



## FAMILY AND CONSUMER SCIENCES

### Test Framework

	<b>Content Domain</b>	<b>Range of Competencies</b>	<b>Approximate Percentage of Test Score</b>
<b>I.</b>	Human Development and Relationships	0001–0004	33%
<b>II.</b>	Resource Management and Consumer Skills	0005–0007	25%
<b>III.</b>	Nutrition and Foods	0008–0010	25%
<b>IV.</b>	Workplace Skills and Careers	0011–0012	17%

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## I. HUMAN DEVELOPMENT AND RELATIONSHIPS

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### 0001 Understand human growth and development throughout the life span.

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- ▶ Recognize theories, principles, sequences, stages, and characteristics of physical, emotional, social, and cognitive development throughout the life span.
- ▶ Demonstrate knowledge of the interrelationships and factors that affect physical, emotional, social, and cognitive development throughout the life span.
- ▶ Demonstrate knowledge of techniques, strategies, and resources for fostering optimal physical, emotional, social, and cognitive development throughout the life span.
- ▶ Demonstrate knowledge of the effects of heredity and environment on an individual's needs, roles, and goals throughout the life span.

### 0002 Understand the characteristics of interpersonal relationships and communication.

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- ▶ Recognize the types, characteristics, and importance of interpersonal relationships for supporting well-being.
- ▶ Analyze personal and environmental factors that affect the formation and maintenance of respectful and caring interpersonal relationships.
- ▶ Recognize communication skills and barriers to communication and their effects on relationships.
- ▶ Demonstrate knowledge of decision-making, problem-solving, conflict resolution, and crisis management skills.

### 0003 Understand families and family well-being.

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- ▶ Recognize types of families and family structures, needs and functions of families, and roles and responsibilities of family members.
- ▶ Demonstrate knowledge of public policies and social, cultural, and economic factors that affect families.
- ▶ Demonstrate knowledge of conflicts, crises, changes, and transitions that affect family well-being and of resources and services for families in need.
- ▶ Identify skills and strategies needed for building and maintaining healthy family relationships and for managing change and crisis.
- ▶ Demonstrate knowledge of the interrelatedness of personal, family, work, and community roles and responsibilities.

**0004 Understand the roles and responsibilities of parenting.**

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- ▶ Identify factors that affect decisions about becoming a parent/guardian and ways parents/guardians and other members of the family system can prepare for the addition of a child.
- ▶ Recognize stages and physical changes that occur during pregnancy and childbirth and the effects of various factors on prenatal, perinatal, and postnatal health.
- ▶ Recognize parents'/guardians' legal and financial obligations to their children; various styles, expectations, and responsibilities of parenting; and the factors that affect parenting styles, expectations, and responsibilities.
- ▶ Demonstrate knowledge of developmentally appropriate strategies for promoting children's physical, social, intellectual, and emotional development and well-being.
- ▶ Demonstrate knowledge of strategies for promoting and maintaining a healthy environment for parents/guardians and children, including healthcare, hygienic needs, disease and accident prevention, first aid, and emergency planning.
- ▶ Recognize types, risk factors, causes, signs, and effects of child maltreatment.
- ▶ Analyze various child-care options, criteria for evaluating child-care programs, and characteristics of high-quality home and institutional caregivers.

## II. RESOURCE MANAGEMENT AND CONSUMER SKILLS

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### 0005 Understand the basic principles of personal and family finance.

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- ▶ Identify principles, steps, and skills involved in developing and maintaining a budget.
- ▶ Demonstrate knowledge of components of short- and long-term financial management plans and factors that affect money management and financial planning throughout the life cycle.
- ▶ Demonstrate knowledge of types of institutions, businesses, and agencies that provide financial services or assistance and the services they provide.
- ▶ Recognize types and characteristics of insurance, savings, investment, and retirement vehicles and the risks and benefits associated with each.
- ▶ Recognize types of credit, procedures for obtaining credit, factors that affect eligibility for credit, appropriate uses of credit, and the consequences of misuse of credit.
- ▶ Analyze the role of consumers in the U.S. economy and the interrelationship between the economic system and consumer behaviors.

### 0006 Understand consumer skills and the basic principles of resource management throughout the life span.

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- ▶ Recognize individual and family resources and factors that affect how they are used.
- ▶ Demonstrate knowledge of strategies for selecting, adjusting, and adapting individual and family resources to meet their wants, needs, and goals.
- ▶ Demonstrate knowledge of strategies and resources that support the management of personal, family, work, and community commitments, needs, and goals.
- ▶ Identify methods for responsible consumption and conservation of renewable and nonrenewable resources.
- ▶ Recognize methods for researching, identifying, comparing, and evaluating goods and services to support wise consumer decisions and how various factors influence consumer decision making.
- ▶ Identify legal and other considerations regarding the acquisition of transportation and housing.
- ▶ Recognize consumer fraud and deception practices.
- ▶ Demonstrate knowledge of consumer rights and responsibilities and the role of federal and state agencies, legislation, and advocacy groups in protecting consumers.

