

Unit Title	Introduction	Theories	Styles, Skills, Roles	Prenatal / Birth	Infant / Toddler	Play Years	School Years	Adolescence	Family / Social Impact
WEEKS	1	2	2	2	2	3	2	2	1
Department Specific Skills									
Technology					X				X
Critical Thinking		X	X						
Design		X							X
Leadership	X		X						
Personal Skills									X
Career Exploration									X
Student Skills									
Core Benchmark Indicators									
Associate attributes and skills needed to assume the parenting role with healthy adult characteristics									
Assess adult readiness for assuming parenting roles according to:									
<i>Self and Family goal setting</i>			X						
<i>Marital relationships</i>			X	X					
<i>Ability to manage finances</i>			X	X					
<i>career development</i>			X	X					
<i>Age and maturity</i>			X	X					
<i>Health</i>			X	X					
<i>Lifelong commitment</i>			X	X					
Analyze parenting strategies that result in healthy, productive children namely:									
<i>Examine children's physical, intellectual, emotional, moral, and social needs</i>		X	X	X	X				

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<i>Ability to manage schedules</i>			X	X	X				
<i>Ability to manage personal and financial resources</i>			X						
<i>Problem Solving skills</i>		X	X	XX	X	X	X	X	
Differentiate how diverse parenting styles (e.g. authoritarian, democratic, permissive) impact child growth and development		X	X	X	X	X	X	X	X
Examine interpersonal communication skills among children and adults including:									
Roadblocks of communication			X	X	X	X	X	X	X
Active listening		X				X	X	X	
Conflict resolution		X			X	X	X	X	
Recognition of feelings		X		X	X	X	X	X	
Expression of feelings		X		X	X	X	X	X	
Non-verbal messages and cues		X		X	X	X	X	X	
Providing feedback		X		X	X	X	X	X	
Evaluate how resources, skills, roles, and responsibilities change for self as children are added.				X	X				X
Evaluate how resources, skills, roles, and responsibilities change for communities and the workplace as children are added.			X						X
Evaluate skills for building healthy families where children thrive									
Describe functions and characteristics of strong families	X		X						

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Examine how individual and family issues impact nurturing of infants, children, and adolescents		X	X						
Illustrate roles and responsibilities of nurturing families related to family life cycle stages and family composition		X		X	X	X	X	X	X

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Illustrate environmental qualities that support healthy growth of adults and children		X		X	X	X	X	X	X
Explain how nurturing environments can differ among cultures and family structures	X		X						X
Describe how healthy families demonstrate love, sexuality, friendships and support system			X						X
Initiate critical thinking skills to resolve family and workplace controversies			X						X
Identify how parents and families prepare for prenatal, birth and infant care									
Evaluate healthy characteristics of pre-pregnancy mothers and fathers to facilitate a healthy birth				X					
Differentiate three trimesters of prenatal developmental related to what parents must be prepared to handle				X					
Interpret handling of postnatal issues from various points of view			X	X					X
Relate theory and research of child growth and development									
Identify typical developmental milestones (e.g. physical, intellectual, social, moral, ethical, emotional)		X		X	X	X	X	X	
Evaluate how parents, guardians, and caregivers can support child growth and development by		X		X	X	X	X	X	
<i>Identifying parental and environmental contributions to brain development</i>		X		X	X				
<i>Describing vulnerability and resilience factors that protect or put children at risk.</i>		X		X	X	X	X	X	

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Differentiate nutrition, wellness, and safety needs of pregnant women, infants, and children				X	X	X	X	X	
Recognize patterns of language development in young children		X		X	X	X	X	X	
Characterize atypical child development patterns pre and post natal (e.g. autism, hearing /vision, cerebral palsy, bipolar, learning disabilities)				X	X	X	X	X	
Interpret different child development theorists (e.g. Piaget, Kohlberg, Erickson, Maslow)		X							
Explain how children learn behaviors (e.g. imitation, identification, direct teaching)		X							
Contrast effectiveness of guidance and discipline techniques used by parents, guardians, and caregivers		X		X	X	X	X	X	
Compare childcare venues related to child nurturing and care									
Describe decision making processes for selecting childcare services, curriculum, and providers			X						X
Identify reliable resources available for meeting childcare needs			X						X
Evaluate quality indicators for childcare options			X						X
Recognize the strengths of various preschool curriculum approaches (e.g. Montessori, Emilio Reggio, Multi age grouping)		X		X	X	X	X	X	X

