



# Discovering Life Skills

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STANDARDS	PAGE REFERENCES
<b>LIFE CONNECTIONS I</b>	
<b>UNIT 1: PERSONAL DEVELOPMENT AND RELATIONSHIPS</b>	
<b>Competencies and Suggested Objectives:</b>	
<b>1. Identify basic physical and emotional needs that one has in common with his/her peers.</b>	
a. Identify basic physical needs to include food, clothing, and shelter.	<b>Student Edition:</b> 29 <i>Figure 1-6 30</i>
b. Identify basic emotional needs to include love, acceptance, security, and approval.	<b>Student Edition:</b> 29-30 <i>Figure 1-6 30</i>
<b>2. Identify physical, mental, and emotional characteristics that make him/her unique.</b>	
a. Identify physical characteristics given to us by heredity and environment.	<b>Student Edition:</b> 22 <i>Words You Learned 39 (#1)</i>
b. Identify mental characteristics given to us by heredity and environment.	<b>Student Edition:</b> 22-23 <i>Words You Learned 39 (#1)</i>

STANDARDS	PAGE REFERENCES
c. Identify emotional characteristics given to us by heredity and environment.	<b>Student Edition:</b> 22-23 <i>Words You Learned</i> 39 (#1)
d. Discuss the impact of heredity and environment on personality.	<b>Student Edition:</b> 22-23, 24-25 <i>Words You Learned</i> 39 (#1)
<b>3. Discuss the importance of personal development.</b>	
a. Discuss self-esteem.	<b>Student Edition:</b> 26 <i>Words You Learned</i> 39 (#6)
b. Discuss emotions.	<b>Student Edition:</b> 31-33, 43 <i>Apply Your Learning</i> 39 (#4) <i>Knowledge You Gained</i> 39 (#4)
c. Discuss attitudes.	<b>Student Edition:</b> 108, 209 <i>A Closer Look</i> 217 <i>Words You Learned</i> 117 (#4)
d. Discuss goal setting.	<b>Student Edition:</b> 106-108, 110, 208 <i>Discover</i> 109, 145 <i>Internet Activities</i> 107 <i>Knowledge You Gained</i> 117 (#1-#3) <i>Words You Learned</i> 117 (#1-#3)
e. Discuss communication skills to include verbal, non-verbal, and manners.	<b>Student Edition:</b> 76-77, 80, 99, 141-142, 154 <i>A Closer Look</i> 78-79 <i>Apply Your Learning</i> 89 (#1, #2, #4) <i>Check the Facts</i> 77 <i>Did You Know?</i> 77 <i>Internet Activities</i> 99 (#2) <i>Knowledge You Gained</i> 89 (#1, #2) <i>Making Connections</i> 214
<b>4. Discuss the characteristics that are essential for developing and maintaining healthy relationships.</b>	
a. Identify a personal code of ethics.	Use the following pages to meet this standard. <b>Student Edition:</b> 25-26, 28-31, 44, 49

STANDARDS	PAGE REFERENCES
b. Discuss how a personal code of ethics affects relationships.	Use the following pages to meet this standard. <b>Student Edition:</b> 25-26, 28-31, 44, 49
c. Discuss developing and maintaining relationships with peers.	<b>Student Edition:</b> 60-64 <i>Apply Your Learning</i> 73 (#1) <i>Knowledge You Gained</i> 73 (#2-#4)
d. Discuss peer pressure.	<b>Student Edition:</b> 64-65 <i>Apply Your Learning</i> 73 (#2, #3) <i>Knowledge You Gained</i> 73 (#5) <i>Words You Learned</i> 73 (#4)
e. Identify conflict resolution strategies.	<b>Student Edition:</b> 66-67, 69, 84-86 <i>A Closer Look</i> 70-71 <i>Apply Your Learning</i> 73 (#3), 89 (#3) <i>Discover</i> 87 <i>Internet Activities</i> 85 (#2) <i>Knowledge You Gained</i> 73 (#5), 89 (#6) <i>Words You Learned</i> 73 (#5), 89 (#9-#11)
<b>5. Explain the decision-making process.</b>	
a. Identify the steps in the decision-making process.	<b>Student Edition:</b> 110-112 <i>A Closer Look</i> 114-115 <i>Apply Your Learning</i> 117 (#1) <i>Discover</i> 113
b. List decisions to be made by adolescents to include drugs, abstinence, tobacco, and alcohol.	<b>Student Edition:</b> 64-68 <i>A Closer Look</i> 70-71 <i>Discover</i> 27 <i>Knowledge You Gained</i> 73 (#9) <i>Words You Learned</i> 73 (#5, #7)
c. Explore a career of his/her choice.	<b>Student Edition:</b> 121-123, 126-128 <i>Apply Your Learning</i> 133 (#2, #3) <i>A Closer Look</i> 124-125 <i>Career Choices</i> 72, 102, 132 <i>Internet Activities</i> 127 <i>Making Connections</i> 123

