

# Phoenix Christian Jr High School

## HEC0510 Independent Living II

### Course Scope & Sequence

#### **COURSE DESCRIPTION**

Students will show mastery of basic machine sewing, and learn how to sew in a zipper and how to do machine quilting. Students will also demonstrate skill in food preparation using a wide variety of kitchen tools.

#### **REQUIRED TEXTS AND \*KEY SUPPLEMENTAL MATERIALS**

*Home Economics (Unit 3)*, Alpha Omega.

#### **COURSE SCOPE AND SEQUENCE**

##### **First Quarter**

Sewing I 3 Weeks

*Key Concepts:* Sewing Lines, Corners, and Curves. Back Stitch, Clip Curves, and Cut Corners.

*Assessments:* Sewing on a Paper Packet, Machine Sewn Apron.

Nutrition 1 Week

*Key Concepts:* Main Nutrients and Food Groups.

*Assessments:* Quiz (80% Required to Pass)

Food Preparation 1 Week

*Key Concepts:* Skill and Technique in Food Preparation.

*Assessments:* Quiz (80% Required to Pass)

Meal Planning 1 Week

*Key Concepts:* Planning Menus, Creating Grocery Lists, Purchasing Groceries.

*Assessments:* Quiz (80% Required to Pass)

Cooking I 3 Weeks

*Key Concepts:* Proper Mixing and Cooking Terms, Measurements, Following a Recipe.

*Assessments:* Successfully Prepared (Edible) Recipes.

##### **Second Quarter**

Sewing II 3 Weeks

*Key Concepts:* Review of Basic Sewing, Sewing in a Zipper.

*Assessments:* Machine Sewn Gym Bag.

Food Service 1 Week

*Key Concepts:* Different Styles of Table Service, Setting the Table, Waiting a Table.

*Assessments:* Quiz (80% Required to Pass)

Cooking II

3 Weeks

*Key Concepts:* Proper Mixing and Cooking Terms, Measurements, Following a Recipe.

*Assessments:* Successfully Prepared (Edible) Recipes.

Flower Pounding

3 Weeks

*Key Concepts:* Sewing Borders, Machine Quilting.

*Assessments:* Successfully Prepared Machine Quilted Block.

Biblical Integration: Focus on using our skills to minister to others in our homes and in our everyday lifestyles, with opportunities given for Christian service.