

MURPHY JHS

FAMILY & CONSUMER SCIENCE 7TH GRADE 10 WEEK COURSE

Students are enrolled in a 10 week Family and Consumer Science class which is an exploratory course that allows students to engage in hands-on activities. Through these activities we hope to create students who will become valuable members of their families and community.

COURSE OVERVIEW

Personal Development:

- Values, skills, talents, self-esteem, decision making, goals, resources
- Learning effective skills in making decisions, solving problems and setting personal goals

Food and Nutrition:

- “What can I eat?” “How to choose and prepare foods”
- “Why is nutrition important for living a long and healthy life?”
- Kitchen safety and sanitation, equipment, measurements, ingredients, recipes
- Food preparation; recipe reading and extending, market orders, lab work, evaluating.
- Nutrient research, food guide pyramid,
- PUTTING IT ALL TOGETHER

Community Service:

- Each class is involved in a valuable community service learning experience

Quarterly Grade:

- Food labs (reflects 6 labs @10% each) 60%
- In- class activity assessments (includes worksheets, quizzes reflections) 40%