

DOWNEY UNIFIED SCHOOL DISTRICT
Middle School Course Outline

Course Title: Exploratory Home Economics: Life Skills (Six Weeks)

Grade Level: 6

Prerequisites: None

Course Description:

This course explores various areas of life skills such as home and kitchen safety, kitchen equipment, food preparation, the Food Guide Pyramid, personal care and grooming, etiquette, and self esteem.

Student Performance

Objectives for this

Course:

Students will

1. demonstrate proper safety techniques and procedures.
2. use abbreviations, equivalents, measuring techniques, and cooking terms properly in food preparation.
3. identify, use, and care for kitchen equipment and appliances.
4. list the components of the Food Guide Pyramid and its contributions to a healthy body.
5. demonstrate a variety of cooking techniques.
6. recognize the benefits of good grooming habits.
7. identify proper etiquette in various life situations.
8. develop an awareness of one's own self importance and uniqueness.
9. complete a written assignment using correct punctuation, spelling, and grammar.

Exploratory Home Economics - continued

Instructional Strategies

Lecture
Written assignments
Small group activities
Worksheets
Audio-visual materials
Teacher demonstrations
Reading - recipes, texts, newspapers, magazines
Food laboratory experience
Tests
Games

Instructional Units

<u>Weeks</u>	<u>Unit</u>
1	A. Self-esteem
1	B. Personal Care and Grooming
1	C. Etiquette
1	D. Introduction to Cooking
.5	E. The Food Guide Pyramid
1.5	F. Food Preparation

6 Weeks: Total Time Required

Evaluation

Student progress will be evaluated by:

Class participation
Completion and quality of assignments
Attendance
Tests, quizzes
Teacher observation and evaluation
Student performance