







## FINANCIAL AND CONSUMER LITERACY

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### COMPARISON SHOPPING

Students create or collect a week's worth of lunch menus (such as school lunch menus) to use to conduct a comparison shopping activity. Discuss the features of grocery items, other than price, that are considerations in food purchasing decisions. Use store circulars or local store websites to compare the expense of preparing lunch menus with grocery items purchased from different vendors. Students determine which vendor would earn their business and justify their decisions to the class.

## HEALTH, SAFETY, AND WELLNESS

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### FOOD TRACKING

Students will investigate electronic food tracking options. Have students keep a food log, either by hand or by using a food tracking application, for a designated amount of time. Students evaluate their eating patterns and suggest improvements to make their diets more personally healthful.

## PROBLEM SOLVING AND INNOVATION

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### SAFETY AND SANITATION CONTRACTS

Students research important aspects to include in classroom kitchen safety and sanitation guidelines and apply a problem-solving strategy to develop a comprehensive "Kitchen Safety and Sanitation Contract" that is agreeable to all. Students create and share their own kitchen safety and sanitation memes to help the class learn and remember the classroom kitchen guidelines.

## SUSTAINABILITY

## STANDARDS ADDRESSED

### NEW YORK STATE CAREER DEVELOPMENT AND OCCUPATIONAL STUDIES (CDOS) STANDARDS

#### STANDARD 1: CAREER DEVELOPMENT

Students will be knowledgeable about the world of work, explore career options, and relate personal skills, aptitudes, and abilities to future career decisions

#### STANDARD 2: INTEGRATED LEARNING

Students will demonstrate how academic knowledge and skills are applied in the workplace and other settings

#### STANDARD 3A: UNIVERSAL FOUNDATION SKILLS

Students will demonstrate mastery of the foundation skills and competencies essential for success in the workplace

### NEW YORK STATE STANDARDS FOR FAMILY AND CONSUMER SCIENCES

#### Intermediate Level

##### 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: Safe and Healthy Environment

Students will acquire the knowledge and skills necessary to create and maintain a safe and healthy environment

##### Standard 3: Resource Management

Students will understand and be able to manage their personal and community resources

### COMMON CAREER TECHNICAL CORE STANDARDS

#### CAREER READY PRACTICES

1. Act as a responsible and contributing citizen and employee
2. Apply appropriate academic and technical skills
3. Attend to personal health and financial well-being
4. Consider the environmental, social, and economic impacts of decisions
5. Consider the environmental, social, and economic impacts of decisions
6. Employ valid and reliable research strategies
7. Employ valid and reliable research strategies

8. Utilize critical thinking to make sense of problems and persevere in solving them
10. Plan education and career paths aligned to personal goals



## BAM! BODY AND MIND

<https://www.cdc.gov/bam/teachers/index.html>

This site provides nutritional advice and recommendations for students aged 9-18 years old as well as additional curriculum aids and resources for teachers.

## KIDS HEALTH

<https://kidshealth.org/en/kids/labels.html>

Provides information, activities, and videos at an age appropriate level on how to use nutrition fact labels.

## NEW YORK STATE ASSOCIATION OF FAMILY AND CONSUMER SCIENCES EDUCATORS (NYS AFCSE)

<http://www.nysafcse.org/>

Family and Consumer Sciences education in New York state is delivered through a variety of courses designed to promote student attainment of the intermediate and commencement level New York State Learning Standards for Family and Consumer Sciences (FACS) and Career Development and Occupational Studies (CDOS). This professional organization hosts a website that includes "Curriculum" and a "Best Practices" tabs.

## CAREER AND TECHNICAL EDUCATION TECHNICAL ASSISTANCE CENTER NEW YORK

<http://nyctecenter.org/>

The Career and Technical Education Technical Assistance Center (CTE TAC) operates under a state contract to assist the New York State Education Department (NYSED) in carrying out its mission of improving the quality, access, and delivery of career and technical education through research-based methods and strategies resulting in broader CTE opportunities for all students.