

Every Day Life Skills Syllabus

This course is designed to equip the student with the information needed to guide wise decision making. Topics covered will include nutrition, meal planning, shopping, money management including, banking, budgeting and consumerism. Also included are units on Family life and Home responsibilities. Assignments are DUE on the date listed, not assigned.

January 10- Each student is to bring 4-6 packages or labels to class of food items normally consumed in their household.

January 17- Keep a Food journal of all the foods you eat in a week.

January 24- Do reports on assigned topic.

January 31-Create meal plans. Bring recipes and pictures if available.

February 7- Bring meal plan shopping list.

February 14- Bring picture of food item you prepared at home.

February 21- Write down your monthly income, include allowance, babysitting, dogsitting or any method you have of earning money. Where do you spend most of your money? Fill in pg. 55 worksheet.

February 28-Choose a career that interests you and do some research to learn about how much you can earn doing that job. Fill out job application. List as many expenses as you can that you will need to pay when you are on your own. Ask your parents for help. This is not a list of specific costs, just categories such as food, electric, etc.

March 7-Bring in 10-12 ads, preferably each for just one item, not grocery ads, etc. Magazines would be great resources for this type of ad.

March 14- Do pgs 64-65

March 21- Do pgs 75-77

March 28- Pgs. 78 and 81

April 4-Begin work on family tree pgs 86-87. This will be due April 18 and will be an end of year project. Family tree should be large and colorful and you must have at least one family story, but can have more.

April 11-No new assignment, Family tree and story due next week.

April 18-Bring in one homemade dish to share during our end of year party. Bring completed Family tree assignments.