

CURRICULUM GUIDE

Consumer Education

CONSUMER EDUCATION

Consumer Education is a Family and Consumer Science course designed to help middle school students learn the life skills they need to be responsible, productive family and community members. The primary objective of this program is to help students meet the challenges of daily living while providing laboratory experiences that foster leadership and group skills. Units of study include: kitchen safety and sanitation, food preparation, meal planning, measurement, time and money management and value shopping.



Estimate, make and use measurements of objects, quantities, and relationships and determine acceptable levels of accuracy. (State Goal 7)

Students will be able to:

- Demonstrate accurate measuring skills.
- Practice skills and techniques related to measuring.
- Explain how to time meal preparation.
- Describe units of measurement commonly used in recipes.
- Explain how to increase and decrease recipes.

Collect and record data accurately using consistent measuring and recording techniques and media. (State Goal 11).

Students will be able to:

- Identify appropriate equipment to be used for food preparation.
- Explain what equipment is used for.
- Demonstrate appropriate measuring techniques.
- Explain the importance of proper measuring.
- Describe how to work as a team in the foods lab.

Explain routine safety precautions in practical situations. (State Goal 22).

Students will be able to:

- Explain how to identify safety hazards in the kitchen.
- Describe how to prevent kitchen accidents.
- Explain how harmful bacteria make food unsafe.
- Describe how to keep food safe when they work in the kitchen.
- Summarize how to store food properly.

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Explain the effects of health-related actions upon body systems. (State Goal 23).

Students will be able to:

- Explain how to get the nutrients they need.
- Summarize how nutrients work together in the body.
- Explain strategies for making healthy food choices.
- Describe healthy habits that lead to wellness.
- Demonstrate how to use food labels.
- Identify what to consider when planning a menu.
- Describe how to shop wisely.

