

LIFE SKILLS

Curriculum Standard: The student will understand how to plan, prepare, and serve meals that reflect dietary guidelines.

Performance Objective	Critical Attributes	Benchmarks/Assessment
1. The student will demonstrate an understanding of the food guide pyramid and purpose.	A. Can the student identify the 5 food groups? B. Can the student evaluate a menu?	<ul style="list-style-type: none"> • The student will complete a food guide pyramid. • The student will evaluate the nutritional content of a menu and suggest appropriate changes.
2. The student will demonstrate the ability to name and use food preparation tools and equipment.	A. Can the student identify and name tools and equipment in the kitchen?	<ul style="list-style-type: none"> • The student will label tools and equipment pictures.
3. The student will understand how to apply consumer skills and safety when selecting, purchasing, and storing foods.	A. Does the student know how to select the “best buy”? B. Is the student able to understand “use by” or freshness dates?	<ul style="list-style-type: none"> • The student will view a safety and sanitation video on purchasing and storing foods.
4. The student will demonstrate safety in the kitchen.	A. Can the student describe how to maintain a safe kitchen?	<ul style="list-style-type: none"> • The student will take and pass a safety test.
5. The student will demonstrate knowledge of proper table manners and etiquette.	A. Can the student set the table properly?	<ul style="list-style-type: none"> • The student will practice table setting.

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Performance Objective	Critical Attributes	Benchmarks/Assessment
<p>6. The student will demonstrate the ability to read and follow a recipe.</p>	<p>A. Can the student properly read a recipe using correct measuring techniques?</p>	<ul style="list-style-type: none">• The student will prepare a recipe .• The student will taste the final product.

LIFE SKILLS

***Curriculum Standard:* The student will understand the importance of, and ways in which to develop, quality relationships with family and friends.**

Performance Objective	Critical Attributes	Benchmarks/Assessment
1. The student will be able to demonstrate the knowledge of ways self-concept is developed and self esteem is built.	<p>A. Can the student identify the difference between self-concept and self esteem?</p> <p>B. Can the student list influential people in his/her life?</p>	<ul style="list-style-type: none"> • The student will be able to define the terms self-concept and self esteem. • The student will be able to identify factors influencing self-concept and self esteem. • The student will acknowledge in writing how someone’s influence has increased his/her self esteem.
2. The student will be able to demonstrate how knowledge of values and goals influences one’s decisions.	<p>A. Can the student list 10 values and 10 goals which affect a person’s decisions?</p> <p>B. Can the student list 3 long term and 3 short term goals?</p>	<ul style="list-style-type: none"> • The student will identify his/her personal values and goals. • The student will be able to list their own personal short and long term goals.
3. The student will be able to identify positive and negative peer pressure.	<p>A. Can the student distinguish between positive and negative peer pressure?</p>	<ul style="list-style-type: none"> • The student will be able to give examples of positive and negative peer pressure. • The student will be able to role play how to handle peer pressure.

LIFE SKILLS

Consumer and Family Education

FAMILY AND PERSONAL RELATIONSHIPS

7-8

Performance Objective	Critical Attributes	Benchmarks/Assessment
<p>4. The student will be able to demonstrate the ability to use the decision-making process in personal relationships.</p>	<p>A. Can the student identify reasons for making decisions?</p> <p>B. Can the student identify factors which influence his/her decisions?</p> <p>C. Can the student determine how his/her decisions affect others?</p>	<ul style="list-style-type: none"> • The student will discuss reasons for making decisions in his/her life. • The student will identify factors which influence individual and group decisions. • The student will be able to discuss how their decision affects others.
<p>5. The student will be able to recognize ways in which to develop friendships.</p>	<p>A. Can the student identify several types of friendships?</p> <p>B. Can the student identify the characteristics of friendships?</p>	<ul style="list-style-type: none"> • The student will be able to identify the different types of friendships. • The student will be able to identify characteristics and assess friendship skills of self and others.

LIFE SKILLS

Curriculum Standard: The student will understand growth, needs, activities, safety, and guidance of children.

Performance Objective	Critical Attributes	Benchmarks/Assessment
1. The student will understand the patterns of child growth and development.	A. Can the student determine which stages of growth come first?	<ul style="list-style-type: none"> • The student will place the stages of growth in the correct order.
2. The student will learn the four basic needs of children.	A. Can the student list the four basic needs?	<ul style="list-style-type: none"> • The student will list needs and place them in the correct categories.
3. The student will understand how to plan appropriate play activities for children.	A. Can the student list appropriate play activities for different age groups?	<ul style="list-style-type: none"> • The student will practice leading games suitable for children of different age groups.
4. The student will understand the importance of providing a safe and healthy environment for children.	A. Can the student find potential dangers in a given situation?	<ul style="list-style-type: none"> • The student will discuss possible solutions for preventing accidents and practice procedures to follow in emergency situations.
5. The student will understand the positive child guidance skills needed for effective parenting.	A. Can the student tell the difference between discipline, punishment, and abuse?	<ul style="list-style-type: none"> • The student will identify different parental reactions to a child’s behavior problems.
6. The student will understand the qualifications and responsibilities of caregivers.	A. Can the student list qualifications?	<ul style="list-style-type: none"> • The student will baby-sit or work in a preschool or aiding situation.

