

Grades 3 to 5

Food Science and Nutrition

A Demonstrate knowledge of techniques used to evaluate food in various forms. 11.1.3-5.A

B Describe safe food-handling techniques 11.1.3-5.B

C Establish factors that affect food choices. 11.1.3-5.C

D Identify components of a wellbalanced meal. 11.1.3-5.D

E Demonstrate measurement skills used in food preparation. 11.1.3-5.E

F Describe the use of common cooking tools and equipment. 11.1.3-5.F

G Understand and identify the physical changes that occur during food preparation. 11.1.3-5.G

H Describe a well-balanced daily menu using the current USDA dietary guidelines. 11.1.3-5.H

i Describe the relationship between food input and energy output. 11.1.3-5.I

J Describe career choices within food services. 11.1.3-5.J

Resource Management

A Explain the decision to use or not use resources based on resource availability and sustainability. 11.2.3-5.A

B Develop planning skills to organize individual and family resources and responsibilities. 11.2.3-5.B

C Explain the importance of organizing space for efficiency. 11.2.3-5.C

D Identify information in care instructions, safety precautions, and recommended use of consumable goods. 11.2.3-5.D

E Select clothing for specific tasks and/or environment. 11.2.3-5.E

F Select proper laundering methods for clothing and other textiles. 11.2.3-5.F

G Identify career choices in the field of Family and Consumer Sciences. 11.2.3-5.G

Human Development, Family, and Relationships

- A Compare how different cultures meet family responsibilities within various family structures.** 11.3.3-5.A

- B Identify the characteristics of the stages of the family life cycle.** 11.3.3-5.B

- C Describe positive and negative interactions within patterns of interpersonal communication.** 11.3.3-5.C

- D Describe how areas of development impact human growth across the life cycle.** 11.3.3-5.D

- E Identify career and work choices within family and human services.** 11.3.3-5.E

Education and Early Childhood Development

- C Establish the characteristics of a healthy learning environment.** 11.4.3-5.C

- D Identify health and safety needs for children at each stage of child development.** 11.4.3-5.D

- F ESTABLISH RELATIONSHIPS THAT ARE POSITIVE AND SUPPORTIVE OF OTHERS.** 11.4.3-5.F

- G IDENTIFY CAREER AND WORK CHOICES WITHIN EDUCATION AND EARLY CHILDHOOD.** 11.4.3-5.G

Personal Finance and Consumer Skills

- A Explain consumer rights and responsibilities:** 11.5.3-5.A
 - 1 To be safe, 11.5.3-5.A.1
 - 2 To be informed, 11.5.3-5.A.2
 - 3 To be heard, 11.5.3-5.A.3
 - 4 To choose, 11.5.3-5.A.4
 - 5 To redress. 11.5.3-5.A.5

- B Define the difference between a short-term and long-term goal.** 11.5.3-5.B

- D Explain the relationship between work and income within the family.** 11.5.3-5.D

Career, Community, and Family Connections

- A Identify the importance of routines and schedules while differentiating between short and long-term goals.** 11.6.3-5.A

- B Classify the components of effective teamwork and leadership.** 11.6.3-5.B

- C Describe the roles of technology within the family and community in maintaining a safe and healthy living environment.** 11.6.3-5.C

- D Identify the public and nonpublic services that are available to serve families within the community.** 11.6.3-5.D