

# Family and Community Services (2015): Grades 9, 10, 11, 12, Higher Education

Adopted 2015

**Demonstrate respectful and caring relationships in the family, workplace and community.** FMCS.01

**01. Analyze functions and expectations of various types of relationships.** FMCS.01.01

- a. Analyze processes for building and maintaining interpersonal relationships. FMCS.01.01.A
- b. Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships. FMCS.01.01.B
- c. Analyze factors that contribute to healthy and unhealthy relationships. FMCS.01.01.C
- d. Analyze processes for handling unhealthy relationships. FMCS.01.01.D
- e. Demonstrate stress management strategies for family, work, and community settings. FMCS.01.01.E

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**02. Analyze personal needs and characteristics and their impact on interpersonal relationships.** FMCS.01.02

- a. Analyze the effects of personal characteristics on relationships. FMCS.01.02.A
- b. Analyze the effect of personal need on relationships. FMCS.01.02.B
- c. Analyze the effects of self-esteem and self-image on relationships. FMCS.01.02.C
- d. Analyze the effects of life span events and conditions on relationships. FMCS.01.02.D
- e. Explain the effects of personal standards and behaviors on interpersonal relationships. FMCS.01.02.E

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**03. Demonstrate communication skills that contribute to positive relationships.** FMCS.01.03

- a. Analyze communication styles and their effects on relationships. FMCS.01.03.A
- b. Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. FMCS.01.03.B
- c. Demonstrate effective listening and feedback techniques. FMCS.01.03.C
- d. Analyze strategies to overcome communication barriers in family, community and work settings. FMCS.01.03.D
- e. Analyze the effects of communication technology in family, work, and community settings. FMCS.01.03.E

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**04. Evaluate effective conflict prevention and management techniques.** FMCS.01.04

- a. Analyze the origin and development of attitudes and behaviors regarding conflict. FMCS.01.04.A
- b. Explain how similarities and differences among people affect conflict prevention and management. FMCS.01.04.B
- c. Apply the roles of decision making and problem solving in reducing and managing conflict. FMCS.01.04.C
- d. Demonstrate nonviolent strategies that address conflict. FMCS.01.04.D
- e. Demonstrate effective responses to harassment. FMCS.01.04.E
- f. Assess community resources that support conflict prevention and management. FMCS.01.04.F

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**05. Demonstrate standards that guide behavior in interpersonal relationships.** FMCS.01.05

- a. Apply critical thinking and ethical criteria to evaluate interpersonal relationships. FMCS.01.05.A
  - b. Apply guidelines for assessing the nature of issues and situations. FMCS.01.05.B
  - c. Apply critical thinking and ethical standards when making judgments and taking action. FMCS.01.05.C
  - d. Demonstrate ethical behavior in family, workplace, and community settings. FMCS.01.05.D
  - e. Compare the relative merits of opposing points of view regarding current ethical issues. FMCS.01.05.E
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**Demonstrate nutrition and wellness practice that enhance individual and family well-being.** FMCS.02

- 01. Analyze factors that influence nutrition and wellness practices across the lifespan.** FMCS.02.01
  - a. Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. FMCS.02.01.A
  - b. Analyze legislation and regulations related to nutrition and wellness. FMCS.02.01.B

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**02. Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.** FMCS.02.02

- a. Analyze the effect of nutrients on health, appearance, and peak performance. FMCS.02.02.A
- b. Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. FMCS.02.02.B
- c. Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. FMCS.02.02.C
- d. Analyze sources of food and nutrition information, including food labels, related to health and wellness. FMCS.02.02.D

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**Evaluate the significance of family and its effects on the well being of individuals and society.** FMCS.03

- 01. Analyze the effects of family as a system on individuals and society.** FMCS.03.01
  - a. Analyze family as the basic unit of society. FMCS.03.01.A
  - b. Analyze the role of family in transmitting societal expectations. FMCS.03.01.B
  - c. Analyze the effects of change and transitions over the life course. FMCS.03.01.C

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**Evaluate the effects of parenting roles and responsibilities on strengthening the well being of individuals and families.** FMCS.04

- 01. Evaluate external support systems that provide services for parents.** FMCS.04.01
  - a. Assess community resources and services available to families. FMCS.04.01.A
  - b. Summarize current laws and policies related to parenting. FMCS.04.01.B

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**Analyze factors that influence human growth & development.** FMCS.05

- 01. Analyze conditions that influence human growth and development.** FMCS.05.01
  - a. Analyze the effects of life events on individuals' physical, intellectual, social, moral, and emotional development. FMCS.05.01.A

