



Family and Consumer Sciences Instruction in the West Shore School District

The West Shore School District Family and Consumer Sciences Education course was developed to help students understand the basic skills related to financial management, child development, family relations, and food and nutrition. Students will learn basic strategies and life skills for lifelong development as it relates to becoming a positive citizen within our society. Upon successful completion of the course, students will be able to incorporate components of the course within their everyday life routines. Students will take away strategies and knowledge gained through the active participation in the Family and Consumer Sciences course.

Best Practices in Family and Consumer Sciences:

- Research related to spending and saving, shopping skills, consumer rights and responsibilities, and money management.
- Identify how families come in many forms. Discover the family life cycle and the stages related to family growth.
- Observe and analyze the development of children.
- Research how children develop in stages and learn through play and interaction.
- Students will study and work in cooperative learning groups to identify best practices in child safety in the home environment and outdoors.
- Student will understand how reading is an essential part of child development.
- Students will explore and use the dietary guidelines from “MyPlate” to promote a balanced diet. Parent resources list the link for exploration of the items listed above.
- Students will work to promote an understanding of wellness through physical and mental health. Students will understand the importance of exercise and nutrition.

Skills and Concepts:

- Reading and writing strategies
- Financial resource management
- Understanding the dynamics of families
- Comprehension of child development throughout the life cycle
- Development of using strategies to understand and utilize food and nutrition concepts

Standards:

11.1: Financial and Resource Management
11.2: Balancing Family, Work, and Community Responsibility
11.3: Food Science and Nutrition
11.4: Child Development
PA Standards 11.1-11.4

Assessments:

WSSD utilizes a variety of assessments to monitor student growth and achievement within the 7th grade Family and Consumer Sciences. Our teachers engage in daily informal formative assessments to make timely decision about whether a student understands the material and concepts being presented. We also utilize several summative assessments to determine if a student has mastered grade level skills and standards.

Some of the assessment utilized are:

- Written homework
- Classwork
- Projects
- Written tests and quizzes
- Oral presentations
- Participation and preparation

Materials and Resources:

- “Discovering Life Skills” textbook (McGraw Hill)
- “Discovering Life Skills” Student Activity Workbook
- DVD/VHS materials related to subject content area
- Access to online resources



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Parent Resources:

[Standards](#)

[Choose My Plate](#)