

NEW MEXICO TEACHER ASSESSMENTS™

FIELD 27: FAMILY AND CONSUMER SCIENCES

TEST FRAMEWORK

Subarea		Range of Competencies	Test Proportion
I.	Personal, Interpersonal, and Family Relationships	0001–0003	15%
II.	Parenting, Human Development, and Health	0004–0006	15%
III.	Nutrition, Food Science, and Food Production	0007–0009	14%
IV.	Resource Management and Consumer Skills	0010–0012	14%
V.	Fashion, Textiles, and Apparel	0013–0015	14%
VI.	Housing and Design	0016–0018	14%
VII.	Foundations, Education, and Careers	0019–0021	14%

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Field 27: Family and Consumer Sciences

Test Framework

Personal, Interpersonal, and Family Relationships
Parenting, Human Development, and Health
Nutrition, Food Science, and Food Production
Resource Management and Consumer Skills
Fashion, Textiles, and Apparel
Housing and Design
Foundations, Education, and Careers

SUBAREA I—PERSONAL, INTERPERSONAL, AND FAMILY RELATIONSHIPS

0001 Understand personal and interpersonal relationships.

For example:

- recognize types and characteristics of personal and interpersonal relationships
- analyze how various factors (e.g., peer pressure, drug abuse, divorce) affect relationships
- demonstrate knowledge of factors involved in the decision-making process concerning personal and interpersonal relationships

0002 Understand how communication affects personal, interpersonal, and family relationships.

For example:

- analyze the elements of communication (e.g., nonverbal and verbal messages, listening, responding) within relationships
- analyze how various factors and influences (e.g., cognitive, cultural, racial, social) affect communication in relationships
- apply knowledge of communication and decision-making skills, problem-solving processes, and resolution strategies to resolve problems and conflicts and manage various issues and crises

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0003 Understand how families function.

For example:

- demonstrate knowledge of types of families and family structures (e.g., extended, single parent, blended), roles of family members, and the functions of families in society
- recognize the effects of various influences (e.g., societal, cultural, racial, demographic, economic, environmental, legal, ethical, gender-related) on individuals and families across the life span
- identify community, private, and government resources and services available to assist individuals and families in need

SUBAREA II—PARENTING, HUMAN DEVELOPMENT, AND HEALTH

0004 Understand preparation for parenthood and the responsibilities of parenting.

For example:

- analyze factors that affect decisions about becoming a parent/caregiver
- demonstrate an understanding of family planning and ways in which individuals can prepare for parenthood and its responsibilities
- demonstrate knowledge of the stages of pregnancy and changes that occur both during pregnancy and childbirth, as well as the effects of various factors (e.g., medical care, drugs, disease, nutrition, environment) on prenatal, perinatal, and postnatal health
- understand how the parenting process affects both parents/caregivers and children
- apply knowledge of parenting skills and methods that aid in a child's development (e.g., social, intellectual, emotional), guide behavior, and foster the development of a positive self-concept

0005 Understand human growth and development throughout the life span.

For example:

- demonstrate knowledge of the stages and characteristics of physical, social, emotional, and cognitive development of humans
- examine the effects of various hereditary and environmental factors on human growth and development
- recognize how various circumstances (e.g., developmental stages, lifecycle events) affect an individual's needs, roles, and goals throughout the life span

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0006 Understand factors that influence health and wellness and strategies and techniques for maintaining health and wellness.