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**Integrate multiple life roles and responsibilities in family work and community settings.** FMCS.06

- 01. Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community and global).** FMCS.06.01
  - a. Summarize local and global policies, issues, and trends in the workplace and community that affect individuals and families. FMCS.06.01.A
  - b. Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals. FMCS.06.01.B

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**02. Evaluate the reciprocal effects of individual and family participation in community activities.** FMCS.06.02

- a. Analyze personal and family assets and skills that provide services to the community. FMCS.06.02.A
  - b. Analyze community resources and system of formal and in support available to individuals and families. FMCS.06.02.B
  - c. Analyze the effects of public policies, agencies and institute the family. FMCS.06.02.C
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**Evaluate management practices related to human, economic and environmental resources.** FMCS.07

**01. Demonstrate the management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time and human capital.** FMCS.07.01

- a. Apply management and planning skills and processes to organize tasks and responsibilities. FMCS.07.01.A
  - b. Summarize information about procuring and maintaining health care to meet the needs of individuals and family members. FMCS.07.01.B
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**Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities.** FMCS.08

**01. Evaluate reasoning for self and others.** FMCS.08.01

- a. Analyze different kinds of reasoning (e.g., scientific, practical, interpersonal). FMCS.08.01.A
  - b. Distinguish between adequate and inadequate reasoning. FMCS.08.01.B
  - c. Establish criteria for adequate reasoning. FMCS.08.01.C
  - d. Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. FMCS.08.01.D
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**02. Analyze recurring and evolving family, workplace and community concerns.** FMCS.08.02

- a. Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. FMCS.08.02.A
  - b. Describe recurring and evolving concerns facing individuals, families, workplaces, and communities. FMCS.08.02.B
  - c. Describe conditions and circumstances that create or sustain recurring and evolving concerns. FMCS.08.02.C
  - d. Describe levels of concerns: individual, family, workplace, community, cultural/societal, global/environmental. FMCS.08.02.D
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**03. Analyze practical reasoning components.** FMCS.08.03

- a. Differentiate types of knowledge needed for reasoned action: value-ends, goals, contextual factors, possible actions, and consequences. FMCS.08.03.A

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**04. Implement practical reasoning for responsible action in families, workplaces and communities.** FMCS.08.04

- a. Synthesize information from a variety of sources that are judged to be reliable. FMCS.08.04.A
- b. Describe a particular recurring and evolving individual, family, workplace, or community concern. FMCS.08.04.B
- c. Select goals/valued ends to resolve a particular concern. FMCS.08.04.C
- d. Establish standards for choosing responsible action to address a particular concern. FMCS.08.04.D
- e. Evaluate the conditions of a particular concern, e.g. historical, social-psychological, socioeconomic, political, cultural, global/environmental. FMCS.08.04.E
- f. Use adequate and reliable information to critique possible actions. FMCS.08.04.F
- g. Evaluate potential short- and long-term consequences of possible actions on self, others, culture/society, and global environment. FMCS.08.04.G
- h. Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. FMCS.08.04.H
- i. Implement and monitor a plan of action based on established standards and valued ends. FMCS.08.04.I

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**05. Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action.** FMCS.08.05

- a. Delineate scope, concepts, and scientific terminology for a particular inquiry. FMCS.08.05.A
- b. Judge validity and reliability of information, sources, opinions, and evidence. FMCS.08.05.B

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**(NUWL) Demonstrate nutrition and wellness practices that enhance individual and family well-being.** FMCS.09

**01. (NUWL) Analyze factors that influence nutrition and wellness practices across the life span.** FMCS.09.01

- a. (NUWL) Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness. FMCS.09.01.A
- b. (NUWL) Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. FMCS.09.01.B
- c. (NUWL) Analyze legislation and regulations related to nutrition and wellness. FMCS.09.01.C

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**02. (NUWL) Evaluate the nutritional needs of individual and families in relation to health and wellness across the lifespan. FMCS.09.02**

- a. (NUWL) Analyze the effect of nutrients on health, appearance, and peak performance. FMCS.09.02.A
- b. (NUWL) Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. FMCS.09.02.B
- c. (NUWL) Analyze sources of food and nutrition information, including food labels, related to health and wellness. FMCS.09.02.C
- d. (NUWL) Investigate and assess the role of vitamins and minerals in maintaining optimal health. FMCS.09.02.D
- e. (NUWL) Investigate the role of non-nutritive compounds in a healthy diet. FMCS.09.02.E

