

APP2100_202338_Staging_EMBR_TEM

APP-2100

2023 05/01/2023 to 04/30/2024 Modified 04/06/2023

Course Description

This year-long course establishes foundational skills for students to live as independent individuals. Students will be provided instruction on finding a job, choosing a career and education, personal finance and banking, buying and maintaining a vehicle and home, consumer rights, health and wellbeing, culinary skills and basic recipes, textiles, cleaning, and building healthy, godly relationships. Students will complete a variety of practical assignments, including collecting recipes, searching for an apartment, and completing tax forms.

Rationale

The Family and Consumer Science course is relevant to students who will someday be out on their own, working and living in their community. They will utilize the lessons and hands-on lab experience, which takes a practical and enjoyable approach to a comprehensive study of life management skills. Students will benefit from a biblical approach to culinary arts, nutrition, healthy lifestyles, and entertaining. It is important for the student to learn responsible financial practices and reasonable expectations in major purchases. Students will profit from the emphasis on Godly relationships when they are out on their own, especially when considering a future mate. Practical information about daily life tasks, such as decorating a home, making wise financial decisions, and obtaining financial aid for college, will help make these decisions easier for the student. Studies in childcare and development and lessons on basic first aid will be a foundation upon which the student can build. Developing good, honest relationships with friends, employers, extended family members, and church friends will help the student establish life-long bonds founded on God's Word, and establishing a pure relationship with God will pave the way for successful living.

Course Learning Outcomes

- A. The student will identify the basic food groups and the recommended daily allowances from each.
- B. The student will describe the major food-borne illnesses, how they are transmitted, and how they can be avoided.
- C. The student will discuss the general first aid procedures for common dangers in the kitchen and household.
- D. The student will plan nutritious meals and menus for variety in nutrients, texture, color, and taste.
- E. The student will identify standard tools of the kitchen, the functions of each, and the care and use of kitchen appliances, both large and small.
- F. The student will prepare basic recipes from each of the food categories and substitute ingredients in recipes when necessary.
- G. The student will discuss basic grooming habits, style and fashion, basic clothing construction, and textile manufacturing and care.
- H. The student will identify fundamental architectural design, furniture design, and interior design of home and office.
- I. The student will recognize and identify a Godly relationship relating to friendships, dating, courtship, and marriage.
- J. The student will discuss familial relationships and responsibilities of being a family member.
- K. The student will identify the needs for care of babies, children, the elderly, and those who need assistance regarding medical issues.
- L. The student will identify the aspects of living away from home regarding college, career, military, or trade school.
- M. The student will recognize the need for sound financial practices including investments, obtaining financial aid for higher education and tithing.
- N. The student will plan for career choices and basic etiquette.
- O. The student will learn basic cyber-space protocol.

Course Resources

See Ember's [Systems Requirements](#) for computer specifications necessary to operate this curriculum.

- Note: Embedded YouTube videos may be utilized to supplement Ember's YouTube videos are the property of the respective content creator, licensed to YouTube for distribution and user access. As a non-profit educational institution, Ember is able to use YouTube video content under the YouTube Terms of Service. For additional information on copyright, please contact the [Jerry Falwell Library](#)

* Course Policies

Types of Assessments

To simplify and clearly identify which policies apply to which assessment, each assessment has been categorized into one of four categories: Lesson, Assignment, Quiz, or Test. Each applicable item on the course Modules page has been designated with an identifier chosen from among these categories. Thus, a Quiz on the American Revolution may be designated by the title, "1.2.W Quiz: The American Revolution."

- **Lesson:** *Any item on the Modules page designated as a "Lesson"*

These include instructional content and sometimes an assessment of that content. Typically, a Lesson will be the day-to-day work that a student completes.

- **Assignment:** *Any item on the Modules page designated as an "Assignment"*

Typical examples of Assignments include, but are not limited to, papers, book reports, projects, labs, and speeches. Assignments are usually something that the student should do his or her best work on the first time.

- **Quiz:** *Any item on the Modules page designated as a "Quiz"*

This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Quizzes cover a smaller amount of material than Tests.

