

**Exploring Family and Consumer Sciences**  
**Interpersonal Relationships and Childcare**  
**Nutrition and Wellness**  
 Tentative Schedule

<b>Week 1</b>	
<b>Content</b>	Class structure and overview, rules and procedures, interactive notebooks
<b>Week 2-3</b>	
<b>Content</b>	Personal characteristics, learning styles, self-esteem, family types, roles
<b>Week 4-5</b>	
<b>Content</b>	Qualities of friends, verbal and non-verbal communication, recognizing and resolving conflict
<b>Week 6-9</b>	
<b>Content</b>	American Red Cross Babysitting Training, leadership styles and skills, resumes, interviews, ages and stages of development, basic infant care, responding to emergencies, first aid
	<b><u>*Review for Quarter Assessment*</u></b>
<b>Week 10-12</b>	
<b>Content</b>	MyPlate, essential nutrients, reading food labels, making healthy and informed food choices
<b>Week 13-14</b>	
<b>Content</b>	Preventing kitchen accidents, proper kitchen sanitation, kitchen tools and equipment, reading and understanding a recipe
<b>Week 15-17</b>	
<b>Content</b>	Following a recipe, measuring and cutting foods, mixing ingredients, food labs
<b>Week 18</b>	
<b>Content</b>	<b><u>*Review for Quarter Assessment*</u></b>