



Family & Consumer Sciences Standards

Standard 1

Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2

A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3

Resource Management

Students will understand and be able to manage their personal and community resources.

Alternate Assessment Standards for Students with Severe Disabilities

[Standard 1](#)

[Standard 2](#)

[Standard 3](#)

STANDARD Personal Health and Fitness

1

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will:

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use an understanding of the elements of good nutrition to plan appropriate diets for themselves and others. They will know and use the appropriate tools and technologies for safe and healthy food preparation.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- understand the importance of nutritious food and how it contributes to good health, make simple nutritious food choices, and assist with basic food preparation

- understand the relationships among diet, health, and physical activities; evaluate their own eating patterns; and use appropriate technology and resources to make food selections and prepare simple, nutritious meals

- apply knowledge of food choices and menus to plan a balanced diet, use new technologies to plan and prepare nutritious meals for a variety of dietary needs

- use simple household tools safely to perform a variety of everyday tasks

- apply principles of food safety and sanitation

- adjust their own diet to accommodate changing levels of activity or to meet their nutritional needs throughout the life cycle

- recognize how a family contributes to personal health

- recognize the mental, social, and emotional aspects of good health

- identify ways to meet basic needs of all family members

- apply decision making process to dilemmas related to personal health

- take reasoned action toward reaching personal health goals.

STANDARD A Safe and Healthy Environment

2

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea: Students will:

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know the basic principles of home and community safety. They can demonstrate the skills necessary to maintain their homes and workplaces in a safe and comfortable condition. They can provide a safe and nurturing environment for themselves and others.

ELEMENTARY

- understand some basic requirements of nurturing people of various ages, and demonstrate appropriate ways to interact with them

INTERMEDIATE

- demonstrate the principles of safe and healthy child care

COMMENCEMENT

- understand the stages of child development and apply this knowledge to activities designed to enrich the physical, social, mental, and emotional development of a young child

- know some conditions necessary for a safe and healthy home and school environment and recognize the various ways individuals contribute to that environment

- know the basics of managing a safe and healthy home

- apply housing principles (e.g., design and safety) to meet the needs of family members of all ages and abilities

- use age-appropriate techniques to select and maintain clothing

- understand essential requirements for selecting and maintaining a home

- apply basic rules of health and safety to a variety of home and work place situations

STANDARD Resource Management

3

Students will understand and be able to manage their personal and community resources.

Key Idea: Students will:

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understand and be able to manage personal resources of talent, time, energy, and money and make effective decisions in order to balance their obligations to work, family, and self. They will nurture and support positive relationships in their homes, workplaces, and communities. They will develop and use their abilities to contribute to society through pursuit of a career and commitment to long-range planning for their personal, professional, and academic futures. They will know and access community resources.

ELEMENTARY

INTERMEDIATE

COMMENCEMENT

- understand the kinds of resources available in their community and make informed decisions related to their own use

- understand how the family can provide for the economic, physical, and emotional needs of its members

- analyze a wide range of factors related to managing personal resources to balance obligations to work, family, and self

- understand how people acquire, use, and protect money and recognize some factors that influence spending

- understand the resources available to them, make informed decisions about the use of those resources, and know some ways to expand resources

- understand the basics of an individual/family budget and plan to obtain, use, and protect money and assets

- know the different jobs in their communities and the contributions made by individuals performing those jobs

- are able to budget their time and money

- analyze abilities and interests in relation to careers, set long-term career goals, and develop a plan for progressing toward their goals

- understand how working contributes to a quality living environment

- understand the concept of entrepreneurship as it exists in today's economy

- identify their own abilities and interests as possible guides to career choice

- develop job skills (e.g., communication, effective time management, problem solving, and leadership)

STANDARD 1

Personal Health and Fitness

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Students will: have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Key Idea: Students will develop, demonstrate and practice positive health behaviors, skills and choicemaking.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- make simple nutritious food choices and assist with basic food preparation
 - use simple household tools safely to perform a variety of everyday tasks
 - demonstrate appropriate eating skills
 - assist with basic food preparation
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STANDARD 2

A Safe and Healthy Environment

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Students will: acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Key Idea: Students will demonstrate personally and socially responsible behaviors. They will care for and respect themselves and others.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- understand some basic requirements of nurturing people of various ages, and demonstrate appropriate ways to interact with them
 - demonstrate some conditions and rules necessary for a safe and healthy home, school and community environment and recognize the various ways individuals contribute to that environment
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STANDARD 3

Resource Management

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Students will: understand and be able to manage their personal and community resources.

Key Idea: Students will know about and use valid health information, products and services. Students will advocate for healthy families and communities.



ALTERNATE ASSESSMENT

Performance Indicators--Students:

- communicate knowledge about the kinds of resources available in their community (e.g., fire department, grocery store)
 - communicate and demonstrate how people acquire, use, and protect money (e.g., job training, supported employment, banking)
 - communicate about the different jobs in their communities (e.g., learning about stocking shelves through a job mentoring program)
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