

Family and Consumer Sciences: 7th Grade (Scope and Sequence)

Topic		Topic	
Unit 1: Kitchen Safety and Food Preparation	Approximate Duration: 15 days	Unit 2: Key Nutrients: Making Sound Nutritional Choices	Approximate Duration: 10 days
Activity		Activity	
Students will receive instruction on each tool they use in the kitchen lab. Students will receive information through demonstrations by the teacher, safety handouts, and a safety test. All students will demonstrate proficiency before utilizing any tool in the kitchen lab.		Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness. In this unit, students will learn about each of the key nutrients, including the reasons your body needs each nutrient to maintain optimal health and foods rich in each nutrient. Students will analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.	

Topic		Topic	
Unit 3: Service Learning Through Sewing	Approximate Duration: 13 days	Unit 4: Consumerism: Becoming a Critical Consumer	Approximate Duration: 5 days
Activity		Activity	
Service-learning is a valuable teaching tool within Family and Consumer Sciences. The students will use textiles, sewing tools, and equipment to create a product to be donated as a community service project. Service-learning is based on the principles that students learn course content, provide service to their community, and have an opportunity to reflect on their experiences.		The students will examine and analyze advertisements in order to make informed and educated decisions regarding buying a product or using a service. Students will discuss the impact of visual media on their consumer appetites and overall perceptions. They'll take note of the types of ads around them and discuss the effectiveness of three different types of ads they encounter on a daily basis.	