

Correlation of National Standards with *Exploring Life and Career*

In planning your program, you may want to use the table shown here. It correlates the National Standards for Family and Consumer Sciences Education with the content of *Exploring Life and Career*. The table lists the 16 comprehensive standards in the left column. The right column lists the section number and title where they are found in the text. Because this is an introductory comprehensive text for family and consumer sciences, additional courses will need to be taken by students in order to achieve all of the specific competencies contained in any one comprehensive standard.

| Comprehensive Standard | Text Concepts |
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| Career, Community, and Family Connections | |
| 1.0 Integrate multiple life roles and responsibilities in family, work, and community settings. | <p>1-1: Looking at Yourself; 1-2: Changing and Growing; 1-3: You and Your Family; 1-4: Friends; 1-5: Communicating with Others; 1-6: Strengthening Families</p> <p>2-1: Babysitting; 2-2: Baby's First Year; 2-3: The Toddler Stage; 2-4: Preschoolers; 2-5: How Children Learn</p> <p>3-1: Your Needs and Wants; 3-2: Your Resources; 3-3: Your Values and Goals; 3-4: Your Decisions; 3-5: Making a Difference in Your Community</p> <p>4-1: The Management Process; 4-2: Managing Your Health and Appearance; 4-3: Managing Your Looks; 4-4: Managing Your Money; 4-5: Making Consumer Decisions</p> <p>5-1: Your Living Space; 5-2: Home Safe Home; 5-3: Caring for Your Home</p> <p>6-1: Your Environment; 6-2: Energy Efficiency; 6-3: Technology in the Home</p> <p>7-1: Nutrition and Food Choices; 7-2: Using MyPlate; 7-3: Managing Your Weight</p> <p>8-1: Planning Menus; 8-2: You—A Food Shopper; 8-3: Buying and Storing Food; 8-4: Serving Meals; 8-5: Caring About Behavior</p> <p>9-1: Working with Kitchen Tools; 9-2: Safety and Sanitation; 9-3: Reading Recipes; 9-4: Basic Cooking Skills; 9-5: Preparing Foods; 9-6: Making Meal Preparation Easy; 9-7: Working with Others</p> <p>10-1: Building Your Wardrobe; 10-2: Shopping for Clothes; 10-3: Inspect Before You Buy; 10-4: Fibers and Fabrics; 10-5: Caring for Your Clothes</p> <p>11-1: Sewing and Serging; 11-2: Preparing to Sew; 11-3: Sewing Your Project; 11-4: Repairing, Altering, and Recycling Your Clothes</p> |

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| Comprehensive Standard | Text Concepts |
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| 1.0 <i>(Continued)</i> | 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Consumer and Family Resources | |
| 2.0 Evaluate management practices related to the human, economic, and environmental resources. | 3-1: Your Needs and Wants; 3-2: Your Resources; 3-3: Your Values and Goals; 3-4: Your Decisions; 3-5: Making a Difference in Your Community 4-1: The Management Process; 4-2: Managing Your Health and Appearance; 4-3: Managing Your Looks; 4-4: Managing Your Money; 4-5: Making Consumer Decisions 5-1: Your Living Space; 5-2: Home Safe Home; 5-3: Caring for Your Home 6-1: Your Environment; 6-2: Energy Efficiency; 6-3: Technology in the Home |
| Consumer Services | |
| 3.0 Integrate knowledge, skills, and practices needed for a career in consumer services. | 3-1: Your Needs and Wants; 3-2: Your Resources; 3-3: Your Values and Goals; 3-4: Your Decisions; 3-5: Making a Difference in Your Community 4-1: The Management Process; 4-2: Managing Your Health and Appearance; 4-3: Managing Your Looks; 4-4: Managing Your Money; 4-5: Making Consumer Decisions 5-1: Your Living Space; 5-2: Home Safe Home; 5-3: Caring for Your Home 10-1: Building Your Wardrobe; 10-2: Shopping for Clothes; 10-3: Inspect Before You Buy; 10-4: Fibers and Fabrics; 10-5: Caring for Your Clothes 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Education and Early Childhood | |
| 4.0 Integrate knowledge, skills, and practices required for careers in early childhood, education, and services. | 2-1: Babysitting; 2-2: Baby's First Year; 2-3: The Toddler Stage; 2-4: Preschoolers; 2-5: How Children Learn 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Facilities Management and Maintenance | |
| 5.0 Integrate knowledge, skills, and practices required for careers in facilities management and maintenance. | 3-1: Your Needs and Wants; 3-2: Your Resources; 3-3: Your Values and Goals; 3-4: Your Decisions; 3-5: Making a Difference in Your Community 5-1: Your Living Space; 5-2: Home Safe Home; 5-3: Caring for Your Home |