STANDARDS	PAGE REFERENCES
<b>6. Discuss coping skills required during life crises.</b>	
a. Identify life changing events.	<b>Student Edition:</b> 51-54 <i>Knowledge You Gained</i> 57 (#8)
b. Discuss recovery methods.	<b>Student Edition:</b> 54 <i>Apply Your Learning</i> 57 (#3)
<b>UNIT 2: PERSONAL APPEARANCE</b>	
<b>1. Explain the importance of impressions.</b>	
a. Discuss the impact of first impressions.	<b>Student Edition:</b> 36
b. Explain what affects first impressions.	<b>Student Edition:</b> 36
<b>2. Discuss the importance of personal appearance.</b>	
a. Identify terms related to appearance including grooming, fads, fashion, wardrobe, style, and accessories.	<b>Student Edition:</b> 33-35, 260-261, 264, 271 <i>A Closer Look</i> 262-263 <i>Discover</i> 37 <i>Knowledge You Gained</i> 39 (#5) <i>Words You Learned</i> 273 (#1-#3)
b. Explore fashion and style.	<b>Student Edition:</b> 259-261, 264-271 <i>A Closer Look</i> 262-263 <i>Apply Your Learning</i> 273 (#1-#4) <i>Did You Know?</i> 266, 271 <i>Internet Activities</i> 269
c. Discuss body types as they relate to fashion and style.	<b>Student Edition:</b> 268, 269, 271, 281 <i>Knowledge You Gained</i> 273 (#3)
<b>3. Formulate a good grooming routine.</b>	
a. Identify the components of good grooming.	<b>Student Edition:</b> 33-35, 36 <i>Discover</i> 37 <i>Knowledge You Gained</i> 39 (#5)
b. Discuss complexion care.	<b>Student Edition:</b> 34 <i>Knowledge You Gained</i> 39 (#5)

STANDARDS	PAGE REFERENCES
<b>4. Demonstrate simple clothing repairs.</b>	
a. Mend a seam in a garment.	<b>Student Edition:</b> 315-317, 329
b. Hem a garment.	<b>Student Edition:</b> 329 <i>A Closer Look</i> 323 <i>Apply Your Learning</i> 331 (#3) <i>Check the Facts</i> 329
c. Sew on a button.	<b>Student Edition:</b> 324 <i>Words You Learned</i> 331 (#10, #11)
<b>5. Discuss clothing care.</b>	
a. Discuss care labels.	<b>Student Edition:</b> 283-284 <i>Words You Learned</i> 291 (#9)
b. Explain methods of laundering, drying, and ironing clothing.	<b>Student Edition:</b> 286-288 <i>Discover</i> 288 <i>Knowledge You Gained</i> 291 (#5)
c. Explain wardrobe organization and storage.	<b>Student Edition:</b> 289 <i>A Closer Look</i> 226-227
<b>UNIT 3: MONEY MANAGEMENT</b>	
<b>1. Discuss the importance of money management.</b>	
a. Explain the goals of money management.	<b>Student Edition:</b> 200-203
b. Distinguish between needs and wants.	<b>Student Edition:</b> 29-30, 185, 193, 202 <i>Knowledge You Gained</i> 39 (#3)
c. Discuss factors that influence buying decisions.	<b>Student Edition:</b> 186-189, 192 <i>Apply Your Learning</i> 205 (#1) <i>Internet Activities</i> 187 (#1) <i>Knowledge You Gained</i> 205 (#2)