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**03. (NUWL) Demonstrate ability to acquire, handle and use foods to meet nutrition and wellness needs of individuals and families across the lifespan. FMCS.09.03**

- a. (NUWL) Apply various dietary guidelines in planning to meet nutrition and wellness needs. FMCS.09.03.A
- b. (NUWL) Design strategies that meet the health and nutrition requirements of individuals and families with special needs. FMCS.09.03.B

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**04. (NUWL) Evaluate factors that affect food safety from production through consumption. FMCS.09.04**

- a. (NUWL) Analyze how changes in national and international food production and distribution systems influence the food supply. FMCS.09.04.A
- b. (NUWL) Analyze public dialogue about food safety and sanitation. FMCS.09.04.B

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**05. (NUWL) Evaluate the influence of science and technology on food composition, safety and other issues. FMCS.09.05**

- a. (NUWL) Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods. FMCS.09.05.A
- b. (NUWL) Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness. FMCS.09.05.B

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**(NUWL) Demonstrate basic knowledge of the digestive tract and its functions, metabolism and energy balance. FMCS.10**

**01. (NUWL) Analyze the breakdown of food, the absorption of nutrients and their conversion to energy by the body in the digestive process. FMCS.10.01**

- a. (NUWL) Examine the relationship between calories, nutrients, and food intake versus energy output for healthy weight management and prevention of chronic disease. FMCS.10.01.A
  - b. (NUWL) Describe the impact of the metabolism rate. FMCS.10.01.B
  - c. (NUWL) Demonstrate the ability to calculate BMR, Body fat and BMI. FMCS.10.01.C
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**(NUWL) Integrate knowledge, skills, practices required for food science, food technology, dietetics and nutrition. FMCS.11**

**01. (NUWL) Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans. FMCS.11.01**

- a. (NUWL) Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions. FMCS.11.01.A
- b. (NUWL) Analyze nutritional data. FMCS.11.01.B
- c. (NUWL) Critique the selection of foods to promote a healthy lifestyle. FMCS.11.01.C

**(NUWL) Synthesize wellness practices that impact an individual's physical and emotional health, optimal performance, quality of life and longevity. FMCS.12**

**01. (NUWL) Analyze current information pertaining to individual wellness. FMCS.12.01**

- a. (NUWL) Understand the food label information and government Regulations. FMCS.12.01.A
- b. (NUWL) Utilize sources of credible wellness information and research. FMCS.12.01.B

**02. (NUWL) Analyze career paths within dietetics, fitness and nutrition industries. FMCS.12.02**

- a. (NUWL) Determine the roles and functions of individuals engaged in dietetics, fitness and nutrition careers. FMCS.12.02.A
- b. (NUWL) Examine education and training requirements and opportunities for career paths in dietetics, fitness and nutrition. FMCS.12.02.B

**(NUWL) Design strategies to integrate exercise and fitness throughout the life cycle for optimal wellness. FMCS.13**

**01. (NUWL) Assess the effect of exercise on optimal health, fitness level and performance and emotional well being. FMCS.13.01**

- a. (NUWL) Examine the benefits of exercise and fitness in lifelong wellness. FMCS.13.01.A
- b. (NUWL) Investigate factors to consider when choosing fitness activities. FMCS.13.01.B

**02. (NUWL) Integrate knowledge, skills and practices of exercise and fitness required for lifelong wellness. FMCS.13.02**

- a. (NUWL) Identify various types of exercise of physical activity. FMCS.13.02.A
- b. (NUWL) Investigate factors to consider when choosing fitness activities. FMCS.13.02.B
- c. (NUWL) Research, develop, and modify a personal fitness program that promotes wellness. FMCS.13.02.C
- d. (NUWL) Examine the effects of different fluids and foods on energy levels and body performance during various physical activities. FMCS.13.02.D
- e. (NUWL) Distinguish between facts and myths about sports nutrition. FMCS.13.02.E

**(NUWL) Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities.** FMCS.14

**01. (NUWL) Evaluate reasoning for self and others.** FMCS.14.01

- a. (NUWL) Analyze different kinds of reasoning (e.g., scientific, practical, interpersonal). FMCS.14.01.A
  - b. (NUWL) Distinguish between adequate and inadequate reasoning. FMCS.14.01.B
  - c. (NUWL) Establish criteria for adequate reasoning. FMCS.14.01.C
  - d. (NUWL) Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. FMCS.14.01.D
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**02. (NUWL) Analyze recurring and evolving family, workplace and community concerns.** FMCS.14.02

