



**CAREER & TECHNICAL EDUCATION
CURRICULUM ADOPTION PROPOSAL (CAP)
REPORT
FAMILY AND CONSUMER SCIENCES
APRIL 2016**

Background of FACS Programming in BHM Schools

Family and Consumer Sciences (FACS) is the comprehensive body of skills, research and knowledge that helps people make informed decisions about their well being, relationships and resources to achieve optimal quality of life. The field represents many areas, including human development, personal and family finance, housing and interior design, food science, nutrition and wellness, textiles and apparel and consumer issues. Family and Consumer Sciences has been supporting individuals and families for over 100 years.

FACS is unique--FACS provides an educational foundation that weaves together a practical understanding of all of the core academic areas. Through hands-on opportunities, students experience real life situations and learn to problem-solve.

Family and Consumer Sciences teachers have been prepared to focus their perspective to think of content as something to think with rather than simply as something to be acquired, and that the role of students as users and developers of knowledge. The problem-focused, process-oriented approach of FACS courses recognizes that:

- Family life is significantly related to other arenas of life, such as work life and civic life.
- FACS is relevant for all students regardless of socioeconomic status, college and career plans, or the school curriculum pursued. The ability to reason that is necessary for our complex and challenging lives and the ability to understand its complexity, do not “come naturally” as often assumed.

FACS teachers in the Buffalo-Hanover-Montrose school district continuously monitor the needs of families nationwide, in Minnesota, and in our communities through active involvement in professional associations, teacher leader groups, and research journals. The FACS Advisory Committee of local business and community members provides trend data and shares expectations and needs in employees they hire. Curriculum offerings are adjusted to address the practical questions affecting adolescents and families. Students in our district benefit from FACS curriculum

throughout middle and high school. Most courses are one quarter in length.

FACS Course Descriptions

BHM Schools offers seven elective FACS courses at the high school; two required and two elective courses at the middle school. All 7th graders are enrolled in the required FACS foods and nutrition course and the FACS 8 course includes personal finance, textiles, and healthy relationships. Elective FACS classes at the high school generate higher registration requests than space allows. Instructional materials were last updated for the FACS department courses in 2006.

Middle School Required Courses

- **FACS 7** - Family and Consumer Sciences is a quarter long class that focuses on Food and Nutrition. Topics covered in this class are Introduction to the Kitchen, Food Safety, Science of Baking, Nutrition and Family connections with food.
- **FACS 8** - This is a quarter long class that covers three distinct units:
 - State-required career exploration and beginning finance skills
 - Technical reading skills and Science, Technology, Engineering, Arts, and Math (STEAM) concepts through a textile construction project
 - Healthy relationships curriculum that encourages students to make well thought out decisions about all types of interpersonal relationships

Middle School Elective Courses

- **Foods 101** - This lab-based elective takes students one step beyond FACS 7. This course focuses on Meal Planning, Food Science and Healthy Fast Food Options. Topics may include: grocery shopping, appetizers, main course, desserts and yeast breads.
- **Textile Discovery** - In this class students explore the world of textiles through research as well as project-based learning. Students have the opportunity to learn about and work with different materials and fibers as they learn new skills and techniques in crocheting, knitting, quilting and sewing. Students select a final project of their choosing.

High School Elective FACS Courses and College Credit Offerings

College in the Schools (CIS) approved courses provide high school students with college-level curriculum and credits at no cost. As of 2002, these credits easily transfer to any of the Minnesota State Colleges and Universities. Courses that offer Articulation Credit benefit the student only if the

student enrolls in that school.

- **CIS Child Growth and Development** (New for 2016-17)

3 Curriculum Transfer Credits with Hennepin Technical Center

Do you work with children? Have nieces and nephews? Planning a career that associates with families and children? Learn about major developmental milestones from birth through adolescence in the areas of physical, emotional, social, intellectual and moral development of infants, toddlers, preschool, and school-age children. Experience the responsibility of parenting when you take home a computerized infant simulator. The class will combine classroom and online learning. Students must have a computer and internet access outside of class time.

- **CIS Introduction to Early Childhood** (New for 2016-17)

3 Curriculum Transfer Credits with Hennepin Technical Center

Thinking about a career working with children? You'll be observe firsthand and compare different types of early childhood programs. Learn about the role and responsibilities of those who serve children and families in professional settings. What techniques work well for communicating with families and involving parents? What teaching practices support diversity? Explore the early childhood profession and search career opportunities where you can impact children and families.

- **Personal Financial Management** (Pursuing CIS credit for 2017-18)

3 Articulation credits through St. Cloud Tech. & Comm. College

Do you have the skills and resources to live on your own? This course will explore the financial facts of life. Learn how to:

*Develop and follow a personal budget.

*Grow your money through compounding interest.

*Rent an apartment.

*Get

and use credit wisely.

*Buy a car.

*Purchase a home.

*File a tax return.

*Plan the future you want.

Additional topics include insurance, banking services, payroll deductions, careers, how personal values impact financial decisions, and how money issues affect relationships and families.

- **Senior Strategies**

The responsibilities of living on your own for college or working full-time can be scary. Senior Strategies prepares 12th graders for “the real world”. Topics include: Cooking simple healthy meals; finding a place to live and signing a lease; budgeting, saving for college, and reaching financial goals; dealing with roommate issues; designing your living space in a dorm or apartment; organizing important documents; time and stress management strategies, and taking care of your clothes. Start out on the right path to independence and you will face college life and beyond with confidence!