STANDARDS	PAGE REFERENCES
<b>2. Develop a budget.</b>	
a. Identify sources of income.	<b>Student Edition:</b> 200-201 <i>Words You Learned</i> 205 (#8)
b. Identify expenditures, fixed and flexible.	<b>Student Edition:</b> 200-202 <i>Words You Learned</i> 205 (#9)
c. Prioritize expenditures.	<b>Student Edition:</b> 200-202
<b>3. Discuss bank services.</b>	
a. Explain the types of services offered by banks.	<b>Student Edition:</b> 202-203 <i>Apply Your Learning</i> 205 (#3) <i>Making Connections</i> 200
b. Discuss how checking and savings accounts work.	<b>Student Edition:</b> 202 <i>Making Connections</i> 200
c. Identify the components of a check.	Use the following pages to meet this standard. <b>Student Edition:</b> 202
d. Balance a checking account.	Use the following pages to meet this standard. <b>Student Edition:</b> 202
<b>4. Describe consumer rights and responsibilities.</b>	
a. List consumer rights and responsibilities.	<b>Student Edition:</b> 197-200
b. Examine warranties.	<b>Student Edition:</b> 196, 198 <i>Words You Learned</i> 205 (#5)
c. Write a letter of complaint.	Use the following pages to meet this standard. <b>Student Edition:</b> 197
d. Discuss obtaining a refund or exchange.	<b>Student Edition:</b> 198, 199-200

STANDARDS	PAGE REFERENCES
<b>UNIT 4: NUTRITION AND HEALTH</b>	
<b>1. Discuss the importance of a healthy diet.</b>	
a. Discuss the theory, "You are what you eat."	<b>Student Edition:</b> 348 <i>Knowledge You Gained</i> 367 (#1)
b. Examine daily diet.	<b>Student Edition:</b> 358-359, 362, 364-365 <i>Apply Your Learning</i> 367 (#1, #2)
<b>2. Explain the Food Guide Pyramid.</b>	
a. Discuss the Food Guide Pyramid.	<b>Student Edition:</b> 358-359 <i>Apply Your Learning</i> 367 (#2)
b. Categorize foods into the Pyramid.	<b>Student Edition:</b> 358-359 <i>Apply Your Learning</i> 367 (#2)
c. Identify the recommended daily allowance for each group.	<b>Student Edition:</b> 358-359, 362
<b>3. Explain the role of nutrients in the body.</b>	
a. Discuss types and functions of carbohydrates.	<b>Student Edition:</b> 351-352 <i>Knowledge You Gained</i> 367 (#2) <i>Words You Learned</i> 367 (#6)
b. Discuss types and functions of fats.	<b>Student Edition:</b> 352-353 <i>Knowledge You Gained</i> 367 (#2)
c. Discuss types and functions of proteins.	<b>Student Edition:</b> 350 <i>Knowledge You Gained</i> 367 (#2, #3) <i>Words You Learned</i> 367 (#4, #5)
d. Discuss types and functions of vitamins and minerals.	<b>Student Edition:</b> 353-357 <i>Knowledge You Gained</i> 367 (#2, #4) <i>Words You Learned</i> 367 (#9, #10)
e. Discuss the function of water in the diet.	<b>Student Edition:</b> 358 <i>Knowledge You Gained</i> 367 (#2)

STANDARDS	PAGE REFERENCES
<b>4. Explain the need for variety in the diet.</b>	
a. Identify fad diets.	<b>Student Edition:</b> 376 <i>Words You Learned</i> 379 (#4)
b. Contrast the characteristics of a fad and a balanced diet.	<b>Student Edition:</b> 358-359, 362, 374, 376 <i>Words You Learned</i> 379 (#4)
<b>5. Discuss common eating disorders.</b>	
a. Describe anorexia nervosa.	<b>Student Edition:</b> 377 <i>Words You Learned</i> 379 (#6)
b. Describe bulimia.	<b>Student Edition:</b> 377 <i>Words You Learned</i> 379 (#7)
c. Describe compulsive overeating.	<b>Student Edition:</b> 377 <i>Words You Learned</i> 379 (#8)
d. Explain the effects of eating disorders on the body.	<b>Student Edition:</b> 377 <i>Knowledge You Gained</i> 379 (#2)
<b>6. Discuss factors to consider when shopping for food.</b>	
a. Interpret food labels.	<b>Student Edition:</b> 403-404 <i>Knowledge You Gained</i> 409 (#3) <i>Words You Learned</i> 409 (#6)
b. Identify food ingredients to include additives.	<b>Student Edition:</b> 403
c. Determine food costs.	<b>Student Edition:</b> 398, 401, 403, 404 <i>Apply Your Learning</i> 409 (#2) <i>Discover</i> 400 <i>Words You Learned</i> 409 (#5)
d. Examine smart shopping skills.	<b>Student Edition:</b> 401 <i>Apply Your Learning</i> 409 (#2) <i>Discover</i> 400

