

► Family and Consumer Sciences Curriculum Overview

Realityworks curriculum comes with lesson plans, presentation slides, assessments, and other student materials.

Experiential Learning Tools	Curriculum Length	Curriculum Title and Focus	Lesson Topics		
RealCare Baby	15 lesson hours	Basic Infant Care - Child Care Careers	• Role of the Caregiver • Infant & Toddler Development • Soothing a Crying Baby • Handling Stress and Preventing SBS	• Holding & Feeding • Bathing & Diapering • Schedule & Tracking • Emergency Procedures • Breathing Emergencies	• Infant & Child CPR • Safety First Aid & Infant Health • Caregiving • Hands-On Practice
	17 lesson hours	Healthy Choices - Pregnancy Prevention and Sex Education	• Plans and Values • Influences Around Us • Communication & Self Esteem • Communication in Relationships • Relationship Continuum • Reproductive System, Fertilization & Conception	• Family Planning - Birth Control • Benefits of Abstinence • HIV and STIs • Pregnancy & Prenatal Development • Prenatal Exposure to Drugs or Alcohol • The Birth Process	• Care and Needs of an Infant • Reproductive System, Fertilization & Conception • Cost of a Baby • Hands-On Practice • Caring for an Infant
	12 lesson hours	Parenting & Child Development	• Care and Needs of an Infant • Safety, Health and Care • Attachment, Autonomy, Trust and Brain Development • Nurturing	• Education and Literacy Development • Recreation and Play • Parenting Styles	• Being a Parent - Hands-on Practice • Financial Support • Child Care and Day Care
	16 lesson hours	Life Skills and Healthy Choices - Sex Education	• Changes, Puberty, Adolescence • What I Need to Survive These Years • Media Influence on Decision Making • Healthy Relationships	• Sexual Wellness • Sexual Harassment • STIs/HIV • Birth • Care and Needs of an Infant • Hands-on Practice	• Caring for an Infant • Handling Stress and Preventing Shaken Baby Syndrome • An Abstinent Lifestyle • Communicating and Saying No
Birth Process Kit and Birth Model Set	2-3 lesson hours	Understanding Labor and Delivery	• The Birth Process • Postpartum Depression		
Child Care Design Center	4 lesson hours	Early Childhood Classroom Design	• Career Exploration in Early Childhood/Child Care Occupations • Guidelines and Best Practices for Classroom Design • Designing a Child Care Classroom		
Choking Baby	1 lesson hours	Infant Airway Obstruction	• Identifying Objects That Can Cause Choking	• Why the Heimlich Maneuver Should NOT Be Used	• Handling an Infant Airway Obstruction Emergency • Hands-On Practice
Down Syndrome Baby	1 lesson hour	Understanding Down Syndrome	• Awareness of Facts and Causes • Common Misconceptions	• Potential Characteristics • Short and Long-Term Effects	• National and International Statistics
Drug-Affected Baby	1 lesson hour	Understanding Prenatal Drug Exposure	• Impact on Unborn Child • Short-Term Impact	• Long-Term Impact • Cost	• Hearing and Seeing Withdrawal Effects
Fetal Alcohol Syndrome Baby	1 lesson hour	Understanding Prenatal Alcohol Exposure	• FAS and FASD • Short-Term Impact	• Long-Term Impact • Cost	• Review of Physical Signs of FAS
Fetal Development Kit and Pregnancy Torso	7-9 lesson hours	Understanding Fetal Development	• Fetal Development • Pregnancy Symptoms and Discomforts • Exploration of Pregnancy and Childbirth-Related Careers		
Human Reproductive Systems Kit	3-4 lesson hours	Understanding Human Reproductive Systems	• Reproductive Systems, Fertilization, Conception • Conception Through Embryonic Development • Assessment		
Infant CPR Manikin	1 lesson hours	Emergency Infant CPR	• Assessing an Emergency Situation	• How to Call for Emergency Medical Assistance	• How to Perform Infant CPR • Hands-On Practice
Preemie Baby	1-2 lesson hours	Understanding Premature Infants	• All About Premature Infants • Caring for a Preemie Baby		
Pregnancy Profile	12 lesson hours	Understanding Pregnancy	• Physical Changes • Impact on Life Goals • Pregnancy Symptoms • Infant Development 0-1 • Pregnancy Myths and Facts	• Parenting Practices and Customs Around the World • Medical Aspects • Birth Process • Postpartum Depression	• Father’s Role • Financial Impact of Baby • Feeling What it is Like to Be Pregnant - 3rd Trimester
Shaken Baby	1 lesson hours	Understanding Shaken Baby Syndrome	• Definition • Signs & Symptoms • Brain Areas Affected	• Physical Results of SBS • How to Soothe a Crying Baby • Plan to Manage Frustration	• Seeing the Impact of Shaking a Baby on the Brain
Twin Pregnancy Model Set	1 lesson hours	Basics of Twin Pregnancy	• Risk Factors Associated with Twin Pregnancy	• Statistics Associated with the Likelihood of Twin Births	• Describe a Variety of Twin Types • Assessment
Food Safety Kit	8-10 lesson hours	Understanding Basic Food Safety	• Introduction to Basic Food Safety • Foodborne Illnessess	• Preventing Foodborne Illness Outbreaks • The Temperature Danger Zone	• Preventing Cross-Contamination • Exploring Culinary and Food Service Careers
Food Truck Design Kit	18 lesson hours	Food Truck Design and Development	• Marketing for Food Trucks • Budget Management for a Food Truck Business	• Menu Development • Interior Food Truck Design	• Business Plan Know-How
Kitchen Safety Kit	5 lesson hours	Basic Kitchen Safety	• Introduction to Kitchen Safety • Sanitation • Knife Safety	• Prevention of Burns, Falls, and Electrical and Chemical Hazards	• Kitchen Safety, Hazardous Kitchen Assessment
Knife Skills Kit	2 -3 lesson hours	Culinary Knife Skills	• Safe Handling and Storage of Knives • The Anatomy of Knives • Knife Cuts		