- a. (NUWL) Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. FMCS.14.02.A
  - b. (NUWL) Describe recurring and evolving concerns facing individuals, families, workplaces, and communities. FMCS.14.02.B
  - c. (NUWL) Describe conditions and circumstances that create or sustain recurring and evolving concerns. FMCS.14.02.C
  - d. (NUWL) Describe levels of concerns: individual, family, workplace, community, cultural/societal, global/environmental. FMCS.14.02.D
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**03. (NUWL) Analyze practical reasoning components.** FMCS.14.03

- a. (NUWL) Differentiate types of knowledge needed for reasoned action: value-ends, goals, contextual factors, possible actions, and consequences. FMCS.14.03.A
- b. (NUWL) Analyze short-term and long-term consequences on self, family, culture/society, and global environment. FMCS.14.03.B
- c. (NUWL) Analyze assumptions that underlie beliefs and actions. FMCS.14.03.C
- d. (NUWL) Distinguish adequate and/or reliable information from inadequate and/or unreliable information. FMCS.14.03.D
- e. (NUWL) Analyze role exchange, universal consequences, the role of ethics, and other tests for making responsible judgments. FMCS.14.03.E
- f. (NUWL) Distinguish adequate from inadequate reasons. FMCS.14.03.F

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**04. (NUWL) Implement practical reasoning for responsible action in families, workplaces and communities. FMCS.14.04**

- a. (NUWL) Synthesize information from a variety of sources that are judged to be reliable. FMCS.14.04.A
- b. (NUWL) Describe a particular recurring and evolving individual, family, workplace, or community concern. FMCS.14.04.B
- c. (NUWL) Select goals/valued ends to resolve a particular concern. FMCS.14.04.C
- d. (NUWL) Establish standards for choosing responsible action to address a particular concern. FMCS.14.04.D
- e. (NUWL) Evaluate the conditions of a particular concern, e.g. historical, social-psychological, socioeconomic, political, cultural, global/environmental. FMCS.14.04.E
- f. (NUWL) Use adequate and reliable information to critique possible actions. FMCS.14.04.F
- g. (NUWL) Evaluate potential short- and long-term consequences of possible actions on self, others, culture/society, and global environment. FMCS.14.04.G
- h. (NUWL) Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. FMCS.14.04.H
- i. (NUWL) Implement and monitor a plan of action based on established standards and valued ends. FMCS.14.04.I

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**05. (NUWL) Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action. FMCS.14.05**

- a. (NUWL) Delineate scope, concepts, and scientific terminology for a particular inquiry. FMCS.14.05.A
- b. (NUWL) Judge validity and reliability of information, sources, opinions, and evidence. FMCS.14.05.B

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**(FSDN) Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition. FMCS.15**

**01. (FSDN) Analyze career paths within food science, food technology, dietetics, and nutrition industries. FMCS.15.01**

- a. (FSDN) Explain the roles and functions of individuals engaged in food science, food technology, dietetics, and nutrition careers. FMCS.15.01.A
- b. (FSDN) Analyze opportunities for employment and entrepreneurial endeavors. FMCS.15.01.B
- c. (FSDN) Summarize education and training requirements and opportunities for career paths in food science, food technology, dietetics, and nutrition. FMCS.15.01.C
- d. (FSDN) Analyze the impact of food science, dietetics, and nutrition occupations on local, state, national, and global economies. FMCS.15.01.D
- e. (FSDN) Analyze the role of professional organizations in food science, food technology, dietetics, and nutrition careers. FMCS.15.01.E

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**02. (FSDN) Apply risk management procedures to food safety, food testing, and sanitation.** FMCS.15.02

- a. (FSDN) Analyze factors that contribute to food borne illness. FMCS.15.02.A
- b. (FSDN) Analyze food service management safety and sanitation programs. FMCS.15.02.B
- c. (FSDN) Use the Hazard Analysis Critical Control Point (HACCP) during all food handling processes to minimize the risks of food borne illness. FMCS.15.02.C
- d. (FSDN) Demonstrate practices and procedures that assure personal and workplace health and hygiene. FMCS.15.02.D
- e. (FSDN) Demonstrate standard procedures for receiving and storage of raw and prepared foods. FMCS.15.02.E
- f. (FSDN) Classify current types of cleaning materials and sanitizers and their proper use. FMCS.15.02.F
- g. (FSDN) Use Occupational Safety and Health Administration's (OSHA) Right to Know Law and Material Safety Data Sheets (MSDS) and explain their requirements in handling hazardous materials. FMCS.15.02.G

