

**INDIANA FAMILY AND CONSUMER SCIENCES MIDDLE SCHOOL CURRICULUM Framework  
ESSENTIAL UNITS OF STUDY/TOPICS CHECKLIST & PACING GUIDE**

Note that suggested time allocations are provided at two levels in this pacing guide, at the unit level and at the topic level. The time allocations are suggested for weighting and planning purposes rather than rigid expectations. For schools utilizing a project-based approach, it is likely that multiple topics within a unit and/or topics from more than one unit would be integrated into the variety of activities the students participate in. Therefore, variations from the suggested time allocations are expected.

<input checked="" type="checkbox"/>	<b>UNITS OF STUDY</b>	<b>PACING GUIDE GRADES 6, 7, &amp; 8 TOTAL DAYS</b>	
		<b>90 DAYS (MINIMUM)</b>	<b>180 DAYS</b>

	<b>MIDDLE SCHOOL LIFE AND CAREERS</b>	<b>10 DAYS</b>	<b>15 DAYS</b>
	<u><b>M-LC-1 Exploring Self, Family, and Community</b></u> __ M-LC-1.1 <i>Standards and ethics</i> __ M-LC-1.2 <i>Goals, priorities, values</i> __ M-LC-1.3 <i>Aptitudes, abilities, interests, motivations</i> __ M-LC-1.4 <i>Roles, responsibilities, and life events</i> __ M-LC-1.5 <i>Family, career, community, and global connections</i>	4 days	5 days
	<u><b>M-LC-2 Exploring Work</b></u> __ M-LC-2.1 <i>Work and individual identity</i> <u><b>M-LC-2.2 Work ethics and self-management</b></u>	1 days	2 days
	<u><b>M-LC-3 Exploring Careers</b></u> __ M-LC-3.1 <i>Career clusters, career pathways</i> __ M-LC-3.2 <i>Career research</i> __ M-LC-3.3 <i>Career planning, four-year course planning</i>	3 days	5 days
	<u><b>M-LC-4 Decision Making, Problem Solving, and Critical Thinking</b></u> __ M-LC-4.1 <i>Decision-making and planning processes</i> __ M-LC-4.2 <i>Analyzing choices, options, and consequences</i> __ M-LC-4.3 <i>Evaluating information</i>	2 days	2 days
	<u><b>M-LC-5 Using Technology In Personal and Family Settings</b></u> __ M-LC-5.1 <i>Technology integration throughout FACS units and topics</i>	Integrated	1 day plus Integrated

	<b>MIDDLE SCHOOL FINANCIAL LITERACY AND RESOURCES</b>	<b>30 DAYS</b>	<b>40 DAYS</b>
	<u><b>M-FLR-1 Identifying and Managing Resources</b></u> __ M-FLR-1.1 <i>Personal and community resources</i> __ M-FLR-1.2 <i>Time management</i> __ M-FLR-1.3 <i>Consumerism</i> __ M-FLR-1.4 <i>Economics</i> __ M-FLR-1.5 <i>Planning for your future</i>	10 days	10 days
	<u><b>M-FLR-2 Personal and Family Financial Literacy</b></u> __ M-FLR-2.1 <i>Budgeting, spending</i> __ M-FLR-2.2 <i>Banking and financial institutions, electronic banking</i> __ M-FLR-2.3 <i>Cash, checking, saving, and investing</i> __ M-FLR-2.4 <i>Managing credit</i>	10 days	10 days
	<u><b>M-FLR-3 Caring for Resources</b></u> __ M-FLR-3.1 <i>Reading use/care labels and manuals</i> __ M-FLR-3.2 <i>Care, repair, and storage of personal resources</i> __ M-FLR-3.3 <i>Clothing care, repair, stain removal, laundry</i>	8 days	15 days
	<u><b>M-FLR-4 Caring for the Environment</b></u> __ M-FLR-4.1 <i>Product selection and use</i> __ M-FLR-4.2 <i>Reduce, reuse, recycle</i>	2 days	5 days

