**FACS ~ Power Standards: Sixth Through Eighth Grade**

PS = Power Standard, LT = Learning Targets

***\*\*\*Character Education***

**PS 1 Demonstrate problem-solving and decision making skills**

LT 1 Identify the problem(s)

LT 2 Understand decision making styles

LT 3 Apply appropriate decision making styles for possible solutions

**PS 2 Demonstrate communication skills and strategies to effectively present ideas and one’s self in a variety of situations.**

LT 1 Apply skills to plan and organize effective oral communication and presentation

LT 2 Apply skills and strategies for the non-verbal and verbal communication

LT 3 Apply listening skills associated with communication styles

**PS 3 Demonstrate leadership and employability in school, community, and workplace settings.**

LT 1 Demonstrate leadership and team work skills in school, community and workplace settings

LT 2 Demonstrate job seeking and job keeping skills including volunteering

**PS 4 Identify and analyze factors that affect adolescent growth and development.**

LT 1 Examine physical, intellectual, emotional, and social changes of adolescence

LT 2 Analyze interrelationships among family, peers, school, and community as they influence adolescent development

LT 3 Examine various roles and responsibilities of the adolescent related to diverse individual and family characteristics

LT 4 Evaluate strategies used to address challenges faced in adolescence such as dating, peer pressures, bullying, etc

LT 5 Explore community based support services that assist adolescents

LT 6 Evaluate interest and identify opportunities related to supporting positive development

**PS 5 Analyze the importance of personality on relationships.**

LT 1 Analyze the effects of personal characteristics on relationships

LT 2 Analyze the effects of self-esteem and self-image on relationships

**PS 6 Analyze functions and expectations of various types of relationships.**

LT 1 Analyze processes for building and maintaining interpersonal relationships

LT 2 Demonstrate skills for communicating effectively in different relationships

LT 3 Analyze factors that contribute to healthy and unhealthy relationships

**PS 7 Evaluate effective conflict prevention and management techniques.**

LT 1 Analyze the origin and development of attitudes and behaviors regarding conflict

LT 2 Explain how similarities and differences among people affect conflict prevention and management

LT 3 Demonstrate nonviolent strategies that address conflict

**PS 8 Identify and analyze types of stress and coping strategies for various situations.**

LT 1 Identify types of stress, their causes and analyze how it relates to health, social development, cognitive development (school-learning), etc

LT 2 Identify ways to prevent and cope with stress

***\*\*\*Sewing***

**PS 1 Identify and demonstrate skills for hands-on activities related to clothing and textiles.**

LT 1 Demonstrate threading and knotting thread and hand sewing needle

LT 2 Practice hand sewing basic stitches for project construct

LT 3 Demonstrate hand sewing a button

**PS 2 Follow safety standards when using and identifying small sewing equipment.**

LT 1 Understand and practice safety procedures when sewing

LT 2 Name and use basic sewing equipment

LT 3 Apply safe pinning, cutting and sewing skills on an assigned project

**PS 3 Demonstrate skills needed to produce, alter or repair textile and apparel products.**

LT 1 Explain the purpose of and use a variety of equipment, tools, and supplies for apparel and textiles construction, alteration, and repair

LT 2 Describe and demonstrate basic skills for producing and altering textiles products and apparel

LT 3 Understand basic clothing and textile repair

LT 4 Explain the ways in which fiber, fabric, texture, pattern, and finish can affect visual appearance

LT 5 Apply basic and complex color schemes and color theory to develop and enhance visual effects

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| **PS 4 Demonstrate the ability to use and care for the sewing machine** |  |

LT 1 Identify the parts of a sewing machine and their functions

LT 2 Demonstrate how to correctly thread the sewing machine

LT 3 Demonstrate how to wind and insert a bobbin into the sewing machine

LT 4 Practice the proper/safe usage of a sewing machine

**PS 5 Develop skills for care of clothing and textiles**

LT 1 Identify information on garment hangtags and care labels to determine proper care

LT 2 Determine care of fabric and/or garment based on upon fabric type ie, fiber content and finish

LT 3 Understand the uses and parts of a washing machine and dryer

LT 4 Demonstrate laundry skills and proper use of equipment in home laundry

LT 5 Demonstrate how to sort clothing and pre-treat stains

LT 6 Demonstrate how to select appropriate laundry products for various garments

***\*\*\*Food, Nutrition, and Wellness***

**PS 1 Demonstrate food safety and sanitation procedures.**

LT 1 Practice good personal hygiene/health procedures including dental health and weight management, and minor symptoms of illness

LT 2 Demonstrate safe food storage, handling, and preparation techniques that prevent cross-contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between other food products

LT 3 Determine conditions and practices that promote safe food handling, prevent food borne illness, and preserve food quality

LT 4 Demonstrate proper use of current types of cleaning materials and sanitizers with awareness of safety hazards

**PS 2 Demonstrate nutrition and wellness practices that enhance individual and family well-being.**

LT 1 Plan and prepare drinks, snacks and meals to promote healthy food and beverage consumption

LT 2 Identify regulations, conditions, storage, and preparation practices that promote safe food handling, prevent foodborne illness, and preserve food quality

LT 3 Arrange food patterns and meals that encourage socialization

LT 4 Integrate knowledge, skills, and practices required for individual and family food choices and preparation

**PS 3 Integrate knowledge, skills, and practices required for food production, food science, dietetics, hospitality, and recreation**

LT 1 Practice and plan appropriate table setting practices and service plans for various types of meal service functions

LT 2 Demonstrate teamwork and leadership skills, such as positive communication, self-initiative, time management, and task sharing in working kitchen lab settings

LT 3 Understand and explain the roles, duties and functions of individuals engaged in food production and service careers

**PS 4 Demonstrate the proper use of food service equipment.**

LT 1 Identify cooking and baking equipment, its uses and proper maintenance

LT 2 Identify dining utensils and various server tools

LT 3 Demonstrate various service and presentation styles and techniques

LT 4 Practice correct equipment selection necessary for specific kitchen tasks

**PS 5 Identify the components and demonstrate the functions of a standardized recipe.**

LT 1 Identify the components and functions of a recipe and convert recipe yields to smaller and larger quantities

LT 2 Demonstrate the use of common liquid and dry measuring tools

LT 3 Understand the steps included in a recipe

LT 4 Identify various types of recipes including layout, design, and terminology

LT 5 Practice writing recipes for a cook book project

LT 6 Analyze recipe/formula proportions and modifications for food production

**PS 6 Demonstrate professional food preparation methods and techniques for all kitchen lab projects to produce a variety of food products**

LT 1 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.

LT 2 Demonstrate knowledge and basic skills needed for food preparation in the kitchen lab

LT 3 Demonstrate preparation techniques for various food categories

LT 4 Define appropriate cooking terminology when reading and following a recipe lab sheet

LT 5 Apply appropriate cooking terminology when reading and following a recipe lab sheet