Unit Title	Food as a Social Marker	Foods and Borders	Kitchen Prep and Safety	Chocolate	France	Mexico	Italian	Middle East	Food and Religion
# of weeks	2	2	1	2	2	3	2	2	2
Department Specific Skills									
Technology				X		X			
Critical Thinking	X	X	X						X
Design					X	X			
Leadership				X	X	X	X	X	X
Personal Skills					X	X			X
Career Exploration	X	X							
Student Skills									
Use proper knife skills			X		X	X	X	X	X
Use proper measurement skills			X		X	X	X	X	X
Use proper kitchen tools			X		X	X	X	X	X
Follow Food and Kitchen Safety Rules			X		X	X	X	X	X
Core Benchmark Indicators									
Advocate a Healthy Lifestyle (Strand 1)									
Recognize social and cultural factors that influence healthy lifestyle choices (Intermediate)	X	X		X	X	X	X	X	X
Determine the impact of advertising / media, peer pressure, vending, cafeterias, convenience and fast food on lifestyle									
Identify ethnic perceptions of such factors as body weight and food choices									
Use problem solving to ensure an overall healthy body. (Intermediate)	X	X							
Interpret how My Pyramid.gov guides healthy food choices									
Demonstrate skills to accommodate and meet the healthy body needs of all family/household members.									
Create food patterns related to healthy to lifestyle outcomes (Intermediate)				X	X	X	X	X	X

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Explain the health outcomes of food, beverage, and snack selection									
Analyze food and dietary intake using the USDA dietary guidelines									
Use problem solving to plan healthy choices around special dietary needs.									
Determine nutrition information to guide food choices for a healthy lifestyle (Intermediate)		X		X	X	X	X	X	X
Evaluate the components of the USDA nutrition facts label for information on the nutritive value of packaged food.									
Assess factors associated with body weight (Advanced)		X							
Evaluate factors that influence weight (e.g. genetics, physical activity, food choices, environment, income, ethnicity, gender, age)									
Evaluate the link between physical activity, sleep and healthy lifestyle (Intermediate)	X	X			X	X	X	X	X
Assess the impact of eating behavior and physical activity short and long term health and workplace productivity									
Detect economic implications of healthy lifestyles (e.g., cost of health insurance, sick disability days, work productivity, loss of income)									
Ensure Food Safety (Strand 6)									
Recognize importance of proper food and beverage handling techniques related to food borne pathogens (Introductory)	X		X						X
Practice personal hygiene behaviors to prevent food borne pathogens by washing hands; covering sneezes, hair care, clothes, gloves, taste testing									
Use safe kitchen behaviors to prevent food borne pathogens including: cook foods temperatures; refrigerate properly, keep foods hot, avoid eating raw foods, thaw frozen foods, wash fresh produce									

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Demonstrate safe food handling practices related to food borne pathogens (Intermediate)			X		X	X	X	X	X
Models personal hygiene behaviors to prevent foodborne pathogens by washing hands, covering sneezes, using gloves									
Model safe kitchen behaviors to avoid food borne pathogens									
Demonstrate kitchen sanitation when handling food, to prevent cross contamination and food borne pathogens									
Develop critical thinking and reasoning to select available resources that ensure adequate, secure food supplies (advanced)	X	X	X						X
Evaluate how individuals and government agencies regulate food safety including: food supply security, government regulatory role for efficacy; government role for food product safety, cultivation, inspections									
Identify kitchen practices that sustain the environment (Introductory)	X		X						
Give examples of renewable and non-renewable resources related to food and food packaging									
Understand what food preparation practices help sustain the environment									
Recognize why food preparation practices can sustain the environment									