



Grand Island Central School District Curriculum Map

7th Grade Family and Consumer Science

Units of Study (Duration)	NYS Standards	Common Core Standards	Vocabulary <ul style="list-style-type: none"> Content Process 	Essential/Guiding Questions	Essential Skills	Assessment(s)	Resources <ul style="list-style-type: none"> Texts Tech Integration
2-3 days	Home Ec. Std #2	ELA Shift #6	<ul style="list-style-type: none"> E-coli Salmonella Staphylococcus Camphylobacter Botulism Clean Separate Cook Chill 	How can I maintain a safe working environment in which to work and consume food?	<ul style="list-style-type: none"> Identification of potential safety hazards 	<ul style="list-style-type: none"> Safety Sign Creation Benchmark 	<ul style="list-style-type: none"> Good Safety Habits in the Kitchen Spoiled Rotten DVD/Worksheet
4-5 days	Home Ec. Std #2	ELA Shift #6 CC Reading Std. #4 Common Core Math 7 and Math Shift #3,5	<ul style="list-style-type: none"> Abbreviations Equivalents Yield Procedure Garnish Measuring Equipment Measuring Techniques Culinary Terms 	How can I apply my reading strategies to recipe comprehension?	<ul style="list-style-type: none"> Recipe Adjustment Application of Scientific Principles to food prep Use of highlighter to glean important information 	<ul style="list-style-type: none"> Measuring Goofs Abbreviations Quiz Cooking Terms and Equipment BINGO Recipes: Read 'em and Eat HW Benchmark 	<ul style="list-style-type: none"> Recipes: Read 'em and Eat (CHOICES) Young Teens text Teacher Demonstration Measuring Up in the Kitchen Washing Dishes by Hand
7 weeks	Home Ec. Std.#1 and #2	ELA Shift #2-6 Common	<ul style="list-style-type: none"> Aerobic vs. Resistance Exercise Balance/Stretching 	How can I apply the Dietary Guidelines for Americans 2010 for a healthier lifestyle?	<ul style="list-style-type: none"> Reading Comprehension Self-Reflection Mathematical 	<ul style="list-style-type: none"> Dietary Guideline Critique Nutrients in 	<ul style="list-style-type: none"> Dietary Guidelines for Americans 2010 Nutrition Café website

		Core Math 7 and Math Shift #3,5	<ul style="list-style-type: none">• Anorexia and Bulimia Nervosa• Cholesterol• Saturated Fat• Trans Fat• Vitamins• Minerals• Protein• Carbohydrates• Soluble vs. Insoluble Fiber• Obesity• Diabetes• Hypertension• Body Mass Index		<p>Calculations of Fat Grams</p> <ul style="list-style-type: none">• Analysis of Eating/Exercise Habits according to government stds.• Application of nutrition/exercise knowledge to goal setting and attainment• Preparation of healthy snacks and breakfast items	<p>Review</p> <ul style="list-style-type: none">• What's in a Label? HW• Make Friends with Fiber HW• Activity Log• Food Diary• DG Critique Graphic Organizer• Cooking Lab Rubric• Benchmark	<ul style="list-style-type: none">• ChooseMyPlate.gov website• Breakfast Because DVD/Worksheet• Skinny on Fat DVD/Worksheet• What's in a Calorie DVD/Worksheet• Grab a Grape website• BMI Calculator• Super Tracker• My Daily Plan• Muscle and Fat Models• Sugar and Fat test tubes• Portion Control Posters and Food Models• Case of the Hidden Cholesterol (CHOICES 12/89)• Skinny on Potato Chips (CHOICES 3/99)• Ten Worst Foods for Teens (CHOICES 10/13)• Alcohol Poisoning: the Death you Don't See Coming (CHOICES 10/13)• Ten Foods Every Teen Should Eat (CHOICES 9/13)• Sugar Shocker (
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1 week	Home Ec. Std. #2	ELA Shift #4 Common Core Math 7 and Math Shift #3, 5	<ul style="list-style-type: none">Net Wt.IngredientsUPC CodePercent Daily Value	How can I use Food Labels to make healthier consumer food choices?	<ul style="list-style-type: none">Reading ComprehensionChart ReadingAnalysis of food labelsApplication of Mathematical Principles	<ul style="list-style-type: none">Nutrition Label ComparisonWhat's In a Label?Benchmark	<ul style="list-style-type: none">Skinny on Potato Chips (CHOICES 3/99)Food Label Scavenger HuntMrs. McHenry's Special of the DayGrocery Store Hunt