

FCS Literacy Standards and Benchmarks –

Standards are National Family & Consumer Science Standards (1-16)

Benchmarks are the required minimum Iowa Competencies—(Indicators) # 1 - #76 plus six indicated with a ~

Coding for Career Education = (C)

Coding for Global Education = (G)

Coding for Multicultural Approaches = (MC)

Coding for Gender Fair Approaches = (GF)

Coding for Technology = (T)

November 25, 2007

Benchmarks.....(parenthesis at end of benchmark indicates which standard is being met).....

Standards	<u>Careers (C)</u> *Integrate knowledge, skills, and practices required for careers in Family & Consumer Science areas. (3,4,5,7,8,9,10,11,16) (3)-Consumer Services (4)-Early Childhood, Education, & Services (5)-Facilities, Management, Maintenance (7)-Family & Community Services (8)-Food Production and Services (9)-Food Science, Dietetics, and Nutrition (10)-Careers-general (11)-Housing, Interiors and Furnishings (16)-Textiles and Apparel	<u>Management</u> *Evaluate management practices related to the human, economic, and environmental resources. (2)	<u>Health</u> *Demonstrate nutrition and wellness practices that enhance individual and family well-being. (14)	<u>Health & Parenting</u> *Demonstrate respectful and caring relationships in the family, workplace, and community. (13) *Integrate multiple life roles and responsibilities in family, work and community settings. (1)	<u>Parenting/ Child Development</u> *Analyze factors that impact human growth and development. (12) *Evaluate the significance of family and its impact on the well being of individuals and society.(6) *Evaluate the impact of parenting roles and responsibilities on strengthening the well being of individuals and families. (15)
<u>Foods and Nutrition I</u>	#10 Use equipment and supplies with proper procedures. (5) #14 Prepare foods from the basic food groups. (9)		#8 Demonstrate safety, sanitation, security, and first aid procedures. #17 Utilize basic kitchen skills in food preparation and storage. #18 Apply the principles of sanitation, recycling, and safety when working with food and equipment.		
<u>Food Service</u>	#12 Examine food –related occupations. (8) #20 Identify various cultural		#15 Plan menus, prepare shopping list & purchase food.		

<u>//</u>	and regional cuisines. (9)(G) #21 Locate and/or utilize food/nutrition resources. (9)		#16 Plan, prepare, serve and evaluate a meal.		
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<p><u>Fashion and Clothing I</u></p>	<p>#10 Use equipment and supplies with proper procedures. (5) #53 Recognize the relationship between appearance and self-concept. (16) #55 Identify fabrics, fabric construction, finishes and care. (16) #56 Identify elements and principles of clothing design. (16) #58 Follow preparation procedures for constructing and evaluating a garment project. (16) #59 Demonstrate repair, alteration and recycling methods. (16) #60 Describe Cleaning and Storage methods. (16)</p>	<p>#57 Demonstrate use and care of a sewing machine and equipment in a safe manner.</p>			
<p><u>Fashion Merchandising II</u></p>	<p>#61 Examine textiles and clothing related occupations. (16) #63 Locate and/or utilize textiles and clothing resources for assistance (i.e., extension service, labeling, references, and manufacturers). (16)</p>	<p>#54 Plan a wardrobe and prepare a clothing budget. #62 Evaluate clothing and accessory purchases (i.e.) construction, cost, and care).</p>			

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<u>Parenting and Child Development</u>	#44 Describe the Physical, Social, Emotional, and Intellectual Development that occurs during childhood through adulthood including individuals with special needs.(4 & 7) (MC) #45 Examine family living/parenthood related occupations. (4 & 7) (GF) #46 Examine various child care options. (4) #70 Select toys, equipment, food and materials appropriate for the developmental stage of a child. (4) (MC) (GF) #71 Select and use appropriate child guidance techniques. (4) (MC) (GF) #72 Identify types of child abuse, neglect and intervention options. (4) #73 Discuss childhood diseases and immunization procedures. #74 Examine child development related occupations. (4)			#33 Identify risks of sexual activity. (1) #35 Identify sex-role stereotyping and means of dealing with it. (1) (GF)	#47 Locate and/or utilize family living and parenthood resources (6) (T) #64 Examine parenting responsibilities. (15) (GF) #65 Describe sexual reproduction and the birthing process. (12) #66 Analyze contraception and family planning. (12) #67 Discuss health concerns and needs at various stages of prenatal/ postnatal development(12) #68 Identify the additional risks of teen pregnancy and parenting. (12) ~Examine the interrelation – ship between physical, emotional, social, and intellectual aspects of human growth and development. (12) (MC) ~Investigate the impact of heredity and environment on human growth and development. (12) ~Demonstrate communication and

