

**FAMILY & CONSUMER SCIENCES CURRICULUM SUMMARY**

**Personal Responsibilities**

- Qualities in strong relationships
- Communication Skills
- Time Management
- Stress Management

**Financial Management**

- Credit
- Identity Theft
- Housing Needs
- Transportation
- Your paycheck
- Income Taxes

**Health and Wellness**

- Nutrient Needs
- Making Informed food Choices
- Planning Meals and Snacks
- Shopping for food
- Food Preparation

**Clothing & Fashion Choices**

- The Impact of Clothing
- Evaluating your wardrobe
- Recycling unwanted clothing
- Shopping responsibility
- Daily Care and Laundry
- Making repairs and alterations