

7th Grade Family and Consumer Science



Instructor: Miss Moll room 130

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Course Description:

The purpose of 7th grade FCS is to prepare students for their life outside of the classroom by learning important life skills. During our time together students will build on concepts introduced to them in 6th grade FCS, as well as being introduced to new concepts that will prepare them for their everyday life. Some of the topics that will be covered include:

- * Kitchen Safety
- * Babysitting
- * Food Shopping & Storage
- * Recipe Terminology
- * Peers and Decision Making
- * Families

Course Concepts:

1. Foods and Nutrition
2. Child Development
3. Human Development
4. Functions of the Family
5. Developing Relationships

LifeSkills/ Character Education:

This year we will be building on the Lifeskills training program that was taught in 6th grade. This program is used to promote health and personal development. Topics this year will include: drug abuse and violence, making decisions, media influences, coping with anxiety, communication skills, social skills, assertiveness, and resisting peer pressure

Cooking:

We will cook several times in FCS. Our first cooking activity is scheduled soon!... but, only if you've earned it. I need you to remember that cooking is a privilege in FCS. Students who do not follow directions and act appropriately will not be allowed to cook. Next time we'll discuss appropriate kitchen behavior and what is expected of you when you cook. I implement a 3 strike policy for every student. 3 strikes in FCS= no cooking (for the next cooking activity).

Here is a look at what we will be cooking in FCS:

- Pepperoni and Cheese Breadsticks
- Beef Nachos
- Veggie Quesadillas
- Baked Ziti
- * Brownies
- * Chocolate Chip Cookies
- * French Toast & Sausage
- * Homemade Pizza

Expectations:

Students in the FCS class are expected to:

- Always bring your pen/pencil and a silent reading book to class
- Be respectful and speak kindly
- Be responsible
- Follow all directions carefully
- Work cooperatively with group members and the teacher

Grading:

- 95% Daily Grades~ daily work, participation, cooking labs
- 5% Civil Rubric~ preparation, productivity, citizenship

If you follow directions the first time, show respect to the teacher and each other, and behave like young ladies and gentlemen, we will have a great time in FCS! I am looking forward to getting to know each and every student!

Sincerely,

Miss Moll

Let's get
COOKING