**Fannett-Metal Middle/High School**

**Family and Consumer Sciences Grade 7 Course Syllabus**

**Course Name:** FCS Grade 7 **Teacher:** Mrs. Jodi Glenny

**Contact Information:** Phone (717) 349-2363 ext. 3055 **Email:** glennyjo@fmtigers.org

**Text:** *Discovering Life Skills* and *Food for Today*

**Course Format:** This class meets every day for a semester.

**Course Description:**

This course is designed to help students continue their preparation to meet their present and future roles as productive members of a global society. Students will review process skills including decision making, problem solving, and resource management. Other areas of study include peer relationships and communication, nutrition and meal planning, clothing management, child care and consumerism. Topics are reinforced by the use of a variety of hands-on activities. Emphasis is also placed on math, writing and reading in the content area.

**Course Requirements:**

1. Participation: students will participate in and contribute to class discussions and learning activities.
2. Course Work: students will complete all course work including homework assignments and projects. Work is to be submitted within designated time frame. Late Work will result in point deduction.
3. Absences: students are required to make up any work missed in a timely manner. It will be the responsibility of the student to confirm missed work with the teacher.

**Grades:**

Grades are determined by class participation, assignments, quiz scores, and cooking and sewing labs. Lab grades are based on quality of work, effort, and enthusiasm.

**Conduct and Classroom Rules: Be PROMPT, Be PREPARED, Be RESPECTFUL**

1. **Students are to be on time.** Students are to be in their seats and ready for class when the bell rings.
2. **Students are to be prepared.** Students are to have their materials such as sharpened pencils, folders, assignments, etc. when the bell rings.
3. **Students are to follow all classroom procedures and rules.** Specific instructions include, but are not limited to procedures for signing out, emergency drill evacuations, and classroom conduct.
4. **Students will be respectful of those around them.** Harassing and/or rude behavior will not be tolerated. Referrals will be given for inappropriate behaviors.

\* **KNIVES MAY BE USED FROM TIME TO TIME IN FOOD LABS. THERE WILL BE ZERO TOLERANCE FOR MISUSE, INCLUDING POINTING A KNIFE TOWARD ANOTHER PERSON. SEE STUDENT HANDBOOK FOR CONSEQUENCES FOR WEAPON USE.**

*I look forward to a productive course. We will be covering material that will be useful on a day to day basis and will also apply to family, school, future work place, and community settings. Please let me know if you ever have any questions.*

**Please complete the following and return this syllabus to me no later than:**

**\_\_September 1st, 2021\_\_\_\_\_\_\_\_\_\_\_\_.**

1. **Parent/Guardian preferred contact information – email, phone number or both:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2) Does this student have any food allergies? \_\_\_\_\_Yes \_\_\_\_\_No**

**3) Does this student have any food intolerances? \_\_\_\_\_Yes \_\_\_\_\_No**

**4) Please list any food allergies and/or intolerances:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Please indicate if this student can participate in supervised food labs.**

**\_\_\_\_\_Yes \_\_\_\_\_No**

1. **Please indicate if this student has permission to run a sewing machine with supervision:**

**\_\_\_\_\_Yes \_\_\_\_\_No**

1. **Are you comfortable allowing this student to handle a knife during food labs?**

**\_\_\_\_\_Yes \_\_\_\_\_No**

1. **Are you comfortable allowing this student to sample food prepared in our class?**

**\_\_\_\_\_Yes \_\_\_\_\_No**

**Student printed name and signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent printed name and signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Additional comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Course Outline – 7th grade FCS**

This is a list of topics that may be covered in this class.

**Skills, Resources and Management**

Goal Setting / Skills for Life

Resource Categories

Decision Making / Conversation

Peer Pressure / Pillars of Character

Preparing for a Career

Budgeting Basics

**Food Science, Nutrition and Wellness**

Kitchen and Food Safety / Sanitation

Nutrients and Wellness

* Food Guide Pyramid to MyPlate

Understanding Recipes and Measurements

Evaluating Nutritional Value

Food Labs

**Interpersonal Communication**

Communication Basics

Best Practice Communication Electronically

Constructive / Destructive Communication

Mannerisms: phone, introductions, thank you notes, table

**Textiles and Sewing Basics**

Basic Fabric Construction

Sewing Project: Hand sewing, Machine Sewing, Using an Iron