

UNIT I:**Learning About Yourself — 6 LESSONS**

- » Balancing Family, Friends, School
- » Being Responsible
- » Skills for Workplace Success
- » Exploring Career Options

NATIONAL STANDARDS:

- 1.1** — Analyze strategies to manage multiple roles and responsibilities
- 2.1.1** — Apply management and planning skills and processes to organize tasks and responsibilities.
- 2.1.2** — Analyze how individuals and families make choices to satisfy needs and wants.

UNIT II:**Caring for Children — 4 LESSONS**

- » Child Safety
- » Basic Babysitting Skills

NATIONAL STANDARDS:

- 4.1** — Analyze career paths within early childhood, education & related services.
- 4.4** — Demonstrate a safe and healthy learning environment for children.
- 4.5.2** — Demonstrate problem-solving skills with children.
- 4.5.3** — Demonstrate interpersonal skills that promote positive and productive relationships with children.

UNIT III:**Working in the Kitchen — 12 LESSONS**

- » Safety & Sanitation
- » Kitchen Equipment
- » Understanding Recipes
- » Cooking Experiences
- » Healthy Eating

NATIONAL STANDARDS:

- 8.1** — Analyze career paths within the food production and food services industries.
- 8.2** — Demonstrate food safety and sanitation procedures
- 8.2.7** Demonstrate safe food handling and preparation techniques that prevent cross contamination.
- 8.3.5** — Demonstrate procedures for safe and secure storage of equipment and tools.
- 8.3.6** — Identify a variety of types of equipment for food processing, cooking, holding, storing and serving.
- 8.5.4** — Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods.
- 8.5.11** — Prepare breakfast meats, eggs, cereals and batter products using safe handling and professional preparation techniques
- 9.4.1** — Analyze nutritional needs of individuals

UNIT IV: Fashion, Sewing, Decorating — 10 LESSONS

- » Care and Selection of Clothes
- » Sewing Basics
- » Machine Projects
- » Decorating My Room

NATIONAL STANDARDS:

- 2.1.4** — Apply consumer skills to providing and maintaining clothing.
- 16.4** — Demonstrate skills needed to produce, alter, or repair fashion, apparel, and textile products.
- 2.1** — Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time and human capital.
- 11.4.4** — Arrange furniture placement with reference to principles of design, traffic flow, activity, and existing architectural features.