For example:

- recognize factors that affect health and wellness (e.g., peer pressure, culture, society, heredity)
- analyze the influence of lifestyle choices on health and wellness (e.g., level of physical activity, diet, drug use)
- identify reliable resources (e.g., government agencies, health clinics, community organizations) to use in locating information and making decisions about health and wellness issues
- recognize common health problems, disease prevention strategies, and responses to various illnesses
- explain how stress management techniques contribute to individual and family health and wellness
- identify common causes of accidents and appropriate methods to prevent and treat accidental injuries and understand how to respond in emergency situations (e.g., burns, poisoning, fire)
- demonstrate knowledge of issues related to health care access and its availability

SUBAREA III—NUTRITION, FOOD SCIENCE, AND FOOD PRODUCTION

0007 Understand the principles of nutrition and food science and the relationship between diet and health.

For example:

- demonstrate knowledge of nutrition, food science, and the digestive process
- recognize principles and components of a balanced diet within various cuisines (e.g., Southwestern, Mexican, Native American, Asian) according to current government-approved nutrition and dietary guidelines
- identify dietary guidelines for each phase of the life span
- demonstrate knowledge of the causes, characteristics, and effects of obesity, nutritional deficiencies and excesses, allergies, and eating disorders
- recognize the varying nutritional, fitness, and exercise needs of individuals throughout the life span
- understand the relationship between diet and health (e.g., disease prevention and management, effects of poor nutrition on human body systems)

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0008 Understand food selection, purchasing, storage, and preparation.

For example:

- demonstrate an understanding of factors (e.g., nutritional, social, cultural, economic, sensory) that affect the selection and purchasing of food and meal and menu planning
- demonstrate knowledge of principles and techniques used in the preparation of traditional and ethnic foods (e.g., measuring ingredients, cooking methods, use and maintenance of appliances and tools) in family, community, and industry settings
- identify common meal service styles and table settings used within the United States
- demonstrate knowledge of sources of food-borne illnesses and principles and techniques for ensuring food safety (e.g., practicing appropriate personal hygiene, keeping surface and preparation areas clean, storing foods properly)

0009 Understand various components to food development, distribution, and safety within the consumer marketplace.

For example:

- demonstrate an understanding of various factors that affect the production, supply, cost, and distribution of food (e.g., environmental issues, tariffs, taxes, gasoline prices)
- recognize key components of food product development, processing, and packaging (e.g., consumer testing, health and safety processing)
- demonstrate knowledge of new food technologies (e.g., irradiation, genetic engineering, rapid assays) and their implications for health and safety
- demonstrate knowledge of information required for food labels and packaging and the roles of the Food and Drug Administration and the U.S. Department of Agriculture in regulating label information, additives, and packaging in the food industry
- identify the roles of federal, state, and local agencies involved in food safety and sanitation and types of state regulations relating to food service inspection and certification

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SUBAREA IV—RESOURCE MANAGEMENT AND CONSUMER SKILLS

0010 Understand the management of personal and family resources.

For example:

- demonstrate knowledge of personal and family resources (e.g., money, time, energy) and factors affecting how they are used (e.g., goals, values, needs, wants)
- identify appropriate strategies for managing and adapting resources to meet various needs (e.g., economic, physical, emotional) in a variety of situations
- demonstrate knowledge of responsible resource consumption and conservation behaviors and the effects of public policy on resource use and conservation

0011 Understand individual and family finances.

For example:

- demonstrate an understanding of how to plan and maintain an individual or family budget
- demonstrate knowledge of various types of financial assistance (e.g., loans, credit, subsidies) available to individuals and families and the procedures and qualifications needed in order to obtain them
- demonstrate an understanding of banking and investment options
- recognize how various factors influence individual and family spending (e.g., income, advertising, shopping strategies, short- and long-term financial goals)
- identify considerations in making purchasing decisions (e.g., gathering information on products and services) and selecting financing options

0012 Understand the role of the consumer in the U.S. economy.

For example:

- analyze the relationship between the U.S. economic system and consumer behaviors
- demonstrate knowledge of consumer rights and responsibilities in various purchasing situations (e.g., in relation to product and service warranties or guarantees)
- identify consumer protection policies and legislation and the roles of federal, state, local and private agencies, commissions, and groups in protecting and advocating for consumers
- recognize types and characteristics of consumer fraud and deception, and principles and procedures for seeking redress or registering consumer complaints

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SUBAREA V—FASHION, TEXTILES, AND APPAREL

0013 Understand types of textiles and their characteristics, uses, and care.

For example:

