

7th Grade Family and Consumer Sciences

- I. Who Am I
 - A. Personal values
 - B. Personality traits
 - C. Ancestry
 - D. Goals

- II. Communication
 - A. Listening skills
 - B. Verbal skills
 - C. Following directions
 - D. Questioning/repeating back
 - E. Digital Citizenship

- III. Career Exploration
 - A. Interests
 - B. Career facts for chosen careers

- IV. Nutrition and Wellness
 - A. Table settings
 - B. Kitchen safety
 - C. Proper measuring techniques
 - D. Proper hand washing
 - E. Reading and following recipes
 - F. Healthy food choices

Instructional Resources

Drive of Your Life website for career exploration <http://www.driveofyourlife.org/>

Choose My Plate website for Nutrition and Wellness <http://www.choosemyplate.gov/>

Assessments

Observations
Quizzes
Tests
Oral Reporting
Demonstration
Simulation
Presentation
Research
Construction
Projects
Discussion

