

STUDENT QUOTES



"I learned how to tell a counterfeit friend from a real friend. Teenagers can relate to this subject Big Time!" Savannah W.

"We learned table manners and how to treat a lady."

Nick K.



"How to spend a little and get a lot. We went on a field trip to Publix, our objective was to feed 4 people on \$8.00 using the food pyramid as our guide."

Hannah W.

"Money, money, money-when you're my age that's all you want. I learned once you get money you should always try to save some."

Mercedes H.



Did you know...

The 'Life Choices' class meets the middle grade promotion requirement in Florida Statute 1003.4156 for "one course in career and education planning to be completed in 7th or 8th grade" for all Florida students.

And ...

'Life Choices' delivers academics through verbal, reading, writing, math/science technology and analytical activities that help prepare students for FCAT.

Did you also know ...

Florida Family and Consumer Sciences 'Life Choices' class is "Helping Florida Youth" prepare for success in high school and beyond!

Now you know!

Florida Association of Family and Consumer Sciences
"Helping Florida Families"

For more information visit our website at: www.fafcs.org

Contact person: Donna McGrew
941-374-7491

Email: dodaenterprises@juno.com

or

www.Lifechoices4teens.org

Contact person: Sandra Thomas
239-377-5105

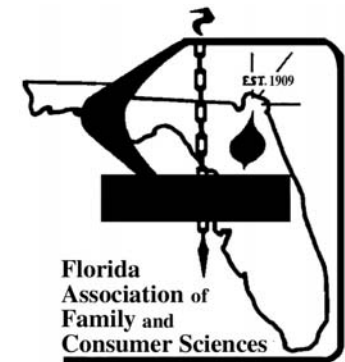
Family and Consumer Sciences

8th Grade

'Life Choices'

The Class

Teaches Life Skills!



"Helping Florida Families"

Developing A Sense Of
FAMILY

TOPICS DISCUSSED

Relationships

- * Awareness of Self, Family and Friends

Social Skills

- * Manners and Etiquette
- Home and Workplace

Communication Skills

- * Verbal and Non-verbal

Child Development/ Parenting

- * Pre-natal - Adolescence

Virtues

- * Developing A Social Consciousness

Housing

- * Your Personal Living Space
 - Recycling, Safety and Care of the Home

Becoming An Educated
CONSUMER

TOPICS DISCUSSED

Financial Literacy

- * Managing Your Money
 - Earning, Spending, Saving, Sharing and Credit Cards
- * Being a Savvy Consumer
 - Smart Shopping, Places to Shop, Advertising Influences and Consumer Behavior

Part-time Jobs

and

Full-time Careers

- * Understanding the Workplace
- * Goal Setting and Decision Making
 - Workplace Skills
 - Job Application
 - Interview Process
 - Exploring Careers
- * Career and Education Planning

Nutrition and Textile
SCIENCES

TOPICS DISCUSSED

Nutrition

- * Key Nutrients
 - * Food Guide Pyramid
- * Understanding Food Labels
- * Menu Planning/Serving Sizes
 - * Managing Your Weight
- * Balanced Diet/Balanced Budget

Food Preparation

- * Safety/Sanitation in the Kitchen
- * Measuring/Reading Recipes
 - * Food Shopping
 - * Cooking Labs

Clothing and Textiles

- * Shopping for Clothing
 - * Clothing Care