

DOWNEY UNIFIED SCHOOL DISTRICT  
Middle School Course Outline

**Course Title:** Foods/Life Skills 1 (One Semester)

**Grade Level:** 7, 8

**Prerequisites:** None

**Course Description:**

This course will include a survey of the following: personal and family relationships, understanding and caring for young children, making consumer decisions, creating one's personal image, making nutritional choices, and preparing a variety of foods. Reading, writing, and basic math skills are integrated throughout the course.

**Student Performance**

**Objectives for this**

**Course:**

Students will

1. develop an awareness of the important changes they will face during the early teen years.
2. develop the skills necessary to be a responsible babysitter, including caring for younger siblings.
3. analyze the steps to follow when making decisions about spending and saving money.
4. discuss the importance of appearance in promoting positive first impressions and improving self-concept.
5. develop an awareness of the vital role nutritious foods play in how they look and feel now and in the future.
6. analyze the Food Guide Pyramid and the six nutrients in order to select a healthy combination of foods and to plan, prepare, and serve healthful, appetizing snacks and meals.
7. identify safety procedures, abbreviations and equivalents, vocabulary terms, and equipment as they relate to food preparation.
8. demonstrate appropriate table service and identify proper etiquette in social situations.

## **Foods/Life Skills 1 - continued**

### **Instructional Strategies**

Reading - recipes, texts, newspapers, magazines  
Written assignments  
Worksheets  
Audio-visual materials  
Games  
Lectures  
Student and teacher demonstrations  
Small group activities  
Tests  
Foods laboratory experience

### **Instructional Units**

<u>Weeks</u>	<u>Unit</u>
2	A. Introduction <ol style="list-style-type: none"><li>1. Safety</li><li>2. Measurements</li><li>3. Equipment</li><li>4. Abbreviations and equivalents</li><li>5. Cooking terms</li><li>6. Preparing and storing food</li></ol>
9	B. Nutrition and Meal Planning <ol style="list-style-type: none"><li>1. Vitamins, minerals, protein, carbohydrates, and fats</li><li>2. The Food Guide Pyramid</li><li>3. Fad diets, calories, and weight control</li><li>4. Eating disorders</li><li>5. Cultural influences on food choices</li><li>6. Table service and etiquette</li><li>7. Food preparation</li></ol>
1.5	C. Consumer Decisions and Shopping Skills <ol style="list-style-type: none"><li>1. Reading labels and warranties</li><li>2. Comparison shopping</li><li>3. Making consumer complaints</li><li>4. Evaluating advertising</li></ol>

## **Foods/Life Skills 1 - continued**

- 2.5 D. Understanding and Caring for Young Children
1. Growth and development patterns
  2. Responsible parenting skills
  3. Developing child guidance skills

## **Instructional Units - continued**

### Weeks    Unit

- 2      E. Personal and Family Relationships
1. Identify short- and long-term goals
  2. Decision-making skills
  3. Communicating with family members
- 2      F. Creating One's Personal Image
1. Purchasing clothing
  2. Repairing and caring for clothing

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19 weeks total

## **Evaluation**

Student progress will be evaluated by:

- Class participation
- Completion and quality of assignments
- Evaluation of food preparation
- Tests, quizzes
- Student notebook
- Attendance
- Teacher observation and evaluation
- Student performance

## **Materials and Resources**

1. Approved Textbook: Discovering Nutrition, Kowtaluk, Bennett & McKnight Publishing Co.
2. Choices Magazine - class set
3. L.A. Times

## **Materials and Resources - continued**

4. Teacher generated worksheets, puzzles, and games
5. National Dairy Council pamphlets and instructional materials
6. Audio-visual materials such as filmstrips and videotape.
7. Janus Booklet Series - Foods
8. Nutrition Education - Choose Well, Be Well: A Curriculum Guide f  
for Junior High
9. Middle Grades Home Economics Curriculum Guides Volumes I, II,  
& III