

Mealtime Economics:

Exploring Meal Options from Freezer to Fridge

Grades 9-12
Standards for Family and Consumer Sciences Education¹
English Language Arts Common Core State Standards²
National Health Education Standards³

NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES¹			
Content Standard	Activity 1	Activity 2	Activity 3
Consumer and Family Resources			
2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	X	X	X
2.5 Analyze relationships between the economic system and consumer actions in a global context.		X	X
2.6 Demonstrate management of financial resources to meet the goals of individuals and families across the life span.	X	X	X
2.7 Demonstrate the ability to use knowledge and skills to manage one's financial resources effectively for a lifetime of financial security.	X	X	X
Food Production and Services			
8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.	X	X	X
Food Science, Dietetics, and Nutrition			
9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.	X	X	X
Nutrition and Wellness			
14.2 Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.	X	X	X
14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.	X	X	X
14.4 Evaluate factors that affect food safety from production through consumption.	X	X	X

1. Copyright © 2018. "National Standards for Family and Consumer Sciences," Developed by National Association of State Administrators of Family and Consumer Sciences (NASAFACS). Available at www.leadfcsed.org/national-standards.html.
2. © Copyright 2010 National Governors Association Center for Best Practices and Council of Chief State School Officers. All rights reserved. Available at www.thecorestandards.org/read-the-standards
3. Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society. Available at www.shapeamerica.org/standards/health/default.aspx.

ENGLISH LANGUAGE ARTS COMMON CORE STATE STANDARDS ²			
Content Standard	Activity 1	Activity 2	Activity 3
Speaking and Listening			
CCSS.ELA-LITERACY.SL.9-10.1 Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	X	X	X
CCSS.ELA-LITERACY.SL.11-12.1 Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 11-12 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	X	X	X
Writing			
CCSS.ELA-LITERACY.W.9-10.2 Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.	X	X	X
CCSS.ELA-LITERACY.W.11-12.2 Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.	X	X	X
Science and Technical Subjects			
CCSS.ELA-LITERACY.RST.9-10.7 Translate quantitative or technical information expressed in words in a text into visual form (e.g. table or chart) and translate information expressed visually or mathematically (e.g. in an equation) into words.			X

NATIONAL HEALTH EDUCATION STANDARDS ³			
Content Standard	Activity 1	Activity 2	Activity 3
Standard 3 Students will demonstrate the ability to access valid information and products and services to advance health.	X	X	X
Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.	X	X	X