

# Grades 3 to 5

## Food Science and Nutrition

**A** Demonstrate knowledge of techniques used to evaluate food in various forms. 11.1.3-5.A

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**B** Describe safe food-handling techniques 11.1.3-5.B

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**C** Establish factors that affect food choices. 11.1.3-5.C

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**D** Identify components of a wellbalanced meal. 11.1.3-5.D

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**E** Demonstrate measurement skills used in food preparation. 11.1.3-5.E

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**F** Describe the use of common cooking tools and equipment. 11.1.3-5.F

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**G** Understand and identify the physical changes that occur during food preparation. 11.1.3-5.G

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**H** Describe a well-balanced daily menu using the current USDA dietary guidelines. 11.1.3-5.H

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**i** Describe the relationship between food input and energy output. 11.1.3-5.I

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**J** Describe career choices within food services. 11.1.3-5.J

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## Resource Management

**A** Explain the decision to use or not use resources based on resource availability and sustainability. 11.2.3-5.A

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**B** Develop planning skills to organize individual and family resources and responsibilities. 11.2.3-5.B

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**C** Explain the importance of organizing space for efficiency. 11.2.3-5.C

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**D** Identify information in care instructions, safety precautions, and recommended use of consumable goods. 11.2.3-5.D

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**E** Select clothing for specific tasks and/or environment. 11.2.3-5.E

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**F** Select proper laundering methods for clothing and other textiles. 11.2.3-5.F

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**G** Identify career choices in the field of Family and Consumer Sciences. 11.2.3-5.G

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## Human Development, Family, and Relationships

- A Compare how different cultures meet family responsibilities within various family structures.** 11.3.3-5.A

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- B Identify the characteristics of the stages of the family life cycle.** 11.3.3-5.B

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- C Describe positive and negative interactions within patterns of interpersonal communication.** 11.3.3-5.C

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- D Describe how areas of development impact human growth across the life cycle.** 11.3.3-5.D

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- E Identify career and work choices within family and human services.** 11.3.3-5.E

## Education and Early Childhood Development

- C Establish the characteristics of a healthy learning environment.** 11.4.3-5.C

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- D Identify health and safety needs for children at each stage of child development.** 11.4.3-5.D

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- F ESTABLISH RELATIONSHIPS THAT ARE POSITIVE AND SUPPORTIVE OF OTHERS.** 11.4.3-5.F

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- G IDENTIFY CAREER AND WORK CHOICES WITHIN EDUCATION AND EARLY CHILDHOOD.** 11.4.3-5.G

## Personal Finance and Consumer Skills

- A Explain consumer rights and responsibilities:** 11.5.3-5.A
  - 1 To be safe, 11.5.3-5.A.1
  - 2 To be informed, 11.5.3-5.A.2
  - 3 To be heard, 11.5.3-5.A.3
  - 4 To choose, 11.5.3-5.A.4
  - 5 To redress. 11.5.3-5.A.5

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- B Define the difference between a short-term and long-term goal.** 11.5.3-5.B

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- D Explain the relationship between work and income within the family.** 11.5.3-5.D

## Career, Community, and Family Connections

- A Identify the importance of routines and schedules while differentiating between short and long-term goals.** 11.6.3-5.A

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- B Classify the components of effective teamwork and leadership.** 11.6.3-5.B

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- C Describe the roles of technology within the family and community in maintaining a safe and healthy living environment.** 11.6.3-5.C

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- D Identify the public and nonpublic services that are available to serve families within the community.** 11.6.3-5.D