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		90 DAYS (MINIMUM)	180 DAYS
	<b>MIDDLE SCHOOL NUTRITION AND WELLNESS</b>	<b>30 DAYS</b>	<b>45 DAYS</b>
	<u><b>M-NW-1 Nutrition</b></u> __ M-NW-1.1 <i>Dietary guidelines / “MyPyramid”</i> __ M-NW-1.2 <i>Comparing food intake to recommendations</i> __ M-NW-1.3 <i>Nutrients, nutritional analysis</i> __ M-NW-1.4 <i>Nutrition labels</i> __ M-NW-1.5 <i>Selecting foods at home and away</i>	10 days	15 days
	<u><b>M-NW-2 Food and Wellness Issues</b></u> __ M-NW-2.1 <i>Nutrients essential for optimal development</i> __ M-NW-2.2 <i>Activity and exercise</i> __ M-NW-2.3 <i>Food safety and sanitation</i> __ M-NW-2.4 <i>Wellness issues (for example: obesity, eating disorders, cardiovascular health)</i>	10 days	15 days
	<u><b>M-NW-3 Preparing and Serving Food</b></u> __ M-NW-3.1 <i>Laboratory/kitchen safety and sanitation</i> __ M-NW-3.2 <i>Cooking terms, abbreviations, measurements,</i> __ M-NW-3.3 <i>Interpreting and using recipes</i> __ M-NW-3.4 <i>Techniques and equipment for preparing and serving food</i> __ M-NW-3.5 <i>Teamwork in the foods laboratory</i>	10 days	15 days
	<b>MIDDLE SCHOOL HUMAN DEVELOPMENT</b>	<b>10 DAYS</b>	<b>20 DAYS</b>
	<u><b>M-HD-1 Growing and Changing</b></u> __ M-HD-1.1 <i>Physical, emotional, and social development for early adolescents</i> __ M-HD-1.2 <i>Coping with developmental changes</i> __ M-HD-1.3 <i>Roles and responsibilities</i> __ M-HD-1.4 <i>Dealing with a changing world</i>	3 days	5 days
	<u><b>M-HD-2 Caring for Children and Others</b></u> __ M-HD-2.1 <i>Understanding ages and stages</i> __ M-HD-2.2 <i>Caregiver responsibilities</i> __ M-HD-2.3 <i>Handling emergencies</i> __ M-HD-2.4 <i>Keeping kids safe</i> __ M-HD-2.5 <i>Nutritious foods for children</i> __ M-HD-2.6 <i>Children’s play and toys</i>	6 days	15 days

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		<b>90 DAYS (MINIMUM)</b>	<b>180 DAYS</b>

	<b>MIDDLE SCHOOL RELATIONSHIPS</b>	<b>10 DAYS</b>	<b>20 DAYS</b>
	<u><b>M-R-1 Leadership for Life</b></u> __ M-R-1.1 <i>Leadership skills and styles</i> __ M-R-1.2 <i>Assuming responsibility for choices and actions</i> __ M-R-1.3 <i>Taking risks, overcoming adversity</i> __ M-R-1.4 <i>Character/citizenship, service</i> __ M-R-1.5 <i>Diversity and multiculturalism</i> __ M-R-1.6 <i>Working in a group</i>	2 days	4 days
	<u><b>M-R-2 Communication and Personal Presentation</b></u> __ M-R-2.1 <i>Communication skills and styles</i> __ M-R-2.2 <i>Behavior, etiquette, personal appearance for the occasion</i> __ M-R-2.3 <i>Conflict prevention and resolution</i>	2 days	4 days
	<u><b>M-R-3 Quality Friendships</b></u> __ M-R-3.1 <i>Choices and responsibilities</i> __ M-R-3.2 <i>Appreciating diversity</i> __ M-R-3.3 <i>Peer pressure</i> __ M-R-3.4 <i>Changing relationships</i> __ M-R-3.5 <i>Male/female relationships</i>	2 days	2 days
	<u><b>M-R-4 Positive Family Relationships</b></u> __ M-R-4.1 <i>Roles and responsibilities</i> __ M-R-4.2 <i>Family change</i> __ M-R-4.3 <i>Setting rules, compromising, cooperating</i>	2 days	5 days
	<u><b>M-R-5 Personal Safety</b></u> __ M-R-5.1 <i>Refusal skills</i> __ M-R-5.2 <i>Physical, emotional, and sexual abuse</i> __ M-R-5.3 <i>Unexpected situations</i>	2 days	5 days

<b>TOTAL DAYS FOR FACS ESSENTIAL UNITS OF STUDY</b>	<b>90 DAYS</b>	<b>140 DAYS</b>
<b>ADDITIONAL MIDDLE SCHOOL FACS UNITS OF STUDY AND ACTIVITIES</b>	<b>0 DAYS</b>	<b>40 DAYS</b>
<b>TOTAL DAYS</b>	<b>90 DAYS</b>	<b>180 DAYS</b>