LIFE SKILLS

Consumer and Family Education

CLOTHING AND PERSONAL IMAGE

7-8

Curriculum Standard: The student will understand appropriate grooming techniques, principles of wardrobe planning, purchasing, care, making, and repairing of clothing.

Performance Objective	Critical Attributes	Benchmarks/Assessment
<p>1. The student will understand appropriate grooming techniques, principles of wardrobe planning, and purchasing of clothing.</p> <p>2. The student will understand how to clean and repair clothes and construct a simple clothing project.</p>	<p>A. Can the student distinguish between his/her clothing wants and needs?</p> <p>A. Can the student repair a garment or article he/she brings in from home?</p> <p>B. Can the student wash his/her own clothes?</p>	<ul style="list-style-type: none"> • The student will inventory his/her wardrobe and prioritize his/her wants and needs. • The student will complete a sample packet of simple repair techniques: seam, hand hem, machine hem, button, and iron on patch. • The student will wash clothes at home for extra credit. • The student will construct a personalized pillow or simple garment of his/her choice.

LIFE SKILLS

***Curriculum Standard:* The student will evaluate advertisements, understand labeling, use comparison shopping, and learn about rights and ways to make complains. The student will learn budget methods and be introduced to savings and checking accounts.**

Performance Objective	Critical Attributes	Benchmarks/Assessment
<p>1. The student will evaluate advertisements, read labels, comparison shop, and learn the rights and ways to make complaints.</p> <p>2. The student will understand how to budget and manage his/her money.</p> <p>3. The student will understand how to use savings and checking accounts.</p>	<p>A. Can the student tell why we need to learn the information about labels and advertisements?</p> <p>A. Can the student define his/her spending goals?</p> <p>A. Can the student tell why one must keep accurate records?</p>	<ul style="list-style-type: none"> • The student will create his/her own label including all needed information. • The student will write a letter of complaint. • The student will evaluate his/her or someone’s budget and give ideas for improvement. • The student will write checks, deposit slips, and record transactions in his/her check register.

LIFE SKILLS

Consumer and Family Education

LIVING AT HOME

7-8

***Curriculum Standard:* The student will understand how to manage, decorate, and care for his/her personal space. The student will also understand ways to create a safe environment for himself/herself.**

Performance Objective	Critical Attributes	Benchmarks/Assessment
1. The student will understand how to manage personal space in his/her home.	A. Can the student refer to a house plan and know the symbols used?	<ul style="list-style-type: none"> • The student will make a scale floor plan of the classroom. • The student will create 3 plans for rearranging his/her bedroom. • The student will evaluate a house plan.
2. The student will understand ways to decorate personal space.	A. Can the student tell how color, line, and texture influence his/her personal space?	<ul style="list-style-type: none"> • The student will make a color wheel and learn about different color schemes.
3. The student will understand how to care for personal space.	A. Can the student identify which repairs can be done himself/herself?	<ul style="list-style-type: none"> • If possible, the student will learn basic electricity, plumbing, painting, wall papering, patching, and refinishing techniques which could be used at home.
4. The student will understand ways to create a safe environment for himself/herself.	A. Can the student determine the procedures for a home fire drill?	<ul style="list-style-type: none"> • The student will conduct a home fire drill.

LIFE SKILLS

PREPARING FOR LEADERSHIP,

Consumer and Family Education

CITIZENSHIP, AND EMPLOYMENT

7-8

***Curriculum Standard:* The student will understand the knowledge and skills needed to be a leader, positive citizen, and successful employee.**

Performance Objective	Critical Attributes	Benchmarks/Assessment
<p>1. The student will understand the knowledge and skills needed to become successful leaders.</p> <p>2. The student will understand the importance of one's citizenship role and responsibilities in the school and the community.</p> <p>3. The student will explore possible careers related to his/her interest and goals.</p>	<p>A. Can the student list these characteristics which make a good leader?</p> <p>A. Can the student discover a school or community need in which he/she can do something about?</p> <p>A. Can the student discover steps needed to obtain his/her future goals?</p>	<ul style="list-style-type: none"> • The student will practice his/her leadership skills by running a preschool or other event. • The student will research, plan, and carry out a service project for the school or the community. • The student will take a career interest survey and make a Time/Life Line Chart to show his/her future goals.