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| Comprehensive Standard | Text Concepts |
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| 5.0 (Continued) | 6-1: Your Environment; 6-2: Energy Efficiency; 6-3: Technology in the Home 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Family | |
| 6.0 Evaluate the significance of family and its effects on the well-being of individuals and society. | 1-1: Looking at Yourself; 1-2: Changing and Growing; 1-3: You and Your Family; 1-4: Friends; 1-5: Communicating with Others; 1-6: Strengthening Families 2-1: Babysitting; 2-2: Baby's First Year; 2-3: The Toddler Stage; 2-4: Preschoolers; 2-5: How Children Learn |
| Family and Community Services | |
| 7.0 Synthesize knowledge, skills, and practices required for careers in family and community services. | 1-1: Looking at Yourself; 1-2: Changing and Growing; 1-3: You and Your Family; 1-4: Friends; 1-5: Communicating with Others; 1-6: Strengthening Families 2-1: Babysitting; 2-2: Baby's First Year; 2-3: The Toddler Stage; 2-4: Preschoolers; 2-5: How Children Learn 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Food Production and Services | |
| 8.0 Integrate knowledge, skills, and practices required for careers in food production and services. | 7-1: Nutrition and Food Choices; 7-2: Using MyPlate; 7-3: Managing Your Weight 8-1: Planning Menus; 8-2: You—A Food Shopper; 8-3: Buying and Storing Food; 8-4: Serving Meals; 8-5: Caring About Behavior 9-1: Working with Kitchen Tools; 9-2: Safety and Sanitation; 9-3: Reading Recipes; 9-4: Basic Cooking Skills; 9-5: Preparing Foods; 9-6: Making Meal Preparation Easy; 9-7: Working with Others 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Food Science, Dietetics, and Nutrition | |
| 9.0 Integrate knowledge, skills, and practices required for careers in food science, food technology, dietetics, and nutrition. | 7-1: Nutrition and Food Choices; 7-2: Using MyPlate; 7-3: Managing Your Weight 8-1: Planning Menus; 8-2: You—A Food Shopper; 8-3: Buying and Storing Food; 8-4: Serving Meals; 8-5: Caring About Behavior 9-1: Working with Kitchen Tools; 9-2: Safety and Sanitation; 9-3: Reading Recipes; 9-4: Basic Cooking Skills; 9-5: Preparing Foods; 9-6: Making Meal Preparation Easy; 9-7: Working with Others |

| Comprehensive Standard | Text Concepts |
|---|---|
| 9.0 (Continued) | 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Hospitality, Tourism, and Recreation | |
| 10.0 Synthesize knowledge, skills, and practices required for careers in hospitality, tourism, and recreation. | 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Housing and Interior Design | |
| 11.0 Integrate knowledge, skills, and practices required for careers in housing and interior design. | 5-1: Your Living Space; 5-2: Home Safe Home; 5-3: Caring for Your Home 6-1: Your Environment; 6-2: Energy Efficiency; 6-3: Technology in the Home 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Human Development | |
| 12.0 Analyze factors that influence human growth and development. | 1-1: Looking at Yourself; 1-2: Changing and Growing; 1-3: You and Your Family; 1-4: Friends; 1-5: Communicating with Others; 1-6: Strengthening Families 2-1: Babysitting; 2-2: Baby's First Year; 2-3: The Toddler Stage; 2-4: Preschoolers; 2-5: How Children Learn |
| Interpersonal Relationships | |
| 13.0 Demonstrate respectful and caring relationships in the family, workplace, and community. | 1-1: Looking at Yourself; 1-2: Changing and Growing; 1-3: You and Your Family; 1-4: Friends; 1-5: Communicating with Others; 1-6: Strengthening Families 3-1: Your Needs and Wants; 3-2: Your Resources; 3-3: Your Values and Goals; 3-4: Your Decisions; 3-5: Making a Difference in Your Community 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |
| Nutrition and Wellness | |
| 14.0 Demonstrate nutrition and wellness practices that enhance individual and family well-being. | 4-1: The Management Process; 4-2: Managing Your Health and Appearance; 4-3: Managing Your Looks; 4-4: Managing Your Money; 4-5: Making Consumer Decisions 7-1: Nutrition and Food Choices; 7-2: Using MyPlate; 7-3: Managing Your Weight 8-1: Planning Menus; 8-2: You—A Food Shopper; 8-3: Buying and Storing Food; 8-4: Serving Meals; 8-5: Caring About Behavior |

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| Comprehensive Standard | Text Concepts |
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| Parenting | |
| 15.0 Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families. | 1-1: Looking at Yourself; 1-2: Changing and Growing; 1-3: You and Your Family; 1-4: Friends; 1-5: Communicating with Others; 1-6: Strengthening Families 2-1: Babysitting; 2-2: Baby's First Year; 2-3: The Toddler Stage; 2-4: Preschoolers; 2-5: How Children Learn |
| Textiles, Fashion, and Apparel | |
| 16.0 Integrate knowledge, skills, and practices required for careers in textiles and apparels. | 10-1: Building Your Wardrobe; 10-2: Shopping for Clothes; 10-3: Inspect Before You Buy; 10-4: Fibers and Fabrics; 10-5: Caring for Your Clothes 11-1: Sewing and Serging; 11-2: Preparing to Sew; 11-3: Sewing Your Project; 11-4: Repairing, Altering, and Recycling Your Clothes 12-1: Questions About Work; 12-2: Researching Careers; 12-3: Heading for a Career; 12-4: Career Options 13-1: Getting Your First Job; 13-2: Getting Ready for Job Success |