

# Welcome to Family & Consumer Sciences!

## 7<sup>th</sup> Grade Unified Arts

### Ms. Charney

The 7<sup>th</sup> grade Family and Consumer Sciences program is an introduction to management skills designed to help students take responsibility for their actions and become better managers of their lives. The course encourages the implementation of independent living through practical cooking skills and basic sewing skills, as well as following directions individually and working cooperatively within a group setting.



**Sewing:** Students will learn basic hand sewing by making a pillow and sewing a button. Students will learn to follow a pattern while cutting out and assembling their pillow. They will learn how to thread a needle and sew a simple overcast stitch and running stitch. Students will practice cooperation as they help each other with their sewing projects.



**Cooking:** Students will learn basic cooking skills while preparing several simple recipes. They will learn how to read a recipe, understand basic cooking terms and measurements, and learn how to use kitchen equipment. They will learn about nutrition and basic kitchen safety and sanitation. Students will practice reading and following directions as they use their recipes to prepare food and time management skills as they work to complete the task within a class period. Students will also practice working cooperatively with others as they work in groups for foods lab.

### **Classroom Expectations:**

- \* Bring a fully charged Chromebook to class everyday
- \* Treat everyone with respect.
- \* Use all supplies and equipment appropriately and with respect.
- \* Be in your assigned seat, ready to work when class begins.
- \* Follow all Solon Middle School rules.