

# STUDENT QUOTES



"I learned how to tell a counterfeit friend from a real friend. Teenagers can relate to this subject Big Time!" Savannah W.

"We learned table manners and how to treat a lady."

Nick K.



"How to spend a little and get a lot. We went on a field trip to Publix, our objective was to feed 4 people on \$8.00 using the food pyramid as our guide."

Hannah W.

"Money, money, money-when you're my age that's all you want. I learned once you get money you should always try to save some."

Mercedes H.



## Did you know...

The 'Life Choices' class meets the middle grade promotion requirement in Florida Statute 1003.4156 for "one course in career and education planning to be completed in 7th or 8th grade" for all Florida students.

## And ...

'Life Choices' delivers academics through verbal, reading, writing, math/science technology and analytical activities that help prepare students for FCAT.

## Did you also know ...

Florida Family and Consumer Sciences 'Life Choices' class is "Helping Florida Youth" prepare for success in high school and beyond!

## Now you know!

Florida Association of Family and Consumer Sciences  
"Helping Florida Families"

For more information visit our website at: [www.fafcs.org](http://www.fafcs.org)

Contact person: Donna McGrew  
941-374-7491

Email: [dodaenterprises@juno.com](mailto:dodaenterprises@juno.com)

or

[www.Lifechoices4teens.org](http://www.Lifechoices4teens.org)

Contact person: Sandra Thomas  
239-377-5105

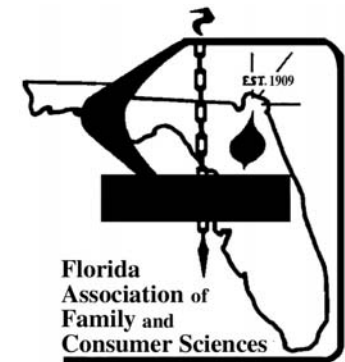
# Family and Consumer Sciences

## 8th Grade

## 'Life Choices'

### The Class

## Teaches Life Skills!



"Helping Florida Families"

Developing A Sense Of  
**FAMILY**

**TOPICS DISCUSSED**

**Relationships**

- \* Awareness of Self, Family and Friends

**Social Skills**

- \* Manners and Etiquette
- Home and Workplace

**Communication Skills**

- \* Verbal and Non-verbal

**Child Development/ Parenting**

- \* Pre-natal - Adolescence

**Virtues**

- \* Developing A Social Consciousness

**Housing**

- \* Your Personal Living Space
- Recycling, Safety and Care of the Home

Becoming An Educated  
**CONSUMER**

**TOPICS DISCUSSED**

**Financial Literacy**

- \* Managing Your Money
- Earning, Spending, Saving, Sharing and Credit Cards
- \* Being a Savvy Consumer
- Smart Shopping, Places to Shop, Advertising Influences and Consumer Behavior

**Part-time Jobs**

**and**

**Full-time Careers**

- \* Understanding the Workplace
- \* Goal Setting and Decision Making
- Workplace Skills
- Job Application
- Interview Process
- Exploring Careers
- \* Career and Education Planning

Nutrition and Textile  
**SCIENCES**

**TOPICS DISCUSSED**

**Nutrition**

- \* Key Nutrients
- \* Food Guide Pyramid
- \* Understanding Food Labels
- \* Menu Planning/Serving Sizes
- \* Managing Your Weight
- \* Balanced Diet/Balanced Budget

**Food Preparation**

- \* Safety/Sanitation in the Kitchen
- \* Measuring/Reading Recipes
- \* Food Shopping
- \* Cooking Labs

**Clothing and Textiles**

- \* Shopping for Clothing
- \* Clothing Care