

# Family and Consumer Sciences

**F**amily and consumer sciences focuses on strengthening the family and teaching individuals how to help themselves and their families to manage resources. Through family and consumer sciences, individuals learn to be competent, confident, and responsible in their personal, family, and career lives.

Family and consumer sciences applies knowledge gained from research in many disciplines to the practical concerns of individuals and families. The components of this discipline range from nutrition, food preparation, and wellness, to consumer issues and financial management, home maintenance and repair, and housing and environmental concerns.

## Personal Resource Management

Managing personal resources effectively is critical to success in the home, school, community, and workplace. Students must learn to budget not only their money, but also their time, energy, and talents in meeting the demands of daily living.

## Family and Human Development

The family is the basic social unit. A strong and stable family, which can provide for economic, physical, and emotional needs, helps children grow in all aspects of development.

Human development is a sequential process. From birth to death, there are stages of physical, intellectual, social, and emotional development. Knowing what to expect during each phase helps people to understand changes in themselves and others and to plan more realistically for the future.

## Early Childhood Education

Knowledge of the principles of child development and supervised learning experiences with young children give students an understanding of the demands of child care and some skills for meeting those demands. This knowledge and these skills prepare all students to take care of children in their present and future families and give some students a basis to explore careers in child care and education.

## Nutrition and Food Preparation

Understanding good nutrition and proper food preparation is important for all students, male and female. Being able to select a healthy diet and to prepare food so as to preserve nutrients and avoid contamination is a basic requirement for healthy living.

## Clothing and Design

Clothing relates culture, history, social, and economic situations. Selecting, constructing, and maintaining clothing for various occasions and purposes requires knowledge of textiles, construction techniques, and consumer skills.

## Housing and Environment

Setting up one's living space starts in childhood, often by helping to arrange one's room and choosing small accessories. Selecting housing and furnishings intelligently becomes very important when one leaves home to set up one's own household. Environmental considerations such as radon levels, air quality, and proximity to toxic waste sites influence housing choices.

Students need to understand how their daily living can affect the environment. They should be able to analyze the effects of recycling and composting, using aluminum foil and plastic bags, and energy-saving house construction.

## Consumerism and Financial Management

Many teens work and have discretionary money. Children and teens are targeted as important consumers in advertising campaigns. Yet, 18-to-24-year-olds are most likely to go through personal bankruptcy. This implies that young people need instruction in budgeting, consumer spending, and overall financial management.

## Career Awareness and Planning

The formation of diligent work habits and the investigation of careers related to one's interests and talents begin in early childhood and become more focused as a student progresses through school. Students should be developing work-related skills and investigating their importance for particular careers.

## Parenting and Care Giving



At some point in life, most individuals are faced with the responsibility of caring for others. This responsibility extends from parenting to caring for the sick and elderly. As skilled care provider supports a person's physical, intellectual, social, and emotional well-being.