	<p>#75 Identify ways to provide a safe environment for a child. (4)</p> <p>#76 Locate and/or utilize child development resources for assistance. (4) (T)</p>				<p>nurturing skills that promote human growth and development. (12)</p> <p>~Examine the family as the basic unit of society. (6)</p> <p>#69 Describe ways to guide the physical, social, emotional, and intellectual development of children including those with special needs. (15) (MC)</p>
<p><u>Healthy Living</u></p>	<p>#13 Analyze nutritional need and select foods for good health throughout life. (9)</p> <p>#19 Analyze fad diets and eating disorders. (9)</p> <p>#23 Explain the basic skills necessary to maintain personal, physical and mental health (i.e., alternative strategies in dealing with stress). (7)</p> <p>#24 Identify personal safety and survival skills. (7)</p> <p>#25 Identify substance abuse, use and non-use. (7)</p> <p>#26 Describe procedures for prevention and control of diseases (i.e., STD's and AIDS) (7)</p> <p>#27 Identify the needs and concerns of populations with special needs. (7)</p> <p>#28 Examine family and individual health related occupations. (7)</p> <p>#29 Locate and/or utilize family/individual health resources. (7)</p> <p>#40 Locate/utilize resources for populations with special needs. (7) (MC)</p> <p>#45 Examine family living/parenthood related occupations. (4 & 7) (GF)</p>		<p>#22 Evaluate consumer health options.</p> <p>#36 Identify types of sexual abuse and sexual harassment, and intervention options. (13)</p>	<p>#30 Analyze strategies for developing a positive self-concept. (13)</p> <p>#31 Demonstrate alternative ways of effective communication.(1)</p> <p>#32 Describe ways to build good interpersonal relationships with others. (1)</p> <p>#33 Identify risks of sexual activity. (1)</p> <p>#37 Identify and demonstrate response to family problems and crisis (i.e., co-dependency relationships) (1)</p> <p>#39 Develop short and long-term planning, goal-setting and decision-making skills. (1)</p> <p>#41 Develop problem-solving techniques, (1)</p> <p>#42 Identify ways to deal with peer pressure. (1)</p>	<p>#34 Identify the ways to balance work, family, and individual needs. (15) (GF)</p> <p>#38 Identify various family patterns and lifestyles. (6)</p> <p>\$43 Describe ways to strengthen family and relationships. (6)</p>

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<u>Independent Living</u>	#49 Identify consumer rights and responsibilities (i.e. preservation of natural resources and effective complaint procedures). (3) #50 Evaluate advertising, warranties, written contracts and quality of goods and equipment (i.e., consumer fraud schemes). (3) #51 Examine consumer education related occupations. (3) #52 Locate and/or utilize consumer education resources for assistance. (3) (T)	#9 Identify procedures in planning for expenses, saving and managing finances. #11 Apply the principles of management in the home (i.e. prioritizing, planning, delegation, evaluation, time allocation). #48 Determine the decision making process used when calculating expenses, savings, and managing finances (i.e. insurance retirement).			
<u>Housing Decision</u>	#1 Identify recent trends in housing. (11) #2 Explain basic financial and legal aspects of housing in various demographic situations. (11) (G) #3 Evaluate housing alternatives (i.e. safety, performance, quality, cost, efficiency, space and cleanability) (11)	#7 Locate and/or utilize housing, home furnishings, management and equipment resources for assistance.			

#4 Examine design principles and elements.(11) #5 Identify qualities of home furnishings and appliances (i.e. safety, performance, quality, cost, efficiency, space and cleanability. (11) #6 Examine home furnishings-home management related occupations. (11)					

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<u>Portfolio</u>	~Demonstrate employability related skills (10)				
<u>Career Communication</u>	~Explore the relationship between an employee attitude and customer satisfaction. (10) (G) (MC) (GF)				