



National Evaluation Series™

NES

PROFILE

Family and Consumer Sciences (310)

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NES Profile: Family and Consumer Sciences (310)

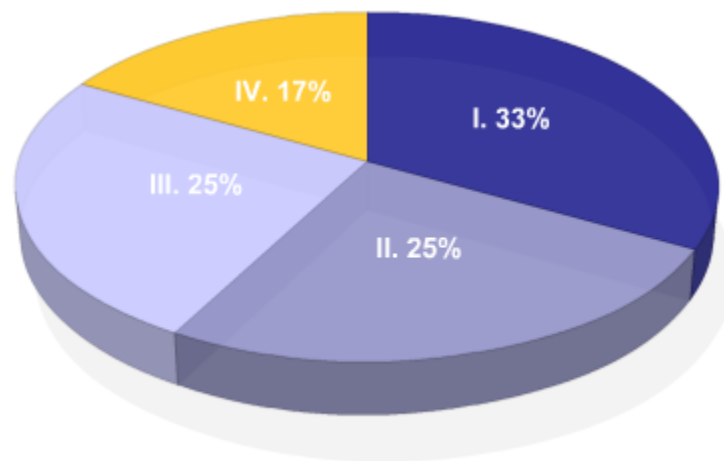
Overview

This *NES Profile* provides information about the test, including the approximate percentage of the total test score derived from each content domain. The complete set of the content domains, the test framework, is provided here and contains all of the competencies and descriptive statements that define the content of the test.

This *NES Profile* includes the following materials:

- » the test competencies associated with each content domain
- » a set of descriptive statements that further explain each competency
- » sample test questions aligned to the competencies
- » any applicable reference materials, as noted below

Test Field	Family and Consumer Sciences (310)
Test Format	Multiple-choice questions
Number of Questions	Approximately 150
Test Duration	Up to 3 hours
Reference Materials	None required



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

Content Domain I: Human Development and Relationships

Competencies:

0001 Understand human growth and development throughout the life span.

Descriptive Statements:

- » 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.

Sample Item:

At which of the following ages do children typically begin to use coping mechanisms to control their emotional responses consistently?

- A. birth to one year
- B. two to four years
- C. five to seven years
- D. eight to ten years

Correct Response and Explanation

B. This question requires the examinee to recognize a stage of emotional development in children. By the time a child has reached toddlerhood (ages two to four), he or she will typically have developed the ability to control his or her emotional responses consistently. The coping mechanisms children will typically have developed at this age include restricting sensory input, self-comforting, and the use of language to express oneself.

0002 Understand the characteristics of interpersonal relationships and communication.

Descriptive Statements:

- » 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.

Sample Item:

After work, two roommates enter into a heated argument over who should wash the dishes that were left in the sink that morning. At this point, the roommates can best prevent this conflict from escalating further if:

- A. they write down their arguments to vent their feelings.
- B. one roommate washes the dishes and the other accepts this as the end of the argument.
- C. they agree to take some time apart before discussing the issue further.
- D. a third party is called in to listen to their arguments and decide who is right.

Correct Response and Explanation

C. This question requires the examinee to demonstrate knowledge of conflict resolution skills. By taking some time apart before discussing the issue further, the roommates give themselves the opportunity to de-escalate their emotional responses to the situation and think more clearly about the issue before resuming a discussion. This will support their having a rational and respectful conversation that is more likely to lead to a mutually acceptable resolution.

0003 Understand families and family well-being.

Descriptive Statements:

- » 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.

Sample Item:

The Family and Medical Leave Act (FMLA) supports eligible employees' ability to fulfill their family roles after the birth or adoption of a child or when caring for a seriously ill family member by:

- A. requiring employers to provide employees with up to three months of paid leave per year.
- B. allowing employees to use sick time to take a child or family member to routine doctor's appointments.
- C. providing employees who leave their jobs with the option of buying health insurance through the company.
- D. guaranteeing employees up to 12 weeks of unpaid leave per year without risk of losing their jobs.

Correct Response and Explanation

D. This question requires the examinee to demonstrate knowledge of public policies that affect families. The Family and Medical Leave Act (FMLA) is a federal law that applies to employers with 50 or more employees. Under FMLA, employees who have worked for such an employer for at least 12 months and 1,250 hours in the preceding 12 months have the right to take an extended, unpaid leave of absence from work to handle the birth or adoption of a child, or their own or an immediate family member's serious health condition without the risk of being terminated from their jobs or being forced into a lower job upon their return.

0004 Understand the roles and responsibilities of parenting.

Descriptive Statements:

- » 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.

Sample Item:

Across cultures, the primary goal for parents/guardians in socializing their children is to:

- A. teach children the norms and values of the society in which they live.
- B. develop in children a sense of security within their family structure.
- C. help children develop emotional resilience and high self-esteem.
- D. encourage children to develop friendships with members of their peer group.

Correct Response and Explanation

A. This question requires the examinee to recognize various expectations and responsibilities of parenting. As the foundational unit of society, families are the forum in which children first learn the norms and values of the society in which they live. It is through this learning that children learn how to interact with others in their society.

Content Domain II: Resource Management and Consumer Skills

Competencies:

0005 Understand the basic principles of personal and family finance.

Descriptive Statements:

- » 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.

Sample Item:

An individual has \$15,000 in government student loans, \$3,000 in credit card debt, no savings, and a full-time job that pays \$25,000 per year. The individual is creating a long-term financial plan with the goal of buying a house in ten years. The first action this individual should take as part of this plan is to:

- A. create an emergency fund equal to six months' salary.
- B. pay off the student loans.
- C. pay off the credit card debt.
- D. get a different job with a higher salary.