STANDARDS	PAGE REFERENCES
<b>7. Describe kitchen appliances and utensils.</b>	
a. Identify major appliances and their function.	<b>Student Edition:</b> 391, 433-436 <i>Words You Learned</i> 393 (#6)
b. Identify small kitchen equipment and their function.	<b>Student Edition:</b> 390, 437 <i>A Closer Look</i> 388-389, 438-439 <i>Check the Facts</i> 387 <i>Knowledge You Gained</i> 393 (#5) <i>Words You Learned</i> 393 (#7)
c. Demonstrate the correct use of appliances and utensils.	<b>Student Edition:</b> <i>Apply Your Learning</i> 445 (#5) <i>Discover</i> 441
<b>8. Practice safety and sanitation in the kitchen.</b>	
a. Discuss basic safety rules in the kitchen.	<b>Student Edition:</b> 385-387 <i>Apply Your Learning</i> 393 (#3) <i>Check the Facts</i> 386 <i>Knowledge You Gained</i> 393 (#3, #4)
b. Identify the sources of danger in a kitchen.	<b>Student Edition:</b> 385-387 <i>Apply Your Learning</i> 393 (#3) <i>Knowledge You Gained</i> 393 (#3, #4) <i>Words You Learned</i> 393 (#5)
c. Discuss contamination of food.	<b>Student Edition:</b> 382-384 <i>Apply Your Learning</i> 393 (#1) <i>Internet Activities</i> 385 (#1) <i>Words You Learned</i> 393 (#1-#3)
d. Discuss methods to prevent food poisoning.	<b>Student Edition:</b> 382-384 <i>Apply Your Learning</i> 393 (#1) <i>Discover</i> 402 <i>Internet Activities</i> 385 (#1) <i>Words You Learned</i> 393 (#3)
e. Demonstrate appropriate cleaning and sanitizing methods to include kitchen equipment.	<b>Student Edition:</b> 382-384 <i>Did You Know?</i> 384 <i>Words You Learned</i> 393 (#3)

STANDARDS	PAGE REFERENCES
<b>9. Demonstrate appropriate table manners and table settings.</b>	
a. Demonstrate eating etiquette.	<b>Student Edition:</b> 99 <i>Internet Activities</i> 99 (#2)
b. Demonstrate proper table setting to include placement and use.	<b>Student Edition:</b> <i>Internet Activities</i> 385 (#2)
c. Discuss the appropriate behavior in eating establishments.	<b>Student Edition:</b> 99 <i>Internet Activities</i> 99 (#2)
<b>10. Prepare a nutritious snack.</b>	
a. Research the recipe.	<b>Student Edition:</b> 398-399, 404-407 <i>Apply Your Learning</i> 409 (#6) <i>Internet Activities</i> 401, 417 <i>Making Connections</i> 405
b. Plan the shopping list.	<b>Student Edition:</b> 398-399, 401, 404 <i>Discover</i> 400
c. Develop a work plan and time schedule.	<b>Student Edition:</b> 398-399 <i>Apply Your Learning</i> 409 (#5) <i>Discover</i> 441
d. Prepare the item.	<b>Student Edition:</b> 412-413, 416, 418, 420, 427, 440 <i>Apply Your Learning</i> 445 (#5) <i>Discover</i> 441
e. Serve the snack.	<b>Student Edition:</b> 397-398 <i>Apply Your Learning</i> 445 (#5) <i>Discover</i> 441
f. Clean and sanitize the kitchen.	<b>Student Edition:</b> 382-383 <i>Did You Know?</i> 384 <i>Words You Learned</i> 393 (#3)