

SEVENTH GRADE FAMILY AND CONSUMER SCIENCE PROGRAM

Family and Consumer Science is required for all students in seventh and eighth grades at Middlesex. Classes meet five days per week for one marking period of the school year. During the two year sequence, students will learn skills to better manage their lives and develop an understanding of the interactions between people in various kinds of relationships. Each year's program is divided into several units, but the theme of healthy life choices is common to all.

The seventh grade program explores health in many facets: physical, mental, and emotional. Students will examine the many meanings of "good health" and learn how to make choices that will ensure their continued individual good health. Self-esteem is examined and depicted through completion of a pillow project; this project will involve the use of the sewing machine as well as hand sewing. Communication skills, decision making, goal setting and advocacy skills are developed through a variety of activities. Information related to substance abuse prevention, including accurate information about abused substances and analysis of influences that may encourage substance abuse are discussed. The foods and nutrition unit will cover the basics of wise food selection and preparation. Safe and sanitary handling of food and equipment, as well as proper measuring techniques will also be practiced.

Since no textbook is used, students are required to keep a notebook. This should be a separate, pocket-style folder kept exclusively for Family and Consumer Science materials. Students are expected to keep all hand-outs distributed in class, completing these as appropriate. Notebooks will be checked and graded periodically.

Class attendance is very important to ensure success in this course. Students will be excused for regularly scheduled music lessons, but NOT make-up lessons. Students who miss class for ANY reason (excused absences, field trips, etc.) will be expected to make up the work missed.

Grades will be determined by:

- assembly and completion of notebook**
- demonstration of specified skills**
- foods lab grades**
- quizzes**
- substance report**