

Course Title: Surviving the Real World
Credit (Secondary): .5

Board Approval Date: August 2016

Grade Level: 9-12 Course Summary with Big Ideas:

This course is based on Pennsylvania Standards for Family and Consumer Sciences. *Surviving the Real World* is a course intended to prepare students for post-graduation life with a focus on financial management, independent living, and personal improvement. The course contains five units. The first, *Food and Nutrition*, will focus on healthy and sanitary food preparation within a budget. In addition, food choice and its effects on one's health will be explored. The second unit is *Financial Management* and will explore budgeting, saving, and prioritizing money. *Consumerism* is the topic of the third unit. This unit will focus on comparative shopping, which includes understanding marketing and advertising techniques. Students will work towards the ability to evaluate items and determine the best option. Analyzing nutrition labels, conservation, and basic mending will be explored and practiced. The fourth unit looks at *Housing* with a comparative focus. Students will use their budgeting skills in an application project involving interior design. The last unit is *Career and Professional Development*. Students will learn skills such as résumé and cover letter creation, interview skills, and professional, educational or scholarship application completion.

Big Ideas:

1. Nutrition, eating habits, and preparation choices impact overall health and wellness.
2. Responsible consumers use effective resource management to accomplish individual, family, and community goals.
3. Individuals can be empowered to manage the challenges of living and working in a diverse, global society.

Course Areas of Focus:

- Healthy and cost effective food choice and preparation
- Management of income and expenses
- Well informed purchasing
- Comparative skills (housing, goods, foods)
- Professionalism and optimal personal presentation

Grade Level Modules (Units):

Suggested Timeline
of Weeks or # of Class Periods/Lessons

1. Food and Nutrition	10 classes
2. Financial Management	9 classes
3. Consumerism	8 classes
4. Housing and Interior Design	7 classes
5. Career and Professional Development	9 classes

Learning Activities/Modes of Formative and Summative Assessment:

Large group instruction
Rubric based projects
Small group work
Individual work
Computer activities
Tests and Quizzes
Food Labs

Primary Instructional Resources:

Internet
Sites used often:

- [Classroom.google.com](https://classroom.google.com)
- [Myfitnesspal.com](https://myfitnesspal.com)
- kidshealth.org
- [Prezi.com](https://prezi.com)
- [Youtube.com](https://www.youtube.com)
- [Choosemyplate.gov](https://www.choosemyplate.gov)
- [Foodsafety.gov](https://www.foodsafety.gov)

Handouts
Food supplies and equipment
Presentation software