

Hamburg Area School District

Name of Course: Personal and Family Living
Department: Family and Consumer Science

Grade Level: 7th Grade

Instructional Time: 1 Marking Period

Length of Course: Quarter

Period Per Cycle: 6

Length of Period: 56 minutes

Texts and Resources:

You, Living, Learning and Caring, Goodheart-Wilcox, 1997

Internet

Video

Better Homes and Garden's Junior Cookbook

Assessments:

Tests

Quizzes

Projects

Homework

Lab

Classwork

Notebook

Hamburg Area School District
Course Plan
7th Grade Family and Consumer Science

Course Name: Personal and Family Living
Unit: Communication/Careers

Time Line: 5 days

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is communication ? How do we communicate? Why is it important to be a good communicator? What skills are necessary to be a good communicator?	-Identify forms of communication -List skills needed to be a good communicator -List importance of good communication	11.2.9H, 11.2.12H
What are positive/negative ways to communicate? How do personalities affect communication?	-Identify positive and negative forms of communication -Describe personality types and their strengths and weaknesses	11.2.6H, 11.2.9H, 11.2.12H
How do we resolve conflict in relationships? How can we be more assertive? How do we deal with negative behaviors when communicating?	-Identify ways to deal with conflict -List steps to being assertive -Describe how to deal with negative behaviors	11.2.12H, 11.2.9H
How do we properly communicate at job interviews?	-Identify positive and negative skills used when interviewing -Demonstrate positive interviewing skills	11.2.6H, 11.2.9H

**Hamburg Area School District
Course Plan
7th Grade Family and Consumer Science**

**Course Name: Personal and Family Living
Unit: Communication/Careers**

Time Line: 5 days

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What Careers might best suit you?	-Identify various careers -Research and list careers which are best suited for your interests and personality	11.1.3E, 11.1.6E,11.1.9E

Hamburg Area School District
Course Plan
7th Grade Family and Consumer Science

Course Personal and Family Living
Unit: Budgeting/Finance

Time Line:1/2 cycle

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What is a budget? How do we write a budget?	<ul style="list-style-type: none">- Define budget- List the parts of a budget- Write a budget	11.1.6B
Why do we need checking accounts? What information is on a check? How do we write a check? How do we balance a check book?	<ul style="list-style-type: none">-Explain why checking accounts are necessary-List the parts of a check-Write a check-Balance a checkbook	11.1.9B
Where can we put the money we earn? How can we make interest on money we earn?	<ul style="list-style-type: none">-Identify different avenues to invest money when earned-Explain how each avenue makes interest	11.1.6A

Hamburg Area School District
Course Plan
7th Grade Family and Consumer Science

Course Personal and Family Living
Unit: Nutrition

Time Line: 2 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What role does food play in our lives?	<ul style="list-style-type: none">-Define tradition, culture, and diet-Identify roles food plays in our lives-List foods that associate with various activities in our lives	11.3.6D, 11.3.6E
What is MyPyramid. Gov? How can the pyramid guide us to eat healthier? What are the groups in the pyramid and which foods from each group should we eat the most of?	<ul style="list-style-type: none">-Describe the MyPyramid eating system- List the groups in the MyPyramid plan-List the amounts of each group that should be eaten	11.3.6D, 11.3.9D, 11.3.9E, 11.3.3C,11.3.3D
What are the nutrients we find in food? What are the functions of the various nutrients? Which foods provide us with the various nutrients?	<ul style="list-style-type: none">-List the six nutrients-Describe the function of each nutrient-Name sources for each nutrient	11.3.6D, 11.3.6E, 11.3.3E
What are the Dietary Guidelines for Americans?	<ul style="list-style-type: none">-List the Dietary Guidelines for Americans-Describe why the government provides the guidelines for Americans	11.3.6D, 11.3.9D

Hamburg Area School District

Course Plan
7th Grade Family and Consumer Science

Course Name: Personal and Family Living

Unit: Sewing

Time Line: 2 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
What tools are used in the sewing lab? What are the parts of a sewing machine? What are the rules for safely working in the sewing lab?	-Identify sewing tools -Identify parts of a sewing machine -Describe rules necessary for safely working in the sewing lab	16.4.1, 16.4.5
What hand stitches are used to prepare projects and repair apparel?	-Demonstrate proper stitching techniques for preparing projects and repairing apparel.	16.4.5, 16.3.3
Sewing machine use and safety	-Identify safety rules for using a sewing machine - List steps for operating a sewing machine	16.4.1, 16.3.7
Sewing project Preparation	-Complete a sewing project that emphasizes basic sewing Skills, safety techniques, and cost-saving strategies.	16.4.5, 16.4.1, 16.3.7, 16.3.3

Hamburg Area School District
Course Plan
7th Grade Family and Consumer Science

Course Name: Personal and Family Living
Unit: Food Safety/Preparation

Time Line: 2 Cycles

Essential Content/ Essential Questions	Performance Objectives	Standards/Anchors
Why is a clean kitchen necessary? What rules must we follow in the foods lab?	-Identify food lab rules, including safety and sanitation	11.3.9F, 11.3.3B
Why is it important to cook and store foods at the proper temperatures?	-List the appropriate temperatures for cooking and storing foods -Identify illness associated with improper food handling	11.3.9B, 11.3.6B
What tools are used when preparing various recipes? How do we properly measure ingredients? How can we shop more wisely for recipe ingredients?	-Identify kitchen tools used to prepare recipes -Discuss techniques used to shop successfully -List items that effect food pricing -Identify measuring techniques	11.3.6F, 11.3.9F, 11.1.6F,11.1.9F,11.1.12F

Food Preparation	<ul style="list-style-type: none"> -Plan and prepare foods -List food groups and nutrients of foods prepared -Discuss measuring techniques 	11.3.6F, 11.3.9F, 11.3.3F
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