

CARLISLE AREA SCHOOL DISTRICT

Carlisle, PA 17013

FAMILY AND CONSUMER SCIENCE

GRADE 6

Date of Board Approval: October 20, 2016

CARLISLE AREA SCHOOL DISTRICT

PLANNED INSTRUCTION COVER PAGE

TITLE OF COURSE:	Family and Consumer Science	SUBJECT:	Family and Consumer Science	GRADE LEVEL:	6
COURSE LENGTH:	Marking Period	DURATION:	46 Minutes	FREQUENCY:	Daily
PREREQUISITES:	N/A	CREDIT:	N/A	LEVEL:	N/A

Course Description/Objectives: 6th grade Family and Consumer Sciences introduces students to basic family and consumer science topics of nutrition, food safety and sanitation, food preparation, textile care, and sewing skills. Hands on labs in all areas will be used to create authentic learning opportunities for all students.

Text: n/a

Curriculum Writing Committee: Gail D’Urso Melissa Klingel

COURSE TIME LINE

Unit 1: Nutrition

- Super Foods
- Lifestyles and Balance
- Food Facts Labels

10 days

Unit 2: Food Preparation

- Kitchen Safety and Sanitation
- Measuring Skills
- Reading Recipes
- Food Labs

15 days

Unit 3: Textiles

- Textile Care
- Operation of a Sewing Machine
- Basic Textile Project Construction

20 days

Total: 45 days

KNOW, UNDERSTAND, DO

COURSE:	Family and Consumer Science	TIME FRAME:	10 days
UNIT #1:	Nutrition	GRADE:	6

STANDARDS:

PA Academic Standards: Family and Consumer Sciences

- 11.3.6.C • Analyze factors that effect food choices.
- 11.3.6.D • Describe a well-balanced daily menu using the dietary guidelines.
- 11.3.6.E • Explain the relationship between calories, nutrient and food input versus energy output.

KNOW, UNDERSTAND, DO

COURSE:	Family and Consumer Science	TIME FRAME:	10 days
UNIT #1:	Nutrition	GRADE:	6

<p>UNDERSTANDINGS</p> <p>Good nutrition promotes good health.</p>	
<p>COMMON ASSESSMENTS/CULMINATING ACTIVITY</p>	
<p style="text-align: center;">KNOW</p> <ul style="list-style-type: none"> • Define and identify: super food, whole food, processed food, nutritional density, calorie, fat, -ose terms, sodium • Identify super foods and list their benefits. • Recognize how lifestyles affect caloric demands. 	<p style="text-align: center;">DO</p> <ul style="list-style-type: none"> • Differentiate between whole and processed foods. • Evaluate the impact of super foods in the diet. • Research health benefits of student selected super foods. • Analyze activity levels to determine caloric needs.

KNOW, UNDERSTAND, DO

COURSE:	Family and Consumer Science	TIME FRAME:	15 days
UNIT #2:	Food Preparation	GRADE:	6

STANDARDS:

PA Academic Standards:

- 11.2.6.C • Classify the components of effective teamwork and leadership.
- 11.3.6.B • Describe safe food handling techniques.
- 11.3.6.F • Analyze basic food preparation techniques and food-handling procedures.

KNOW, UNDERSTAND, DO

COURSE:	Family and Consumer Science	TIME FRAME:	15 days
UNIT #2:	Food Preparation	GRADE:	6

UNDERSTANDINGS

Preparation of nutrient-dense foods using appropriate techniques and equipment is an important skill.

COMMON ASSESSMENTS/CULMINATING ACTIVITY

KNOW

- List safety and sanitation procedures for food labs.
- Identify proper uses of kitchen equipment.
- Identify parts of a recipe.
- Recognize important roles in group food labs.

DO

- Follow safety and sanitation procedures in food labs.
- Demonstrate proper measuring techniques.
- Prepare a recipe on a time schedule.
- Demonstrate teamwork and organizational skills.

KNOW, UNDERSTAND, DO

COURSE:	Family and Consumer Science	TIME FRAME:	20 days
UNIT #3:	Textiles	GRADE:	6

STANDARDS:

PA Academic Standards: Family and Consumer Sciences:

- 11.1.6.F • Explain practices to maintain and/or repair consumer goods and services.

National Standards and Competencies for Family and Consumer Sciences:

- 16.4.1 • Demonstrate professional skills in using a variety of equipment, tools, and supplies for fashion, apparel, and textile construction, alteration, and repair.
- 16.4.3 • Use appropriate industry products and materials for cleaning, pressing, and finishing textile, apparel, and fashion products.
- 16.4.5 • Demonstrate basic skills for producing and altering textile products and apparel.

KNOW, UNDERSTAND, DO

COURSE:	Family and Consumer Science	TIME FRAME:	20 days
UNIT #3:	Textiles	GRADE:	6

UNDERSTANDINGS

Maintaining, repairing, and creating textiles products supports family economic stability.

COMMON ASSESSMENTS/CULMINATING ACTIVITY

13” square, machine sewn pillow

KNOW

- List several tips and tricks for laundry procedures.
- Identify safety practices to follow while working on sewing machines.
- Identify, label, and define sewing machine parts.

DO

- Complete one week’s worth of laundry at home.
- Demonstrate grade level mastery of sewing skills by stitching on paper.
- Thread a sewing machine with 100% accuracy.
- Apply sewing machine knowledge and skill mastery to construct a simple project.
- Use basic hand sewing techniques to sew closed the opening of a stuffed item.

Adaptations/Modifications for Students with I.E.P.s

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

INSTRUCTION CONTENT

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

SETTING

- Preferential seating

METHODS

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

MATERIALS

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)