

## FCS 8 Power Standards

Students will be able to:

- Form career goals based on interests and natural abilities
- Demonstrate skills needed for preparing and serving foods including:
  1. Kitchen Safety & Sanitation procedures
  2. Cooking Terms & Measurements
  3. Reading and using recipes
  4. Techniques and equipment for preparing and serving food
  5. Use teamwork in the lab setting and hands on activities
- Use Sewing techniques to produce a product. Including
  1. Problem solving
  2. Self-motivation & time management