

Course: 6th Grade Family and Consumer Science

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can we eat nutritious food as part of a healthy diet?	Nutritious vs. healthy	evaluate the difference between "nutritious" and "healthy"	healthy	nutrient match up	Golden nutrients	www.choosemyplate.gov	11.3.6 C, D, E
	six "golden" nutrients and their functions	Identify the six key nutrients, their sources, and their functions	nutritious	My Plate packet	Nutrients in depth	computers	
	the five food groups	Identify the five groups, their contents, and the portions we eat	carbohydrates	My Personal Journal	The five food groups	"Nutrient Basics" video and questions	
	My Plate plan	Navigate the My Plate website and use its tools	proteins	Design-a-plate	portion sizes vs. serving sizes	nutrient chart	
	portion sizes	visualize proper portion sizes	water		oils and empty calories	My Plate packet	
	Whole vs. refined grains	explain how flour is made	vitamins		Work day for journal and design-a-plate		
		compare and contrast whole grain and refined grain	minerals		Grains overview		
		Evaluate the importance of fiber	fats		Fiber vs. Sugar		
		explain the relation between fiber and sugar	portion size		Cereal project		
		use excel to organize data and create graphs	fiber		work day		
		carbohydrates					

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How can we use a kitchen safely and effectively?	Four ways to fight bacteria	identify common kitchen contaminates and explain how to prevent them	utensils	utensil packet completion	Utensil identification	utensil packet	11.3.6 B, F
	measurements: abbreviations and equivalents	Learn the abbreviations for measurements	teaspoon	fight bac station work	Fight Bac stations	fight bac stations and graphic organizer	
	reading a recipe	Convert between measurements	tablespoon	learning to cook packet	Recipe for success	Learning to cook packet	
	stove safety	multiply and divide fractions	quart	stove safety poster	abbreviations and equivalents	stoves	
	utensils and their uses	analyze a recipe	pint		close reading: recipes		
		identify dangers of stovetop cooking and how to minimize them	cup		Stove and oven safety		
		identify common kitchen utensils and use them properly	gallon		Coffee cake demonstration and tasting		
		bacteria					

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How can we follow a recipe?	Plan to follow a recipe	Close reading a recipe	egg white	Planning granola, parfait, and egg lab	Planning granola and parfaits	kitchens	11.3.6 B, D, F, G
	Make granola	Planning for success	egg yolk	setting up kitchen for 3 labs	making granola	granola and parfait recipe	
	Make parfaits	setting up a kitchen	granola	cleaning up kitchen for 3 labs	making parfaits	egg recipe	
	Cook eggs	following a recipe	parfait	following granola recipe	planning egg lab	"Amazing Egg" DVD	
		measuring solids and liquids		following parfait recipe	making eggs	group planning sheet	
		cleaning up a kitchen		following egg recipe		reflection sheets	
	working cooperatively		self-reflection for 3 labs				

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What is the role of families in today's society?	Types of families	Differentiate among the types of families.	family	Family writing : Compare and contrast		Building Life Skills - Goodheart-Wilcox Company, Inc. pgs.54-62	11.2.6.G, H
How does my family compare and contrast to what sociologists say families should be and do?	Functions of families in today's society	Discuss the importance of family ties and traditions.	cultures			Graphic organizer for RACE writing model to use with promethean board	
		Compare and contrast our families with the facts we learned in class.	sociologists			Games	
			nuclear families		Role plays		
			single parent families				
			blended families				
			extended families				

		single person families			
		adoptive families			
		foster care			
		legal guardian			

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How do I use a sewing machine to make a pillow?	Proper threading and use of sewing machine to complete a project (pillow)	Demonstrate how to correctly thread a sewing machine to prepare to sew.		Completed Pillow Project		Sewing machines	11.1.6.F, G
How do I use hand sewing to finish the pillow?	Sewing on practice fabric.	Practice use of machine by sewing a straight line and turning corners on a practice fabric.				Sewing project kits	
	Pinning fabric to prepare to sew.	Pin fabric together properly to prepare to sew.				Sewing supplies	
	Hand sewing.	Sew pillow, turn right side out, stuff.					
		Hand-sew pillow closed.					