

URBANDALE COMMUNITY SCHOOL DISTRICT  
CURRICULUM FRAMEWORK OUTLINE

---

SUBJECT:	Vocational Education
COURSE TITLE:	Grade 8 Family and Consumer Sciences
GRADE LEVEL:	8
PREREQUISITES:	None

---

**COURSE DESCRIPTION:**

The Urbandale Middle School Family and Consumer Sciences courses are designed to be exploratory in nature, providing all students with a foundation for the total Family and Consumer Sciences Program. Through exposure to a variety of topics and learning experiences, students can develop life-management skills and personal skills assisting them with future vocational and a vocational choices. Eighth grade topics may include: advanced nutrition, interior design, FCS career exploration and families. The students will have FCS class every other day for one semester of the year, equal to 45 days.

**CONTENT STANDARDS AND BENCHMARKS:**

In order that our students may achieve the maximum benefit from their talents and abilities, the students of Urbandale Community School District's Grade 8 Family and Consumer Sciences course should be able to . . .

**Content Standard I. Demonstrate comprehension, computation, and applied technology skills.**

Benchmarks: Analyze and evaluate dietary choices according to personal needs and influences.  
Utilize skills of fundamental interior design principles in an interior design project.

**Content Standard II. Develop communication, employability, and life-management skills.**

Benchmarks: Make informed consumer decisions when comparing and purchasing food products.  
Identify family and consumer sciences fields and related career opportunities.  
Practice personal responsibility skills.



**URBANDALE COMMUNITY SCHOOL DISTRICT  
CURRICULUM FRAMEWORK OUTLINE**

---

**SUBJECT:** Vocational Education  
**COURSE TITLE:** Grade 8 Family and Consumer Sciences  
**GRADE LEVEL:** 8  
**PREREQUISITES:** None

---

**CONTENT STANDARDS AND COURSE BENCHMARKS WITH INDICATORS FOR  
GRADE 8 FAMILY AND CONSUMER SCIENCES:**

**Standard I. Demonstrate comprehension, computation, and applied technology skills. Students in Grade 8 Family and Consumer Sciences should be able to ...**

**Benchmark: Analyze and evaluate dietary choices according to personal needs and influences.**

Indicators: Apply Dietary Guidelines and nutritional needs for adolescents to personal eating habits.  
Evaluate personal eating habits according to Dietary Guidelines, adolescent nutritional needs, and calorie input and expenditure.  
Calculate a personal energy balance.  
Identify the role of cholesterol, calcium, and fat in the diet.

**Benchmark: Utilize fundamental interior design principles in an interior design project.**

Indicators: Identify basic interior design principles and elements.  
Analyze room décor for interior design principles and elements.  
Evaluate current living space and future living space wants and needs.  
Create a floor plan for a “Dream Room” utilizing interior design principles.

**Standard II. Develop communication, employability, and life-management skills. Students in Grade 8 Family and Consumer Sciences should be able to ...**

**Benchmark: Make informed consumer decisions when comparing and purchasing food products.**

Indicators: Recognize food product selling strategies.  
Practice consumer food buying tips (reading and understanding food product labels, unit pricing, time vs. cost).  
Compare different levels (convenience, cost, taste, brand type) of foods in cooking labs.



**Benchmark: Identify Family and Consumer Sciences fields and related career opportunities.**

Indicators: Identify the many fields of family and consumer sciences.  
Recognize career opportunities in family and consumer sciences.  
Identify consumer and family sciences opportunities at the high school level.

Benchmark: Practice personal responsibility skills.

Indicators: Demonstrate Pillars of Character  
Demonstrate being on time to class with appropriate materials.  
Practice organizational skills, time management skills, following instructions, and working with others in group projects and foods and nutrition labs.

No student enrolled in the Urbandale Community School District shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the District's programs on the basis of race, color, creed, sex, religion, marital status, ethnic background, national origin, disability, sexual orientation, gender identity, or socio-economic background. The policy of the District shall be to provide educational programs and opportunities for students as needed on the basis of individual interests, values, abilities and potential.

