

## Occupational Competencies

Courses taught at Valley ~ Foods I(FI), Skills for Living (Skills), Foods II (FII) Creative Sewing I & II (CrSew), Interior Design (ID), Human Development (HD), Personal and Family Living (PFL), Fashion (Fash)

<b>Occupational Competencies</b>	<b>F I</b>	<b>Skill s</b>	<b>F I I</b>	<b>Cr Se w</b>	<b>Int De s</b>	<b>HD</b>	<b>PFL</b>	<b>Fas h</b>
<b>Housing and Home Management</b>								
1. Identify recent trends in housing					X			
2. Explain basic financial and legal aspects of housing in various demographic situations					X			
3. Evaluate housing alternatives (ex. Floor plans, structure and maintenance of a residence, safety, energy, lifestyles and populations with special needs)					X			
4. Examine design principles and elements					X			X
5. Identify qualities of home furnishings and appliances (ex. Performance, safety, cost, quality, efficiency, space and cleanability)					X			
6. Examine home furnishings - home management related occupations.					X			
7. Locate and/or utilize housing, home furnishings, management, and equipment resources for assistance.					X			
8. Demonstrate safety, sanitation, security, and first aid procedures.					X			
9. Identify procedures in planning for expenses, saving, and managing finances.					X			
10. Use equipment and supplies with proper procedures.					X			
11. Apply the principles of management in the home (ex. Prioritizing, planning, delegation, evaluation, time allocation, etc.)					X			
<b>Food and Nutrition</b>								
12. Examine food-related occupations.	X		X					
13. Analyze nutritional needs and select foods for good health throughout life.	X	X	X					
14. Prepare foods from the basic food groups.	X	X	X					
15. Plan menus, prepare shopping list and purchase food.	X	X	X					

<b>Occupational Competencies</b>	<b>F I</b>	<b>Skill s</b>	<b>F I I</b>	<b>Cr Se w</b>	<b>Int De s</b>	<b>HD</b>	<b>PFL</b>	<b>Fas h</b>
16. Plan, prepare, serve and evaluate a meal	X	X	X					
17. Utilize basic kitchen skills in food preparation and storage.	X	X	X					
18. Apply the principles of sanitation, recycling and safety when working with food and equipment.	X	X	X					
19. Analyze fad diets and eating disorders	X							
20. Identify various cultural and regional cuisine's			X					
21. Locate and/or utilize food and nutrition resources	X	X	X					
<b>Individual/Family Health</b>								
22. Evaluate consumer health options.							X	
23. Explain the basic skills necessary to maintain personal, physical, and mental health (ex. Alternative strategies in dealing with stress)							X	X
24. Identify personal safety and survival skills								
25. Identify substance abuse, use and non-use.							X	
26. Describe procedures for prevention and control of diseases (ex. Sexually transmitted diseases and acquired immune deficiency)						X	X	
27. Identify the needs and concerns of populations with special needs.						X	X	
28. Examine family/individual health related occupations.						X	X	
29. Locate and/or utilize family/individual health resources.						X	X	
<b>Family Living and Parenthood</b>								
30. Analyze strategies for developing a positive self-concept							X	
31. Demonstrate alternative ways of effective communications.							X	
32. Describe ways to build good interpersonal relationships with others.							X	

<b>Occupational Competencies</b>	<b>F I</b>	<b>Skill s</b>	<b>F I I</b>	<b>Cr Se w</b>	<b>Int De s</b>	<b>HD</b>	<b>PFL</b>	<b>Fas h</b>
33. Identify risks of sexual activity						X	X	
34. Identify the ways to balance work, family and individual needs.							X	
35. Identify sex-role stereotyping and means of dealing with them.							X	
36. Identify types of sexual abuse and sexual harassment, and intervention options.							X	
37. Identify and demonstrate response to family problems and crisis (ex. Codependency relationships)							X	
38. Identify various family patterns and lifestyles.						X	X	
39. Develop short and long-term planning, goal-setting and decision making skills.							X	
40. Locate/utilize resources for populations with special needs.							X	

<b>Occupational Competencies</b>	<b>F I</b>	<b>Skill s</b>	<b>F I I</b>	<b>Cr Se w</b>	<b>Int De s</b>	<b>HD</b>	<b>PFL</b>	<b>Fas h</b>
41. Develop problem-solving techniques.							X	
42. Identify ways to deal with peer pressure							X	
43. Describe ways to strengthen family relationships.						X	X	
44. Describe the physical, social, emotional, intellectual development that occurs during childhood through adulthood including individuals with special needs.						X	X	
45. Examine family living/parenthood related occupations.						X	X	
46. Examine various child care options						X		
47. Locate and/or utilize family living and parenthood resources.						X		
<b>Consumer Education</b>								
48. Determine the decision-making process in planning for expenses, savings, and managing finances (ex. Insurance, retirement)					X		X	
49. Identify consumer rights and responsibilities (ex. Preservation of natural resources and effective complain procedures)			X					X
50. Evaluate advertising warranties, written contracts and quality of goods and equipment (ex. Consumer fraud schemes)					X			X
51. Examine consumer education related occupations.			X		X			X
52. Locate and/or utilize consumer education resources for assistance.			X		X			

<b>Textiles and Clothing</b>								
53. Recognize the relationship between appearance and self-concept.								X
54. Plan a wardrobe and prepare a clothing budget.								X
55. Identify fabrics, fabric construction, finishes and care.								X
56. Identify elements and principles of clothing design.								X
57. Demonstrate use and care of sewing machines and equipment in a safe manner.				X				
58. Follow preparation procedures for constructing and evaluating a garment project.				X				
59. Demonstrate repair, alteration and recycling methods.				X				X
60. Describe cleaning and storage methods	X			X				X
61. Examine textiles and clothing related occupations.				X				X
62. Evaluate clothing and accessory purchases (ex. Construction, cost and care)				X				X
63. Locate and/or utilize textiles and clothing resources for assistance (ex. Extension services, labeling, references, and manufacturers)				X				X

<b>Occupational Competencies</b>	<b>F I</b>	<b>Skill s</b>	<b>F I I</b>	<b>Cr Se w</b>	<b>Int De s</b>	<b>HD</b>	<b>PFL</b>	<b>Fas h</b>
<b>Child Development</b>								
64. Examine parenting responsibilities.						X	X	
65. Describe sexual reproduction and birthing process.						X		
66. Analyze contraception and family planning methods.						X	X	
67. Discuss health concerns and needs at various stages.						X		
68. Identify the additional risks of teen pregnancy and parenting.						X	X	
69. Describe ways to guide the physical, social, emotional, and intellectual development of children including those with special needs.						X		
70. Select toys, equipment, food and material appropriate for the developmental stage of a child.						X		
71. Select and use appropriate child guidance techniques.						X		
72. Identify types of child abuse, neglect and intervention options.						X	X	
73. Discuss childhood diseases and immunization procedures.						X		
74. Examine child development related occupations						X		
75. Identify ways to provide a safe environment for a child						X		
76. Locate and/or utilize child development resources for assistance						X		