- **Test:** *Any item on the Modules page designated as a "Test"*

This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Tests cover a larger amount of material than Quizzes.

Materials Selection Policy

Ember curates educational materials that are consistent with the school's philosophy; however, the fallen human condition depicted in literature (as in Scripture itself) is not always pleasant. Valuable works sometimes have objectionable or profane elements. Good books provide four (4) recognized values.

- They build godly attitudes and character traits.
- They deepen our social and cultural awareness.
- They strengthen our use of written language.
- They provide a lifelong source of enjoyment and relaxation.

In order to instill these values in students and fulfill the stated objectives of the school, all Ember students are expected to read and study good books on a regular basis. Recognizing that materials designed for one level may not be appropriate for another, three (3) levels of criteria are applied:

- Elementary materials must contain no objectionable material,
- Objectionable elements in sixth through eighth-grade materials must be limited and must serve a specific educational purpose, and
- Objectionable content may be included in high school materials but must be outweighed by positive literary, curricular, and/or Christian values.

The curriculum department has approved required educational materials for students.

Resubmission Policy

Students are expected to submit their best work on the first submission for every Lesson, Assignment, Quiz, and Test. However, resubmissions may be permitted in the following circumstances:

- **Lesson:** Students are automatically permitted two attempts on a lesson. Students may freely resubmit for their first two attempts without the need for teacher approval.

If a student feels that he or she deserves a resubmission on a Lesson, Assignment, Quiz, or Test due to a technical issue such as a computer malfunction, the student should message his or her teacher to make the request. With Ember, the teacher may be a physical school teacher or the student's parent/guardian. The teacher can give another attempt from his or her Canvas account. For more information on how to do this, please review the Ember orientation course.

Schedule

Module 1: Education & Employment

- Week 1: The Basics of Independent Living
- Week 2: Career Interests & Education
- Week 3: Finding a Job
- Week 4: Employee Responsibilities, Rights, and Benefits & Quiz

Module 2: Finances

- Week 5: The Economy, Personal Finances, and Taxes
- Week 6: Budgeting
- Week 7: Shopping on a Budget & Budgeting Project
- Week 8: Banking, Credit & Consumer Rights
- Week 9: Borrowing, Insurance & Exam

Module 3: The Cost of Independence

- Week 10: Transportation & Finding Housing
- Week 11: Securing an Apartment
- Week 12: Moving In, Utilities & Consumer Rights and Protections
- Week 13: Avoiding Scams, Government Protections & Quiz

Module 4: Health & Wellbeing

- Week 14: Wellness, Nutrition & Natural Remedies
- Week 15: Healthy Eating, Hygiene & Mindfulness
- Week 16: Exercise, Healthcare & Personal Safety
- Week 17: First Aid & Fire Prevention
- Week 18: Household Emergencies & Exam

Module 5: Life Skills: Food Basics

- Week 19: Food History, Chemistry & the Basics of Grocery Shopping
- Week 20: Non-Perishables, Processed Foods, Food Storage & Meal Planning
- Week 21: Meal Budgeting, Project & Cooking Equipment
- Week 22: Sanitation, Cross-Contamination, Preparation & Quiz

Module 6: Life Skills: Food Preparation

- Week 23: Basic Cooking Terms & Skills
- Week 24: Eggs, Meat & Potatoes
- Week 25: Pasta, Sides & Meals that Stretch

- Week 26: Sweet Things
- Week 27: Bread, Recipe Collection Project & Exam

Module 7: Life Skills: Taking Care of Your Possessions

- Week 28: Clothing Choices
- Week 29: Laundry, Ironing & Mending
- Week 30: Cleaning
- Week 31: Home Maintenance
- Week 32: Automotive Maintenance & Quiz

Module 8: Healthy Relationships & Family Life

- Week 33: Relationships & Conflict Resolution
 - Week 34: Families & the Early Stages of Life
 - Week 35: Infants, Children & Special Needs Family Members
 - Week 36: Aging Family Members, Work/Life Balance & Exam
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