Correct Response and Explanation

C. This question requires the examinee to demonstrate knowledge of components of long-term financial management plans. Credit card debts typically have high interest rates and the interest compounds over time, increasing the cardholder's debt load. In addition, carrying a balance on a credit card may have a negative effect on the individual's credit score. This score is used by lenders to determine whether an individual is qualified to receive a mortgage and what interest rate to charge. Therefore, paying off the credit card debt would both decrease the individual's debt load and increase his or her chances of obtaining a mortgage that he or she can afford.

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

Descriptive Statements:

- » 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.

Sample Item:

Which of the following is an example of a human resource?

- A. the ability to manage one's time effectively
- B. community-based family support services
- C. a career path with potential for advancement
- D. a comprehensive health insurance policy

Correct Response and Explanation

A. This question requires the examinee to recognize individual and family resources. Human resources are the abilities, skills, and talents that individuals possess. The ability to manage one's time effectively is an example of a human resource.

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

Descriptive Statements:

- » 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.

Sample Item:

A family is purchasing a new sofa for their family room. This is the main room in which the children play with their toys and the family gathers to play games or watch movies. When selecting upholstery for this sofa, the family's primary consideration should be the fabric's:

- A. finish.
- B. texture.
- C. durability.
- D. pattern.

Correct Response and Explanation

C. This question requires the examinee to identify characteristics of textile fabrics and their applications for a variety of purposes. When selecting upholstery for a sofa that will be used frequently in a casual manner by both children and adults, the primary concern should be the fabric's ability to withstand a significant amount of rough use.

Content Domain III: Nutrition and Foods

Competencies:

0008 Understand the principles of nutrition and food science.

Descriptive Statements:

- » 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.

Sample Item:

According to Food and Drug Administration (FDA) regulations, a food can be labeled "good source of fiber" if each serving contains:

- A. 10 to 19 percent of the daily value of fiber.
- B. at least 1 gram of fiber.
- C. 91 to 100 percent of the daily value of fiber.
- D. at least 5 grams of fiber.

Correct Response and Explanation

A. This question requires the examinee to demonstrate knowledge of information required for food labels. The U.S. Food and Drug Administration (FDA) requires that a food must have between 10 and 19 percent of the daily value of fiber per serving in order to be labeled as a "good source of fiber."

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

Descriptive Statements:

- » 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.

Sample Item:

Which of the following handling instructions for the leftovers from a stuffed turkey will best help prevent the growth of microorganisms that can cause foodborne illness?

- A. Place the stuffed turkey into the refrigerator as soon as possible after serving the food.
- B. When the turkey is just cool enough to handle, strip the meat from the bones, scoop out the stuffing, and put the turkey and stuffing in the refrigerator.
- C. While the turkey is still hot, scoop out the stuffing, allow the turkey and stuffing to come to room temperature, then put the turkey and stuffing in the refrigerator.
- D. Allow the stuffed turkey to come to room temperature, then place it in the refrigerator.

Correct Response and Explanation

B. This question requires the examinee to recognize guidelines, procedures, and standards for maintaining food safety. Protein-rich foods, such as turkey meat, are susceptible to the growth of disease-causing microorganisms when kept at temperatures between 40°F and 140°F. For this reason, it is important to refrigerate the unused portion of such foods as soon as possible so that they can be brought to a safe temperature quickly. Separating the meat from the bones and removing the stuffing will help promote rapid cooling, as smaller pieces will cool more quickly throughout than a large, bulky item, which may take some time to come to a safe temperature internally.

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

Descriptive Statements:

- » 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.

Sample Item:

Which of the following cooking methods would best retain the nutritive value of vegetables?

- A. boiling
- B. frying
- C. steaming
- D. poaching

Correct Response and Explanation

C. This question requires the examinee to demonstrate knowledge of techniques of food preparation. In steaming, vegetables are held on a rack above boiling water. As a result, food is cooked thoroughly without having its nutrients leached by the cooking liquid.

Content Domain IV: Workplace Skills and Careers

Competencies:

0011 Understand career options related to family and consumer sciences.

Descriptive Statements:

- » 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.

Sample Item:

Which of the following family and consumer sciences careers requires a strong educational background in science?

- A. interior designer
- B. preschool teacher
- C. family life educator
- D. registered dietician

Correct Response and Explanation

D. This question requires the examinee to identify training requirements necessary for careers in family and consumer sciences. To become a registered dietician, an individual must have a strong educational background in biology, chemistry, anatomy, physiology, microbiology, biochemistry, and food and nutrition sciences.

0012 Understand employment and employability skills.

Descriptive Statements:

- » 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.

Sample Item:

When preparing for a job interview, the most important reason for a candidate to thoroughly research the employer is that it will help the candidate:

- A. decide whether he or she has the qualifications necessary to be successful with the employer.
- B. offer specific information about how he or she can contribute to the achievement of the employer's goals.
- C. ensure that he or she dresses, behaves, and speaks appropriately at the interview.
- D. determine whether the employer would be a good fit with his or her interests and career goals.

Correct Response and Explanation

B. This question requires the examinee to recognize procedures for interviewing for a job. By the time an individual has reached the point in the application process where he or she has agreed to an interview, the individual should have determined whether he or she and the employer would be a good fit. While dress and behavior at an interview are important, it is most important for a candidate to be able to demonstrate to a prospective employer how his or her skills and abilities will contribute to the organization's success. To do this effectively, the individual must research the employer to gain knowledge of the employer's mission, values, and goals.

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