



Goodheart-Willcox Publisher

**Correlations to the
Mississippi Frameworks**

**Family & Consumer Sciences
Instructional Category:
Life Connections I, Grade 7**

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1. Identify basic physical and emotional needs that one has in common with his/her peers.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify basic physical needs to include food, clothing, and shelter.	119	
b. Identify basic emotional needs to include love, acceptance, security, and approval.	120-121	
2. Identify physical, mental, and emotional characteristics that make him/her unique.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify physical characteristics given to us by heredity and environment.	14-15	
b. Identify mental characteristics given to us by heredity and environment.	14-15	
c. Identify emotional characteristics given to us by heredity and environment.	14-15	
d. Discuss the impact of heredity and environment on personality.	14-15	
3. Discuss the importance of personal development.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Discuss self-esteem.	16	
b. Discuss emotions.	21	
c. Discuss attitudes.	162	

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d. Discuss goal setting.	131, 133	
e. Discuss communication skills to include verbal, non-verbal, and manners.	50-56	
4. Discuss the characteristics that are essential for developing and maintaining healthy relationships.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify a personal code of ethics.		
b. Discuss how a personal code of ethics affects relationships.		
c. Discuss developing and maintaining relationships with peers.	42-44	
d. Discuss peer pressure.	44	
e. Identify conflict resolution strategies.	60-61	
5. Explain the decision-making process.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify the steps in the decision-making process.	138-140	
b. List decisions to be made by adolescents to include drugs, abstinence, tobacco, and alcohol.	159-160	
c. Explore a career of his/her choice.	462-467	

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6. Discuss coping skills required during life crises.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify life changing events.	58-60	
b. Discuss recovery methods.	62-63	
1. Explain the importance of impressions.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Discuss the impact of first impressions.	42-43	
b. Explain what affects first impressions.	42-43	
2. Discuss the importance of personal appearance.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify terms related to appearance including grooming, fads, fashion, wardrobe, style, and accessories.	168-175, 379-383	
b. Explore fashion and style.	380-381	
c. Discuss body types as they relate to fashion and style.		
3. Formulate a good grooming routine.		
Objectives	Pupil Edition	Teacher Edition

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	Page References	Page References
a. Identify the components of good grooming.	168-175	
b. Discuss complexion care.	168-169	
4. Demonstrate simple clothing repairs.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Mend a seam in a garment.	436-437, 444	
b. Hem a garment.	443	
c. Sew on a button.	437-439	
5. Discuss clothing care.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Discuss care labels.	408-413	
b. Explain methods of laundering, drying, and ironing clothing.	408-413	
c. Explain wardrobe organization and storage.	412-413	
1. Discuss the importance of money management.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Explain the goals of money management.	177-181	

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b. Distinguish between needs and wants.	183	
c. Discuss factors that influence buying decisions.	184-185	
2. Develop a budget.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify sources of income.	177	
b. Identify expenditures, fixed and flexible.	177-178	
c. Prioritize expenditures.	177-178	
3. Discuss bank services.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Explain the types of services offered by banks.		
b. Discuss how checking and savings accounts work.		
c. Identify the components of a check.		
d. Balance a checking account.		
4. Describe consumer rights and responsibilities.		
Objectives	Pupil Edition	Teacher Edition

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	Page References	Page References
a. List consumer rights and responsibilities.	186-190	
b. Examine warranties.	181	
c. Write a letter of complaint.		
d. Discuss obtaining a refund or exchange.	186	
1. Discuss the importance of a healthy diet.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Discuss the theory, “You are what you eat.”	252	
b. Examine daily diet.	261-268	
2. Explain the Food Guide Pyramid.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Discuss the Food Guide Pyramid.	259-268	
b. Categorize foods into the Pyramid.	263-268	
c. Identify the recommended daily allowance for each group.	263-268	
3. Explain the role of nutrients in the body.		
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	Page References	Page References
a. Discuss types and functions of carbohydrates.	259, 263	
b. Discuss types and functions of fats.	266-267	
c. Discuss types and functions of proteins.	259, 266	
d. Discuss types and functions of vitamins and minerals.	259-266	
e. Discuss the function of water in the diet.	259	
4. Explain the need for variety in the diet.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify fad diets.		
b. Contrast the characteristics of a fad and a balanced diet.		
5. Discuss common eating disorders.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Describe anorexia nervosa.	273-274	
b. Describe bulimia.	274	
c. Describe compulsive overeating.		
d. Explain the effects of eating disorders on the body.	273-274	

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6. Discuss factors to consider when shopping for food.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Interpret food labels.	292-295	
b. Identify food ingredients to include additives.	292-295	
c. Determine food costs.	288	
d. Examine smart shopping skills.	287-291	
7. Describe kitchen appliances and utensils.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Identify major appliances and their function.	323-325	
b. Identify small kitchen equipment and their function.	326-327	
c. Demonstrate the correct use of appliances and utensils.	323-327	
8. Practice safety and sanitation in the kitchen.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Discuss basic safety rules in the kitchen.	329-331	
b. Identify the sources of danger in a kitchen.	329-331	

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c. Discuss contamination of food.	331-332	
d. Discuss methods to prevent food poisoning.	331-335	
e. Demonstrate appropriate cleaning and sanitizing methods to include kitchen equipment.	331-335	
9. Demonstrate appropriate table manners and table settings.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Demonstrate eating etiquette.	311	
b. Demonstrate proper table setting to include placement and use.	304-308	
c. Discuss the appropriate behavior in eating establishments.	33-315	
10. Prepare a nutritious snack.		
Objectives	Pupil Edition Page References	Teacher Edition Page References
a. Research the recipe.	337-340	
b. Plan the shopping list.	289	
c. Develop a work plan and time schedule.	337-341	
d. Prepare the item.	337-352	

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e. Serve the snack.	304-308	
f. Clean and sanitize the kitchen.	331-335	