

DOWNEY UNIFIED SCHOOL DISTRICT
Middle School Course Outline

Course Title: Foods/Life Skills 2** (One Semester)
Grade Level: 8
Prerequisites: Completion of Foods/Life Skills 1 or instructor permission

Course Description:

This course will build on concepts and skills attained in Foods/Life Skills I, including the following: personal and family relationships, understanding and caring for young children, making consumer decisions, creating one's personal image, making nutritional choices (expanding on food preparation skills), living at home, and developing roles for participation in school and community.

Student Performance Objectives for this Course:

Students will

1. review safety procedures, abbreviations and equivalents, vocabulary/terms and equipment as they relate to food preparation.
2. develop an awareness of family relationships, development of friendships, and dating relationships.
3. develop skills necessary to assume roles of babysitters and explore careers working with young children.
4. develop skills in budgeting personal income and managing money.
5. explore ways of managing one's wardrobe and clothing as well as purchasing, caring for and repairing clothing.
6. plan, prepare and serve meal(s) for groups of people, using concepts various types of meal service.
7. develop an understanding of the basic elements of design in order to decorate and manage one's personal space.
8. develop an awareness of the importance of their place in the community and career roles.

**** NOTE:** *This course outline reflects the course content should a student wish to take a 2nd year of Foods/Life Skills. On the Course of Study, the District currently shows one course for Foods/Life Skills. This is a draft of what a year 2 course would include.*

Foods/Life Skills 2 - continued

Instructional Strategies

Reading
Written assignments
Worksheets
Lectures
Demonstrations
Small group activities
Tests
Projects
Foods laboratory experience

Instructional Units

Weeks	Unit
2	A. Review of necessary kitchen skills
.5	B. Family Relationships <ol style="list-style-type: none">1. Communicating with family members2. Adjusting to family changes and problems
.5	C. Relationships with others <ol style="list-style-type: none">1. Friendships2. Dating relationships
3	D. Understanding and caring for young children <ol style="list-style-type: none">1. Developing skills to meet children's needs2. Planning appropriate play activities3. Keeping children safe and healthy4. Becoming a responsible sitter
1	E. Making Consumer Decisions <ol style="list-style-type: none">1. Budgeting personal income2. Checking and savings accounts
2	F. Creating Personal Image <ol style="list-style-type: none">1. Purchasing clothing2. Repairing and caring for clothing
2	G. Living at Home <ol style="list-style-type: none">1. Managing personal space2. Decorating personal space

Foods/Life Skills 2 - continued

Instructional Units - continued

Weeks	Unit
	H. Developing Roles for Participation in School and Community
	1. Citizenship and leadership roles
	2. Career roles
7	I. Food Preparation and Meal Planning

Evaluation

Student progress will be evaluated by:

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

Materials and Resources

- 1.Text: Today's Teen/Glencoe
- 2.Choices Magazine - Class set
- 3.Teacher generated worksheets
- 4.Audio visual materials
- 5.Middle Grades Home Economics Curriculum Guides: Volumes I, II, & III