

Grade 7 FACS Curriculum Map

Standards	Content	Skills/Practices	Materials/ Resources	Assessments (All) Daily/Weekly/ Benchmarks	Timeline (Months/Weeks /Days)
<p>Standard 1: Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p>	<p>Nutrition</p>	<p>Students will learn about the 5 My Plate groups and the daily recommendations of each</p> <p>Students will learn about the 6 Essential Nutrients and why each is important for survival</p> <p>Students will learn about the importance of Physical Fitness</p>	<p>Paper plate, magazines, markers</p> <p>Eating Healthy with Dietary Guidelines video</p> <p>Nutrient worksheets</p>	<p>Checking for Understanding: Label MyPlate Bell Ringer List the 6 Essential Nutrients bell ringer</p> <p>Intro to Nutrition Quiz</p> <p>Pasta Salad Food Lab Smoothies Food Lab</p>	<p>2 weeks</p>
<p>Standard 1: Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain</p>	<p>Food Labeling</p>	<p>Students will learn about the parts of a Nutrition Facts Label</p> <p>Students will identify the healthier fast food options</p>	<p>Station packet Food Labeling worksheets Quiz Piktochart.com Chromebooks Project materials</p>	<p>Food Labeling worksheets</p> <p>Food Label scavenger hunt stations packet</p> <p>Food Labeling Quiz</p> <p>Eat This NOt That</p>	<p>2 weeks</p>

physical fitness, participate in physical activity, and maintain personal health.		Students will compare foods and their nutrition facts	Food Lab materials	Pictochart project Healthy Apple Crisp Lab	
Standard 3: Resource Management. Students will understand and be able to manage their personal and community resources.	Consumerism	Students will define store brands vs name brands Students will learn how to find the unit price of each item Students will compare cost vs. quality of a product Students will define the "best buy"	Lab materials and packet Worksheets	Comparison Shopping Lab Unit Pricing worksheets/ bell ringers	1 week
Standard 3: Resource Management. Students will understand and be able to manage their personal and community resources.	Financial Literacy	Banzai program: complete life scenarios, budget money, save for college Define financial terms Identify ways to improve financial	Banzai software Banzai workbooks GHS speakers worksheets	Banzai Pre-test Banzai Post-test Money Management worksheet GHS FCU speaker participation	3 weeks

		<p>skills</p> <p>Earn income</p> <p>Keep a ledger of income earned and expenses paid</p> <p>Discuss charities and donations</p> <p>Discuss simple interest</p> <p>Learn how to write a check</p>			
<p>Standard 2: A Safe and Healthy Environment. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Resource Management. Students will</p>	Culture in Foods	<p>Students will learn the various french foods</p> <p>Students will learn how to prepare crepes</p> <p>Students will learn about the french culture</p>	<p>Crepe lab supplies</p> <p>Place Mat</p> <p>French cuisine worksheets</p>	<p>Crepe Lab Rubric</p> <p>Crepe placemat-completed</p>	1 week

<p>understand and be able to manage their personal and community resources.</p>					
<p>Standard 1: Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. Standard 2: A Safe and Healthy Environment. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p>	<p>Burger Cook-Off</p>	<p>Students will learn how to properly cook a burger</p> <p>Students will use the provided worksheet and iPads to create a burger for the upcoming burger cook-off</p> <p>Students will compete to prepare the best burger</p>	<p>MasterChef Jr. Burger episode</p> <p>How to cook a burger video demonstration</p> <p>Demonstration supplies</p> <p>Food Supplies</p> <p>Burger Cook Off Planning sheets</p> <p>Chrome books</p>	<p>Burger Cook off rubric</p>	<p>1 week</p>