

Empowering Life Management Lesson Plans with FCCLA

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Life Management's Industry Sectors

1. Education, Child Development and Family Services
 - a. Child Development
 - b. Consumer Services
 - c. Education
 - d. Family and Human Services
2. Fashion and Interior Design
 - a. Fashion, Design and Merchandising
 - b. Interior Design
 - c. Personal Services
3. Hospitality, Tourism and Recreation
 - a. Food Science, Dietetics and Nutrition
 - b. Food Service and Hospitality
 - c. Hospitality, Tourism and Recreation



Education, Child Development and Family Services

Event	HECT Pathway
Child Development	Child Development
Illustrated Talk	Family and Human Services
Life Event Planning	Consumer Services

Child Development

The Event

- California
- Individual event
- Junior OR Senior
- Select a song, story or educational activity for 3-4 year olds
- Write an Activity Plan
- Prepare props/visual aids
- Present the activity

Tips & Tricks

- Demonstrate event to class
- Complete a practice project
- Have students sign up for the activity they plan to do
- Songs- model, echo, sing
- Stories- focus on telling vs. reading
- [PDF- Songs, Fingerplays and Movement Activities](#)
- [Kizclub Storybook Patterns](#)

Illustrated Talk

The Event

- Nationals
- Team Event
- Junior OR Senior
- California picks the topics of the oral presentation.
- Write an Activity Plan
- Prepare props/visual aids
- Present a 10 minute speech

Tips & Tricks

- Works great as a final
- Linked Learning-Work with English teacher, maybe History Teacher

Life Event Planning

The Event

- National
- Individual or team event
- Junior OR Senior
- Choose an upcoming event
- Write a Profile of Event
- Complete Comparison Shopping
- Create an Event Plan
- Present Portfolio

Tips & Tricks

- Brainstorm event ideas together
- Break the event into components
- Utilize Google Classroom
- Check out [Make Money Choices](#)
- Try [H&R Block Budget Challenge](#)

Hospitality, Tourism and Recreation

Event	HECT Pathway
Nutrition and Wellness	Food Science, Dietetics, and Nutrition
Food Innovations	Food Science, Dietetics, and Nutrition
Salad Preparation	Food Service and Hospitality
Menu Planning & Table Display	Food Service and Hospitality

Nutrition and Wellness

The Event

- National
- Individual event
- Junior OR Senior
- Students track food intake and physical activity for themselves and determine goals and strategies to improve their health
- Give an Oral Presentation

Tips & Tricks

- Introduce project at beginning of your Foods Unit
- Food Labels
- Serving Sizes
- Fast Food

Food Innovations

The Event

- National
- Individual or team event
- Junior OR Senior
- Develop and test a Prototype
- Make a Display including nutrition, safety and sanitation and pricing
- Create Packaging
- Give an Oral Presentation

Tips & Tricks

- Probably easier if choose Junior OR Senior topic
- For Junior (veggie puree in breakfast item) check out Jessica Seinfeld's book- [Deceptively Delicious](#)

Salad Preparation

The Event

- California
- Individual event
- Junior OR Senior (different themes)
- Create a Cost Analysis
 - Recipe Quantity
 - Unit Pricing
- Judged on Safety and Sanitation and plating
 - 20 minutes

Tips & Tricks

- This competition can be costly
- Groups project
- Can only use the staples in your pantry
- Could be used as the Formative assessment for your Foods Unit
 - Covers everything

Menu Planning & Table Display

The Event

- California
- Individual event
- Junior OR Senior (different themes)
- Create a Menu based on theme
- Collect Recipes
- Create a Nutritional Analysis
- Develop a Table Display
- Give an Oral Presentation

Tips & Tricks

- Decide if use same theme or divide by grade level
- Break the event into components
- Utilize Google Classroom
- For class, consider using ppt/slides for displays
- [Recipe Converter](#)
- [Recipe Nutrition Calculator](#)

Fashion and Interior Design

Event	HECT Pathway
Apparel Construction	Fashion, Design and Merchandising
Interior Design	Interior Design

Fashion Construction

The Event

- California
- Individual event
- Junior OR Senior
- Students have 90 minutes (maybe more based on pattern) to sew the garment
- Give an Oral Presentation

Tips & Tricks

- Can be costly
 - Fundraiser
 - Use sheets
 - Ask thrift stores
- Use the Junior competition
 - Senior could be hard

Interior Design

The Event

- California
- Individual event
- Junior
- Complete a Design Information Sheet based on theme
- Create a Display Board including floor plan, elevations and samples
- Give an Oral Presentation

Tips & Tricks

- To introduce use the book My Very Own Room by Amada Irma Perez
- For floor plans by hand, try Staedtler Mars Template, House Furnishings
- Home Depot has free flooring samples and paint chips