

**Unit 1**

**Introduction to
Family and Consumer Sciences**

Unit 1, is intended to motivate students by providing a preview of the vital knowledge they will learn and the skills they will develop through the study of Family and Consumer Sciences. The life management course helps students to explore many aspect of their future, learn basic information and practical skills that will enable them to meet the challenges of their daily lives with confidence.

This unit is designed to provide an introduction and overview of the seven consumer and family studies content areas: child development and guidance; consumer education; family living and parenting education; fashion, textiles, and apparel; food and nutrition; housing and furnishings; individual and family health and leadership. The content areas provide foundation skills for transitioning to studies in one of the 8 Family and Consumer sciences Related Occupations (FCSRO) career pathway programs. Skills and knowledge gained from the life management course, will enhance and increase productivity of individuals in the workplace.

The eight career pathways related to the content areas will be introduced to provide students with an awareness of the many careers available. The eight career pathway clusters are: child development and education; consumer services; fashion design and merchandising; family and human services; food science, dietetics and nutrition, food service and hospitality; hospitality, tourism, and recreation; and interior design. Students will have an opportunity to explore various career options.

The benefits or providing leadership and career development opportunities through FCCLA are introduced. FCCLA is the co-curricular, career technical student organization that serves as an instructional strategy to enable students to develop leadership, citizenship, and career skills based on the Family and Consumer Sciences program. Through a local chapter, students participate in local, regional, state and national level leadership and career development activities. Competencies valuable for understanding the content areas in Consumer and Family Studies (CSF) and the FCSRO career pathways are addressed in the following Lesson Plans