

Schoenbar Middle School
7th Grade Life Skills

Course Description

This class will assist students in understanding themselves and others, promote cooperative learning, and engage students in hands-on activities to further encourage and develop independent living skills. This class will be one quarter long and includes the following subject matter: group processing skills, cooperative learning, kitchen safety and sanitation, food borne illness, nutrition and fitness, manners and etiquette, meal planning and preparation, wardrobe selection and maintenance, home design, budgets, and consumer math.

1. Students will be able to understand and use basic skills to establish and maintain working relationships

Students will:

- 1.1 Identify six negative personality traits
- 1.2 Identify positive people skills
- 1.3 Display positive attitude with others
- 1.4 Accept supervision and positive criticism
- 1.5 Participate cooperatively with others
- 1.6 Demonstrate teamwork
- 1.7 Assume responsibility for own decisions and actions

2. The student will be able to work safely and cooperatively in the kitchen

Students will:

- 2.1 Follow basic safety and sanitation practices
- 2.2 Name and identify common kitchen tools and equipment
- 2.3 Use all equipment and supplies in a safe manner
- 2.4 Follow oral and written directions for the use of equipment
- 2.5 Maintain order in the kitchen
- 2.6 Clean and maintain equipment

3. The student will understand the basic skills of food preparation

Students will:

- 3.1 Demonstrate the ability to use basic measurements
- 3.2 Read and follow basic recipes
- 3.3 Adapt recipes (double, halve, etc.)
- 3.4 Adapt standard measurement to metric measurement
- 3.5 List appropriate table manners and accepted rules of etiquette
- 3.6 Be able to perform non-cooking aspects of food preparation including setting the table, washing the dishes, appropriate food storage, storing equipment and supplies

4. The student will understand and be able to use recommended guidelines for a healthy diet and to recognize appropriate activity levels to maintain fitness

Students will:

- 4.1 Memorize the basics of the food guide pyramid
- 4.2 Know the daily food requirements from each group
- 4.3 Be able to plan meals using the pyramid as a guide

- 4.4 Be able to make healthier food choices by substituting nutritious items for non-nutritious foods
- 4.5 Recognize the high fat and sodium content of fast food items and learn how to make healthier choices using fast food menus
- 4.6 Be able to read and interpret menus in order to make healthy restaurant selections
- 4.7 Read and interpret food labels
- 4.8 Identify appropriate serving sizes
- 4.9 Calculate calories per serving

5. The student will be able to perform basic consumer math applications

Students will:

- 5.1 Calculate percent to figure appropriate tips
- 5.2 Adapt recipes by adding, subtracting, and dividing fractions
- 5.3 Calculate salary and estimate deductions in order to arrive at an estimated income
- 5.4 Write simple budgets
- 5.5 Compare prices using unit pricing
- 5.6 Calculate square feet
- 5.7 Perform simple scale drawings
- 5.8 Identify and design efficient room designs
- 5.9 Draw simple bird's eye view drawings like floor plans using knowledge of organization, sanitation, and scale

6. The student will be able to participate in the selection and maintenance of an appropriate wardrobe

Students will:

- 6.1 Write a budget and shop within a budget
- 6.2 Identify possible pitfalls of sales and sale items
- 6.3 Identify "fad" fashions
- 6.4 Sort and launder their own clothes
- 6.5 Perform simple wardrobe repairs (buttons, seams, hems)
- 6.6 Interpret care labels
- 6.7 Recognize the importance of climate and function when selecting articles of clothing
- 6.8 Identify appropriate and inappropriate clothing for different scenarios

7. The student will understand the role and responsibilities of consumers

Students will:

- 7.1 State the rights and responsibilities of a consumer
- 7.2 Write a consumer complaint letter
- 7.3 Write a consumer compliment in letter form

Desired Affective Outcomes:

- Demonstrate skills necessary for cooperative planning and participation
- Demonstrate skills necessary to make informed choices concerning nutritional health
- Recognize the importance of physical activity to maintain wellness
- Maintain their own wardrobe
- Perform consumer math functions
- Demonstrate skills necessary to become an informed consumer

Major Activities:

- Cooperative group activities
- Kitchen lab experiences
- Lecture
- Food Pyramid activities
- Designing personal spaces
- Creating a budget
- Comparison shopping
- Planning balanced menus
- Selected videos
- “The Fast Food Lane” video
- Reading and interpreting menus
- Various writing projects that support the curriculum
- Various math tasks
- Guest speakers

Instructional Materials:

- Kitchen equipment and supplies
- Food Pyramid workbooks published by the American Dairy Council
- Videos

Technology Resources:

- TV/VCR/DVD
- Calculators
- Computers and internet use
- Overhead projector