- **Creative Foods** (Level 1)

If you enjoy cooking and eating, this class is for you. Learn basic cooking methods using nutritional ingredients in homemade cliff bars, pasta, stir fry, and omelets. Get a taste of baking basics and enjoy cookies, banana bars, apple muffins, and baked pancakes with sautéed apples. Explore a variety of vegetables that maybe you’ve never heard of. Be a savvy consumer when you understand the nutrition facts label to compare food products. Use the computer to analyze your food eating habits. You’ll enjoy the variety of experiences in this beginning level foods class.

- **Gourmet Foods** (Level 2)

This course is designed for students interested in continuing to learn food preparation methods and techniques. Continue developing your cooking and baking skills through a variety of regional favorites including soups, meats, poultry, cake decorating and pies. Class includes a study of healthy eating.

- **Hospitality Foods** (Level 3)

1 Articulation credit for ServSafe Certification through St. Cloud Tech. & Comm. College.

Do you have a passion for food? Learn the art and science of cooking and baking when you prepare sandwiches, appetizers, specialty breads, pastries, fondant-decorated cakes, and specialty desserts. Through a food project competition you will identify food trends and create an original recipe. Unique marketing projects are different each year.

When you complete this course, you will have completed the hospitality industry approved ServSafe Food Safety and Sanitation Certification program and can take the exam in class.

- **Sew Creative**

Did you know that when you sew you are actually developing engineering skills? Use basic sewing skills to create current clothing fashions, bags, and accessories. Use technology to

personalize your project using the computerized Embroidery Sewing Machine and Embellisher. Use a Serger to professionally finish seams. Students should be creative, patient and have an eye for detail. Project materials are provided by the student.

Standards

BHM FACS courses are aligned with the following Minnesota statutes, Minnesota frameworks, and National FACS and Jump\$tart standards:

[Planning for students' successful transition to postsecondary education and employment](#) is a Minnesota State statute. The 8th grade required Family and Consumer Sciences class assists students in developing their personal learning plans (PLPs) through career exploration which is the foundation for further exploration at the high school level. Career readiness and soft skills continue to be developed in all of the high school level FACS classes.

[National Family and Consumer Sciences standards](#) were established in the 1990s with leadership from the National Association of State Administrators for Family and Consumer Sciences.

The national FACS standards address four processes that students need to develop:

1. Critical Thinking (through reasoning for action);
2. Communication (through interpersonal relationships);
3. Leadership (also through interpersonal relationships); and
4. Management (through the consumer and family resources and related content standards).

The process and knowledge standards were established to “empower individuals and families across the lifespan to manage the challenges of living and working in a diverse global society.” The standards are addressed by approaching problems through real-world scenarios, asking critical thinking questions to foster reasoning, and linking academic and FACS content in teaching.

[Minnesota Academics/Frameworks Standards--CTE: Family and Consumer Sciences](#)

The Minnesota Department of Education released the new Family and Consumer Sciences Frameworks in 2015 that show the suggested structure of what FACS curriculum should be in Minnesota.

The [National K-12 Personal Finance Jump\\$tart Standards](#) are created by the Jump\$tart Coalition

for Personal Financial Literacy. The standards list personal finance knowledge and skills all K-12 students possess.

Summary of Process for Review of Instructional Resources

During the 2014-2015 school year the FACS department made site visits to several STEM schools , attended a “STEAM in FACS” seminar, served on a schoolwide STEAM committee, explored high school offerings for concurrent enrollment credit, and explored curriculum options. Through this research it was determined that instruction to students would be strengthened and enhanced by updating classroom materials and equipment. It is vital that FACS courses utilize state of the art technology that will ensure student readiness with 21st skills and knowledge.

As a part of the BHM Continuous Improvement Process, the Family and Consumer Sciences department identified the following improvement process goal:

The goal of Family and Consumer Sciences (FACS) education is to develop students who have a foundation of knowledge and skills to pursue the full range of career and postsecondary education opportunities. FACS courses provide students authentic opportunities to create, express and interpret ideas. FACS empowers individuals and families across their lifespan to manage the challenges of living and working in a diverse global society.

To achieve this goal, FACS teachers will:

- Engage students through current technology, resources, updated space and equipment to enhance learning.
- Create new and improved real-world inquiry-based curriculum that uses best practice in instruction, curriculum and assessment.

Recommendations

Based on our recent research, the Family and Consumer Sciences teachers recommend the following:

- Technology updates including RealCare Infant Simulators, sewing machines and classroom sets of Chromebooks to use as a tool to create real-world inquiry-based learning opportunities.

- Update outdated curriculum materials.
- Replace broken or outdated equipment.

Financial Impact

The costs included in this proposal include all curriculum, equipment, technology, and miscellaneous materials to support instruction in FACS courses grades 7-12. A detailed breakdown of materials can be found in the spreadsheet linked below.

[FACS Cost Spreadsheet](#)

Evaluation

Evaluation of the curriculum adoption will be monitored in many ways. The FACS Department staff will communicate with each other throughout the year on student achievement and progress.

Possible areas of evaluation to show student achievement may be:

- Increase student enrollment
- Students receiving concurrent college credit
- Percent of students getting Industry Certification through ServSafe Program
- Students exposure to all career paths
- Feedback from end of quarter student survey
- Frequent data collection and analysis through PLC goals and collaborative inquiry

Next Steps

Upon school board approval, Family and Consumer Sciences teachers will participate in curriculum writing time to align curriculum with new instructional resources. They will also complete district curriculum mapping utilizing the new instructional resources. Some of this development will take place in Spring 2016 and some in Summer 2016.