



2012 Curriculum Catalog

Family and Consumer Science

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Ignitia comes complete with a full, multimedia-rich curriculum for grades 3-12 in five core subjects and electives.

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Glynlyon Curriculum Development Team

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Course Overview

Family and Consumer Science is a 10-unit elective that uses biblical principles to help high school students develop positive self-esteem and learn to successfully navigate relationships with family, friends, co-workers, and even those in the marketplace. The curriculum introduces students to character and appearance from a biblical perspective. The material also teaches about nutrition, clothing styles, home care and hospitality, personal finance, and child development and care.

Through this course, students will do the following:

- Examine specific principles that will help develop their personal lives from a Christian perspective.
- Learn about proper nutrition and demonstrate skill in preparing various food items.
- Identify the purposes for making specific choices in clothes.
- Prepare weekly and monthly budgets.
- Develop skills necessary to care for children ranging from birth to young school-age.
- Develop an understanding of relational dynamics with family members, friends, classmates, co-workers, and those encountered in the marketplace.

UNIT 1: CHRISTIAN CHARACTER AND APPEARANCE	
Assignment Titles	
1. Course Overview	11. Grooming
2. Inner Beauty: Character Qualities	12. Project: Posture
3. Biblical Principles vs. Personal Preferences	13. Quiz 2
4. Personality Strengths and Weaknesses	14. Behavioral Beauty: Actions
5. Project: Identify Your Strengths and Weaknesses	15. Communication
6. Quiz 1	16. Quiz 3
7. Physical Beauty: Health	17. Special Project
8. Project: Self-Evaluation Quiz	18. Test
9. Nutrition and Exercise	19. Alternate Test
10. Hygiene	20. Reference

UNIT 2: WHAT'S COOKIN'?	
Assignment Titles	
1. Getting Acquainted with the Kitchen	9. Meal Management
2. Utensils	10. Reading Labels
3. Project: Kitchen Tools	11. Food Storage
4. Kitchen Safety	12. Quiz 3
5. Quiz 1	13. Special Project
6. Recipes	14. Test
7. Measuring Ingredients	15. Alternate Test
8. Quiz 2	16. Reference

UNIT 3: LET'S EAT
Assignment Titles

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|---|------------------------------|
| 1. Nutrition | 18. Breads |
| 2. Vitamins | 19. Project: Bake Bread |
| 3. Project: Nutrient Guide | 20. Quiz 2 |
| 4. My Plate | 21. Meal Planning |
| 5. Heart Healthy Eating and Special Diets | 22. Project: Menu for a Week |
| 6. Quiz 1 | 23. Making a Grocery List |
| 7. Food Preparation | 24. Project: Grocery List |
| 8. Vegetables | 25. Quiz 3 |
| 9. Fruits and Milk | 26. Food Service |
| 10. Meat, Poultry, Fish | 27. Table Setting |
| 11. Project: Beef or Vegetable Stew | 28. Table Waiting |
| 12. Soups, Salads, and Garnishes | 29. Project: Plan Meals |
| 13. Project: Prepare a Salad or Soup | 30. Quiz 4 |
| 14. Baking | 31. Special Project |
| 15. Project: Cookies | 32. Test |
| 16. Project: Scratch Cake | 33. Alternate Test |
| 17. Project: Bake a Pie | 34. Reference |

UNIT 4: THE CLOTHES YOU WEAR
Assignment Titles

- | | |
|---|----------------------------|
| 1. The Clothes You Wear | 13. Textiles and Fabrics |
| 2. Fashion Knowledge | 14. Man-Made Fibers |
| 3. Project: Style, Fad, and Fashion | 15. Quiz 3 |
| 4. Project: Draped, Tailored, Composite | 16. Care of Clothes |
| 5. Clothing Business Terms | 17. Project: Sewing Skills |
| 6. Project: Wardrobe Inventory | 18. Emergency Repairs |
| 7. Quiz 1 | 19. Laundering |
| 8. Design and Appearance | 20. Quiz 4 |
| 9. Garment Styles and Parts | 21. Special Project |
| 10. Clothes For You | 22. Test |
| 11. Project: Garment Design | 23. Alternate Test |
| 12. Quiz 2 | 24. Reference |

