8.2
- 3 Analyze the technical knowledge and skills needed to be successful in Family and Consumer Sciences related careers. MSFCS8.3
- 4 Demonstrate safety practices and techniques related to practicing foundational occupational skills in community and laboratory settings. MSFCS8.4
- 5 Develop foundational culinary skills. MSFCS8.5
- 6 Develop foundational apparel design and production skills. MSFCS8.6
- 7 Develop foundational early childhood education skills. MSFCS8.7
- 8 Develop foundational interior design skills. MSFCS8.8
- 9 Develop foundational skills needed to work in the field of geriatrics. MSFCS8.9
- 10 Develop foundational understanding of role of credit counselling and family financial planning skills. MSFCS8.10
- 11 Develop foundational hospitality and lodging skills. MSFCS8.11
- 12 Develop foundational family and consumer sciences teaching skills. MSFCS8.12