**0007 Understand the selection, design, and maintenance of housing, interiors, textiles, and apparel.**

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- ▶ Demonstrate knowledge of factors that affect the consideration, selection, and maintenance of housing and interiors.
- ▶ Demonstrate knowledge of skills and considerations involved in space planning for housing and interiors; elements and principles of design as applied to housing and interiors; and the role of design in meeting individual, family, and group needs throughout the life span.
- ▶ Recognize laws, regulations, and programs related to housing, interiors, furnishings, textiles, and apparel.
- ▶ Demonstrate knowledge of criteria considered in the selection of furnishings and equipment, including the characteristics of various furnishing materials.
- ▶ Identify characteristics of textile fibers, fabrics, and finishes and their applications for a variety of purposes.
- ▶ Demonstrate knowledge of factors influencing wardrobe planning and selection and elements and principles of design as applied to textiles and apparel.
- ▶ Demonstrate knowledge of the techniques, tools, supplies, and equipment for constructing, altering, repairing, cleaning, and maintaining apparel and household textile items and factors affecting the quality of apparel construction.

### III. NUTRITION AND FOODS

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#### **0008 Understand the principles of nutrition and food science.**

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- ▶ Recognize sources and functions of nutrients, the function of the digestive process and its effects on nutrition and wellness, and factors that affect the nutritional value of foods and beverages.
- ▶ Identify components of a balanced diet and special nutritional needs of individuals at various stages throughout the life span.
- ▶ Demonstrate knowledge of factors that affect food choices, food customs, and eating habits.
- ▶ Demonstrate knowledge of information required for food labels and packaging and how to interpret food label information, including health- and nutrition-related claims.
- ▶ Analyze causes, characteristics, and effects of nutritional deficiencies and excesses throughout the life span.
- ▶ Apply knowledge of principles and techniques for establishing and maintaining healthy eating and wellness practices for individuals, families, and groups.
- ▶ Demonstrate knowledge of the basic principles of food science.
- ▶ Recognize how scientific, technological, and environmental factors affect the nutrient content and availability of foods.

#### **0009 Understand the principles of kitchen and food safety and sanitation in home, commercial, and institutional settings.**

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- ▶ Identify kitchen safety hazards, safety precautions, and emergency procedures.
- ▶ Demonstrate knowledge of the symptoms, causes, and consequences of food-borne illnesses.
- ▶ Recognize guidelines, procedures, and standards for maintaining food safety and sanitation in home, commercial, and institutional environments.
- ▶ Identify the role of federal, state, and local agencies involved in food safety and sanitation.
- ▶ Recognize how scientific, technological, and environmental factors affect food safety.

**0010 Understand food preparation concepts and skills in home, commercial, and institutional settings.**

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- ▶ Demonstrate knowledge of principles, techniques, and terminology of food preparation and presentation.
- ▶ Recognize healthy food selection, storage, and preparation methods.
- ▶ Demonstrate knowledge of principles of meal and menu planning, portion control, and food budgeting/costing.
- ▶ Apply knowledge of the appropriate selection, use, care, and storage of kitchen tools and equipment.
- ▶ Apply skills and strategies for following, interpreting, converting, scaling, and modifying recipes/formulas for various purposes.
- ▶ Identify various food preparation, dining etiquette, table settings, and meal service styles among cultures within and outside the United States.

## IV. WORKPLACE SKILLS AND CAREERS

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### 0011 Understand career options related to family and consumer sciences.

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- ▶ Identify career and entrepreneurial opportunities related to family and consumer sciences professions.
- ▶ Recognize the economic conditions for and employment trends within various family and consumer sciences career paths.
- ▶ Identify training requirements, skills, experience, and aptitudes necessary for careers in family and consumer sciences.
- ▶ Recognize the role of the Family, Career, and Community Leaders of America (FCCLA) in developing student professionalism and leadership traits.
- ▶ Identify federal, state, and local standards, policies, regulations, and laws that affect family and consumer sciences professions.
- ▶ Demonstrate knowledge of business-planning and management skills.

### 0012 Understand employment and employability skills.

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- ▶ Demonstrate knowledge of the career-planning process, factors to consider when evaluating career options, methods for exploring career opportunities, and components of a career plan.
- ▶ Recognize procedures for searching, applying, and interviewing for a job.
- ▶ Demonstrate knowledge of customer/client service skills and factors that contribute to high-quality customer/client relationships.
- ▶ Demonstrate knowledge of personal qualities, skills, and ethics that facilitate success in the workplace.
- ▶ Demonstrate knowledge of principles for effective communication and managing stress and conflict in the workplace.
- ▶ Identify rights and responsibilities of employees and employers; and state and federal agencies, laws, regulations, and policies that affect employment.