- identify sources and characteristics of natural and synthetic fibers
- demonstrate how to select types of fibers and fabrics appropriate for various purposes
- identify procedures for the care of different types of fabrics and apparel, as well as standard guidelines for maintaining and storing textiles in various situations

0014 Understand fashion and principles and elements of apparel design.

For example:

- demonstrate knowledge about fashion trends and influences from different historical periods and cultures
- recognize various functions (e.g., psychological, sociological, cultural) of textiles and apparel in contemporary society
- demonstrate knowledge of principles and elements of apparel design and color theory
- apply aesthetic principles and the elements and principles of design to create an effect or illusion within an outfit

0015 Understand wardrobe planning, textile and apparel selection, and construction.

For example:

- demonstrate an understanding of the factors that affect wardrobe needs and the considerations involved in developing a wardrobe plan
- recognize factors affecting apparel selection and purchase (e.g., advertising, budget, body type)
- understand the characteristics of fit and quality construction in ready-to-wear and homemade apparel
- identify types of apparel construction equipment and supplies and their functions
- demonstrate knowledge of procedures and techniques used in the construction of textile and apparel products

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SUBAREA VI—HOUSING AND DESIGN

0016 Understand housing considerations.

For example:

- identify factors (e.g., financial considerations, special needs, lifecycle stage, lifestyle) that influence housing selection and housing trends
- recognize advantages and disadvantages of various housing options
- demonstrate knowledge of legal and financial considerations related to obtaining housing (e.g., leases, mortgages, home repairs) and resources available to aid consumers with these issues

0017 Understand the elements and principles of design as applied to housing and living environments.

For example:

- demonstrate knowledge of the elements and principles of design and color theory
- apply the elements and principles of design to plan or modify interior and exterior living environments
- recognize functional and aesthetic factors related to designing various living environments (e.g., use of space, traffic flow, focal point)

0018 Understand selection, maintenance, and safety issues related to home furnishings and appliances.

For example:

- demonstrate knowledge of furnishings, furniture styles, and various treatments, coverings, and household equipment
- recognize factors affecting the selection of home furnishings and appliances (e.g., durability, affordability, care)
- demonstrate knowledge of basic home care and maintenance and of home safety issues

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SUBAREA VII—FOUNDATIONS, EDUCATION, AND CAREERS

0019 Understand historical and current events, public policies, and research results in or related to family and consumer sciences and their effects on individuals, families, and communities.

For example:

- understand family and consumer sciences as a discipline of study
- demonstrate knowledge of the history of family and consumer sciences and major historical and current events within or related to the field
- recognize how past and present social issues affect individuals, families, and communities (e.g., racial and gender inequality; political, ethnic, and religious tensions; economic disparities)
- demonstrate an understanding of how public policy affects the lives of individuals and families (e.g., welfare reform, labor rights, recycling mandates)
- demonstrate knowledge of current research and recent developments in or related to the field of family and consumer sciences (e.g., U.S. census reports, revisions made to the USDA dietary guidelines, early childhood studies, evolution of universal design)

0020 Understand components of family and consumer sciences education.

For example:

- understand the roles of organizations (e.g., Family, Career, and Community Leaders of America) in family and consumer sciences education
- demonstrate an understanding of how to develop and maintain business and industry partnerships to support the family and consumer sciences education program
- recognize ways to update knowledge in the field of family and consumer sciences through involvement with professional organizations and through lifelong learning

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0021 Understand careers related to family and consumer sciences.

For example:

- demonstrate knowledge of careers and entrepreneurial opportunities related to family and consumer sciences (e.g., childcare worker, restaurant manager, financial advisor)
- examine training requirements, job-related skills, and aptitudes necessary for employment in occupations related to family and consumer sciences
- examine the economic environment and employment trends within industries related to family and consumer sciences
- identify considerations in establishing goals related to career success in occupations related to family and consumer sciences
- recognize resources available to help individuals explore, build, and maintain specific careers related to family and consumer sciences