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**03. (FSDN) Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.** FMCS.15.03

- a. (FSDN) Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions. FMCS.15.03.A
- b. (FSDN) Analyze nutritional data. FMCS.15.03.B
- c. (FSDN) Apply principles of food production to maximize nutrient retention in prepared foods. FMCS.15.03.C
- d. (FSDN) Assess the influence of socioeconomic and psychological factors on food and nutrition and behavior. FMCS.15.03.D
- e. (FSDN) Critique the selection of foods to promote a healthy lifestyle. FMCS.15.03.E
- f. (FSDN) Categorize foods into exchange groups and plan menus, applying the exchange system to meet various nutrient needs. FMCS.15.03.F

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**04. (FSDN) Apply basic concepts of nutrition and nutritional therapy in a variety of settings.** FMCS.15.04

- a. (FSDN) Analyze nutritional needs of individuals. FMCS.15.04.A
- b. (FSDN) Construct a modified diet based on nutritional needs and health conditions. FMCS.15.04.B
- c. (FSDN) Design instruction on nutrition for health maintenance and disease prevention. FMCS.15.04.C

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**05. (FSDN) Demonstrate use of current technology in food product development and marketing.** FMCS.15.05

- a. (FSDN) Analyze various factors that affect food preferences in the marketing of food. FMCS.15.05.A
- b. (FSDN) Analyze data in statistical analysis in making development and marketing decisions. FMCS.15.05.B
- c. (FSDN) Maintain test kitchen/laboratory and related equipment and supplies. FMCS.15.05.C
- d. (FSDN) Implement procedures that affect quality product performance. FMCS.15.05.D
- e. (FSDN) Conduct sensory evaluations of food products. FMCS.15.05.E
- f. (FSDN) Conduct testing for safety of food products, utilizing available technology. FMCS.15.05.F

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**06. (FSDN) Demonstrate food science, dietetics, and nutrition management principles and practices.** FMCS.15.06

- a. (FSDN) Implement food preparation, production, and testing systems. FMCS.15.06.A
- b. (FSDN) Create standardized recipes. FMCS.15.06.B
- c. (FSDN) Manage amounts of food to meet needs of customers, clients. FMCS.15.06.C
- d. (FSDN) Analyze new products. FMCS.15.06.D
- e. (FSDN) Implement procedures that provide cost effective products. FMCS.15.06.E
- f. (FSDN) Establish par levels for the purchase of supplies based on an organization's needs. FMCS.15.06.F
- g. (FSDN) Utilize Food Code Points of time, temperature, date markings, cross contamination, hand washing, and personal hygiene as criteria for safe food preparation. FMCS.15.06.G

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**(FSDN) Family & Consumer Sciences National Reasoning for Action Standards** FMCS.16

**01. (FSDN) Evaluate reasoning for self and others.** FMCS.16.01

- a. (FSDN) Analyze different types of reasoning (e.g., scientific, practical, interpersonal). FMCS.16.01.A
- b. (FSDN) Establish criteria for adequate reasoning. FMCS.16.01.B

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**02. (FSDN) Analyze recurring and evolving family, workplace, and community standards.** FMCS.16.02

- a. (FSDN) Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. FMCS.16.02.A

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**03. (FSDN) Analyze practical reasoning components. FMCS.16.03**

- a. (FSDN) Distinguish adequate and/or reliable information from inadequate and/or unreliable information. FMCS.16.03.A
- b. (FSDN) Analyze role exchange, universal consequences, the role of ethics, and other tests for making responsible judgments. FMCS.16.03.B
- c. (FSDN) Distinguish adequate from inadequate reasons. FMCS.16.03.C

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**04. (FSDN) Implement practical reasoning for responsible action in families, workplaces and communities. FMCS.16.04**

- a. (FSDN) Describe a particular recurring and evolving individual, family, workplace, or community concern. FMCS.16.04.A
- b. (FSDN) Use adequate and reliable information to critique possible actions. FMCS.16.04.B
- c. (FSDN) Evaluate potential short and long term consequences of possible actions on self, others, culture/society, and global environment. FMCS.16.04.C
- d. (FSDN) Design a plan for accomplishing a selected action. FMCS.16.04.D
- e. (FSDN) Implement and monitor a plan of action based on established standards and valued ends. FMCS.16.04.E

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**05. (FSDN) Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action. FMCS.16.05**

- a. (FSDN) Draw conclusions based on data and information that are judged to be reliable. FMCS.16.05.A