

Hingham Middle School
Curriculum Summary
Family & Consumer Sciences I
Grade 7

Descriptive Overview

This course introduces students to the world of Family and Consumer Sciences (formerly Home Economics). It is the students' first exposure to this program and the beginning course from which all others are derived. Family and Consumer Sciences focus on learning for living. This is a hands-on, exploratory course for students to learn basic life skills in kitchen management, food preparation, nutrition, meal-planning, sewing, textiles and clothing construction.

Goals

The goal of this course is to provide students with the basic knowledge, skills and experiences necessary to develop a sound foundation in several areas of Family and Consumer Sciences. An interdisciplinary approach is used to put into practical use knowledge learned in this class and other classes such as math skills for measuring both food and fabric; science skills for food preparation and nutrition; language skills for communication and reading, and following directions both in recipes and sewing.

Objectives

1. To develop safe, sanitary and efficient work habits in a kitchen setting while preparing a variety of breakfast foods.
2. To learn the importance of good nutrition and personal health by studying the "new" food pyramid and food labels.
3. To develop the ability to plan, prepare and present a well-balanced meal.
4. To learn basic clothing construction techniques of both hand and machine sewing.

Instructional Model

At the middle school level, instruction is designed to provide creative, practical hands-on learning. Project based laboratory experiences allow students to learn by doing. Teaching strategies vary to provide student centered learning which include teacher demonstrations, audio-visual presentations, cooperative group work, and self-exploration.

Assessment

Student evaluation is based on the following assessment tools; quizzes, projects, class work and participation, and laboratory experiences. Self evaluation and lab rubrics are also incorporated into the assessment process. Term grades are based on a point system.

Hingham Middle School
Curriculum Summary
Family and Consumer Sciences II
Grade 8

Descriptive Overview

Family and Consumer Sciences II is a reinforcement of techniques and principles learned in Family and Consumer Sciences I. Students will gain new knowledge and understanding in the following areas: Safety and sanitation, food preparation, nutrition, clothing construction and child care.

Goals

The goal is to provide students with basic life skills. Students learn how to read and understand a recipe, make healthy choices, work as a team, and manage time and resources. Individual and group projects are assigned in both foods and clothing. All units of study help to promote self-esteem, self-confidence and independence.

Objectives

1. To develop an understanding of the importance of diet in everyday living.
2. To develop a realization that good nutrition is basic to good health.
3. To develop knowledge and ability to use the basic terms and principles of food cookery.
4. To develop the ability to plan, prepare, and present a simple lunch.
5. To develop the ability to perform fundamental techniques in clothing construction including following simple pattern directions and making simple clothing repairs.
6. To develop an understanding of the physical, social, emotional, and intellectual development of young children and how play and good health contribute to their development.

Instructional Model

Students are introduced to the world of Family and Consumer Science in a creative hands-on approach. Knowledge learned in other disciplines is applied to practical lab experiences. Students work in groups as well as individually to create a finished product. Teaching strategies vary to include demonstrations, media information, technology research as well as lectures.

Assessment

Student evaluation takes on a variety of forms; quizzes, lab rubric and class participation are the major methods of assessment. Individual folders are maintained and yield samples of assigned work. All students work independently and cooperatively with others and may be assessed as a group. Opportunities for extra credit are always available.