

**PROGRAM FOR LICENSING ASSESSMENTS
FOR COLORADO EDUCATORS® (PLACE®)
OBJECTIVES
FIELD 036: FAMILY AND CONSUMER STUDIES**

Subareas

Interpersonal and Family Relationships
Human Development and Parenting
Nutrition and Foods
Resource Management
Education, Workplace Skills, and Careers

INTERPERSONAL AND FAMILY RELATIONSHIPS

Understand the characteristics of interpersonal relationships.

Includes recognizing types and characteristics of interpersonal relationships; describing the dynamics of interpersonal relationships; recognizing the roles self-concept, self-esteem, wellness, sexuality, and responsible decision-making play in an individual's ability to maintain healthy interpersonal relationships; and demonstrating decision-making skills related to choices involved in interpersonal relationships.

Understand factors that affect interpersonal relationships.

Includes recognizing factors that affect interpersonal relationships, including peer pressure, social skills, and communication skills; and analyzing the effects of social issues, legal and ethical responsibilities, and diversity of culture, lifestyle, and community on interpersonal relationships.

Understand the characteristics of families.

Includes identifying types of families and roles of family members; recognizing social and economic factors that affect families; recognizing core values identified by Community of Caring, including caring, responsibility, respect, trust, and family; recognizing the role of families as the basis of a strong society; understanding the necessity of commitment and determination in building long-lasting relationships; and identifying the historical and cultural background of family structures.

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Understand strategies for individuals and families experiencing change and crisis.

Includes identifying types of conflicts and crises and their effects on personal and family life; recognizing factors that affect personal and family physical, mental, and emotional well-being; identifying personal skills and strategies necessary to handle change and crisis; and identifying resources and services available to assist individuals and families in need.

HUMAN DEVELOPMENT AND PARENTING

Understand human growth and development.

Includes demonstrating knowledge of theories, principles, and sequences in human development; analyzing how family structures and functions affect human development; identifying physical, cognitive, social, emotional, and cultural factors related to human development; and recognizing changes in individual needs at different stages of development.

Understand preparation for parenthood.

Includes examining choices related to and factors that affect decisions about becoming a parent; identifying ways parents and other members of the family system can prepare for the addition of a child; and demonstrating knowledge of family planning, prenatal care, and childbirth preparation.

Understand the rewards, demands, and responsibilities of parenting.

Includes demonstrating knowledge of developmentally appropriate parenting skills needed to support children's physical, social, intellectual, and emotional well-being; analyzing methods for guiding children's behavior and fostering a child's positive self-concept; understanding how the parenting process affects both parents and children; identifying strategies for adapting to various parenting situations; and demonstrating knowledge of parents' legal and financial obligations to their children.

Understand strategies for balancing personal, family, work, and community commitments.

Includes identifying strategies for balancing personal, family, work, and community commitments to become a productive member of society and evaluating support services available to assist individuals and families in fulfilling their commitments.

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NUTRITION AND FOODS

Understand the fundamentals of food science.

Includes demonstrating knowledge of the basic chemical principles of food science, food packaging options, food allergies, the global food market, and the use of biotechnology in food production and processing.

Understand the principles of nutrition.

Includes identifying sources and functions of nutrients; demonstrating knowledge of the digestive process and its effects on nutrition; demonstrating knowledge of factors that influence food choices; recognizing individual nutritional, fitness, exercise, and wellness needs; performing a dietary analysis; analyzing the causes, characteristics, and effects of nutritional deficiencies and excesses; and analyzing health- and nutrition-related claims.

Understand the principles of food safety and sanitation.

Includes demonstrating knowledge of guidelines for maintaining food safety and sanitation; recognizing the characteristics, causes, and consequences of food-borne illnesses; demonstrating knowledge of procedures that prevent contamination and illness; identifying the role of federal, state, and local agencies involved in food safety and sanitation; and recognizing industrial sanitation standards and regulations for food service environments.

Understand food preparation concepts and skills.

Includes identifying terminology and units of measurement related to food preparation; demonstrating knowledge of the safe use and care of kitchen tools and equipment; analyzing the principles of food preparation techniques, cooking methods, and presentation; understanding the use and conversion of recipes; analyzing the effects of emerging technology on food products; and demonstrating knowledge of meal planning, portion control, and food budgeting.

RESOURCE MANAGEMENT

Understand the basic principles of personal finance.

Includes analyzing the influence of consumer resources on money management and financial planning; understanding the principles, steps, and skills involved in developing and maintaining a budget; identifying types of financial institutions and services; analyzing investment options and decisions with regard to financial goals and consumer resources; understanding the types, uses, and misuses of credit; identifying types of insurance for individuals and families; and demonstrating knowledge of the tax system.

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Understand the role of the consumer in the economy.

Includes demonstrating knowledge of basic economic principles; demonstrating knowledge of consumer rights and responsibilities; and analyzing the interrelationships of public policy, legislation, economic conditions, and personal finance management.

Understand individual and family resource management skills.

Includes analyzing individual and family resources; recognizing alternative resources for achieving consumer goals; recognizing the relationship between consumer resource management and individual and family values and goals; and identifying methods for conserving nonrenewable energy resources in the home.

Understand factors that affect housing and apparel selection.

Includes recognizing factors (e.g., historical, psychological, physical, social, cultural) that affect consideration, selection, and care of housing and apparel, and demonstrating knowledge of the elements and principles of design as applied to housing and apparel.

EDUCATION, WORKPLACE SKILLS, AND CAREERS

Understand the components of consumer and family studies education.

Includes demonstrating knowledge of career and technical education; examining the role of the Family, Career, and Community Leaders of America (FCCLA) in developing student professionalism and leadership traits; recognizing the value of consumer and family studies education, the roles of professional organizations, and the importance of updating knowledge in the field through lifelong learning; and demonstrating knowledge of how to develop and maintain business and industry partnerships.

Understand employment and employability skills.

Includes identifying skills and procedures for searching, applying, and interviewing for a job; identifying characteristics of professionalism and elements of a positive work attitude; demonstrating knowledge of principles for effective communication in the workplace; and identifying individual rights and responsibilities in relation to employment.

Understand careers related to family and consumer sciences.

Includes demonstrating knowledge of careers related to family and consumer sciences; examining the economic environment and employment trends within career paths related to family and consumer sciences; and identifying opportunities for entrepreneurship in the field of family and consumer sciences.

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Understand skills related to careers in family and consumer sciences.

Includes identifying employability skills as related to family and consumer sciences career pathways; examining training requirements, skills, and aptitudes necessary for careers in occupations related to family and consumer sciences; and identifying considerations in establishing achievable goals related to career success in occupations related to family and consumer sciences.