UNIT 5: THE CLOTHES YOU SEW
Assignment Titles

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|---|--|
| 1. Sewing Equipment | 16. Quiz 2 |
| 2. Sewing Machines | 17. Selecting Pattern, Fabric, and Notions |
| 3. Safety | 18. Project: Measuring for Fit |
| 4. Project: Calamity Claire | 19. The Language of Patterns |
| 5. Quiz 1 | 20. Pattern |
| 6. Basic Sewing | 21. Quiz 3 |
| 7. Project: Sewing Seams | 22. Layout, Cutting, Marking, and Pressing |
| 8. Machine Stitches | 23. Project: Tracing Patterns |
| 9. Project: Sewing Stitches by Machine | 24. Project: Sewing Project |
| 10. Seams and Seam Finishes | 25. Quiz 4 |
| 11. Project: Sewing Curved Seams | 26. Special Project |
| 12. Darts, Tucks, Pleats, Gatherings, and Facings | 27. Test |
| 13. Project: Darts | 28. Alternate Test |
| 14. Closures | 29. Reference |
| 15. Project: Zippers | |

UNIT 6: INTERIOR DECORATING
Assignment Titles

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|---|------------------------------------|
| 1. A Brief History of Interior Decoration | 14. Wall Treatments |
| 2. English Design | 15. Lighting |
| 3. Traditional American Design | 16. Quiz 3 |
| 4. Project: Time Periods | 17. Visual Enrichment |
| 5. Quiz 1 | 18. Project: Model Home Field Trip |
| 6. Introduction to Design and Decoration | 19. Project: Design Notebook |
| 7. Line | 20. Sewing for the Home |
| 8. Project: Floor Plan Measurements | 21. Project: Pillow Project |
| 9. Project: Furniture Placement | 22. Quiz 4 |
| 10. Project: Room Design | 23. Special Project |
| 11. Project: Spirit of the Room | 24. Test |
| 12. Quiz 2 | 25. Alternate Test |
| 13. Specific Treatments | 26. Reference |

UNIT 7: YOUR HOME AND YOU
Assignment Titles

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|-----------------------------|---------------------------------|
| 1. Hospitality | 11. Project: Cleaning Schedule |
| 2. Types of Entertainment | 12. Basic Tools |
| 3. Project: Party Planning | 13. Project: Home Repair |
| 4. Overnight Guests | 14. Auto Care and Repair |
| 5. Project: Thank You Notes | 15. Project: Auto Service Check |
| 6. Quiz 1 | 16. Quiz 3 |
| 7. Etiquette | 17. Special Project |
| 8. Dating Etiquette | 18. Test |
| 9. Quiz 2 | 19. Alternate Test |
| 10. Home Management | 20. Reference |

UNIT 8: FINANCIAL FREEDOM
Assignment Titles

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|------------------------------------|---|
| 1. Getting a Job | 11. Project: Purchase Agreements |
| 2. Project: Application | 12. Insurance and Income Tax |
| 3. The Résumé | 13. Quiz 2 |
| 4. Quiz 1 | 14. Legal Matters, Forms, and Contracts |
| 5. Personal Finance | 15. Purchasing and Owning a Car |
| 6. Personal Banking and Investment | 16. Quiz 3 |
| 7. Personal Budgeting | 17. Special Project |
| 8. Project: Financial Goals | 18. Test |
| 9. Project: Spending Patterns | 19. Alternate Test |
| 10. Social Security | 20. Reference |

UNIT 9: CHILD DEVELOPMENT AND CARE
Assignment Titles

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|-------------------------------------|--|
| 1. Ages and Stages | 15. Project: Finger Painting |
| 2. Intellect (Wisdom) | 16. Science |
| 3. Social, Emotional, and Spiritual | 17. Quiz 2 |
| 4. Project: Observing Children | 18. Safety and First Aid |
| 5. Quiz 1 | 19. Three Common Children's Conditions |
| 6. Care of Children | 20. Quiz 3 |
| 7. Project: Diaper Changing | 21. The Business of Babysitting |
| 8. Creative Child Care | 22. Information You Need |
| 9. Activities | 23. Quiz 4 |
| 10. Project: Toy Evaluation | 24. Special Project |
| 11. Project: Making a Toy | 25. Test |
| 12. Literature | 26. Alternate Test |
| 13. Project: Children's Story | 27. Reference |
| 14. Music | |

UNIT 10: RELATIONSHIPS**Assignment Titles**

- | | |
|---|-----------------------------|
| 1. At Home | 14. Quiz 4 |
| 2. Siblings | 15. Choosing the Right Mate |
| 3. Quiz 1 | 16. Project: Psalm 37:4 |
| 4. At School and Work | 17. Dating |
| 5. Teachers | 18. Marriage |
| 6. Boss and Co-Workers | 19. Project: Short Essay |
| 7. Project: Random Act of Kindness | 20. Parental Involvement |
| 8. Project: Food For Thought | 21. Quiz 5 |
| 9. Quiz 2 | 22. Special Project |
| 10. At Church | 23. Test |
| 11. The Family's Responsibility to the Church | 24. Alternate Test |
| 12. Quiz 3 | 25. Reference |
| 13. At Social Events | |