
**NEW YORK STATE TEACHER
CERTIFICATION EXAMINATIONS™**

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

June 2003

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**New York State Teacher
Certification Examinations™**

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TEST FRAMEWORK
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Subarea

Selected-Response	Range of Objectives
I. Individual and Family Health and Wellness	0001–0003
II. Human Development and Parenting	0004–0008
III. Interpersonal and Family Relationships	0009–0011
IV. Nutrition, Food Science, and Food Production	0012–0014
V. Consumer Skills and Resource Management	0015–0018
VI. Workplace Skills and Careers	0019–0021
Constructed-Response	
VII. Human Development and Parenting: Constructed-Response Assignment	0004–0008

NEW YORK STATE TEACHER CERTIFICATION EXAMINATIONS™

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TEST FRAMEWORK**

Individual and Family Health and Wellness
Human Development and Parenting
Interpersonal and Family Relationships
Nutrition, Food Science, and Food Production
Consumer Skills and Resource Management
Workplace Skills and Careers
Human Development and Parenting: Constructed-Response Assignment

The New York State family and consumer sciences educator has the knowledge and skills necessary to teach effectively in New York State public schools. The family and consumer sciences teacher has a broad understanding of the goals of family and consumer sciences education and is familiar with concepts relating to: health and wellness; human and family development; interpersonal relationships; nutrition, food science and production; resource management; and workplace skills. Most importantly, the family and consumer sciences teacher recognizes the interrelatedness of family, career, and community roles and responsibilities, and understands the ways in which these roles and responsibilities affect individuals and families in contemporary society.

SUBAREA I—INDIVIDUAL AND FAMILY HEALTH AND WELLNESS

0001 Understand factors that influence health and wellness.

For example:

- analyzing the influence of life choices on personal health and wellness
- demonstrating knowledge of how to use resources, including technology, to assess and evaluate health and wellness (e.g., diet analysis software, lifestyle checklists, community resources)
- recognizing the role of individual and family responsibility in achieving wellness
- demonstrating an understanding of communication skills that foster positive interpersonal relationships and optimum mental, social, and emotional health
- identifying the effects of risk-taking behavior on health and wellness
- demonstrating an understanding of the relationships among diet, fitness, gender, heredity, environment, and wellness

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0002 Understand strategies and techniques for maintaining individual and family health and wellness.

For example:

- recognizing ways to meet the basic health and wellness needs of all family members
- demonstrating an understanding of the importance of setting and striving to achieve health and wellness goals throughout the lifespan
- recognizing the importance of the decision-making process in resolving dilemmas related to personal health
- demonstrating familiarity with the causes, symptoms, and ways of preventing or managing stress

0003 Understand principles for maintaining a safe and healthy home environment.

For example:

- demonstrating familiarity with basic principles of healthy home environments (e.g., cleanliness, air quality, radon detection and amelioration, eliminating secondhand smoke)
- applying strategies for minimizing safety risks in the home (e.g., blocked exits, fire hazards, hazards to children)
- demonstrating familiarity with procedures for safely and appropriately handling, storing, and disposing of hazardous materials (e.g., cleaning supplies, prescription drugs)
- identifying procedures to be followed in emergency situations (e.g., fire, flood, personal danger) and demonstrating familiarity with methods for obtaining emergency assistance
- recognizing ways to adapt living environments to meet the needs of family members of all ages and abilities

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA II—HUMAN DEVELOPMENT AND PARENTING

0004 Understand the stages and characteristics of physical, cognitive, social, and emotional development from infancy through adolescence.

For example:

- identifying the stages and characteristics of development from infancy through adolescence
- demonstrating knowledge of major theories of cognitive, social, and emotional development
- analyzing factors that affect and ways to promote physical, cognitive, social, and emotional development
- demonstrating familiarity with the normal range of differences among children of the same age
- demonstrating knowledge of types of special needs and the effects of various disabilities and impairments on child development
- recognizing child-care guidelines and services for infants, toddlers, and preschool and school-age children
- recognizing the influence of genetics on child development

0005 Understand adult development and physical, mental, social, and emotional well-being during adulthood.

For example:

- demonstrating familiarity with the stages of adulthood and their characteristics
- analyzing factors that affect and ways to promote physical, mental, social, and emotional well-being in adulthood
- analyzing the role of work in adulthood
- applying procedures for evaluating and maintaining personal health, and applying techniques for preventing or managing stress and balancing work and family
- demonstrating knowledge of characteristics and stages of aging, and examining physical, social, cultural, and emotional factors related to the aging process
- identifying sources of information on health and health issues related to the aging process

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0006 Understand the development of human sexuality.

For example:

- identifying physiological changes throughout the lifespan
- recognizing key physiological, psychological, and social aspects of sexual development
- analyzing the effects of peer pressure on sexual behavior
- demonstrating an understanding of the responsibilities and consequences of sexual behavior
- demonstrating an understanding of issues relating to teen pregnancy

0007 Understand pregnancy, childbirth, and preparation for parenthood.

For example:

- analyzing factors that affect decisions about becoming a parent
- demonstrating knowledge of conception, birth control, and family planning
- identifying ways in which individuals can prepare for parenthood and its responsibilities
- demonstrating knowledge of stages and changes that occur during pregnancy and childbirth and the effects of various factors (e.g., medical care, drugs, disease, nutrition, environment) on prenatal, perinatal, and postnatal health
- demonstrating knowledge of prenatal care and childbirth preparation

0008 Understand responsibilities of parenting.

For example:

- demonstrating an understanding of how the parenting process affects both parents and children
- demonstrating an understanding of children's dietary and hygienic needs (e.g., nutritional guidelines, dental care)
- analyzing methods for guiding children's behavior and fostering a child's positive self-concept
- applying developmentally appropriate parenting skills needed to nurture children's physical, social, intellectual, and emotional well-being at various stages of development
- identifying the causes of common childhood accidents and health emergencies and demonstrating the ability to apply a variety of accident prevention methods (e.g., identifying safety hazards in the home that present a danger to children) and basic first-aid procedures

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA III—INTERPERSONAL AND FAMILY RELATIONSHIPS

0009 Understand the characteristics of interpersonal relationships.

For example:

- recognizing types and characteristics of positive and negative interpersonal relationships, and analyzing dependent, independent, and interdependent relationships
- demonstrating an understanding of how to promote the formation of positive relationships in the family, workplace, and community
- demonstrating knowledge of the influence of social and cultural factors on interpersonal relationships
- applying decision-making and problem-solving processes to interpersonal relationships

0010 Understand the characteristics of families.

For example:

- recognizing different types of families and family structures (e.g., extended, single-parent, blended, foster, adoptive)
- analyzing the functions of families in society
- identifying the characteristics of healthy families, and analyzing ways in which families change in composition and configuration over time
- analyzing roles and responsibilities within the family
- demonstrating an understanding of the interrelatedness of family, career, and community roles and responsibilities

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0011 Understand how change affects individuals and families, and identify strategies for individuals and families experiencing change and transitions.

For example:

- recognizing the changing needs of family members throughout the lifespan, including family members with special needs
- analyzing how personal needs and characteristics affect interpersonal relationships
- examining types of individual and family conflicts and crises (e.g., death, divorce, moving, family violence, substance abuse, natural disaster)
- examining the effects of conflicts and crises on personal and family life
- identifying factors that influence a family's or an individual's ability to deal with conflicts and crises
- identifying social and economic conditions that affect families and individuals, and community, private, and government resources and services available to assist individuals and families in need
- demonstrating an understanding of how to gain access to services and support for individuals and families

SUBAREA IV—NUTRITION, FOOD SCIENCE, AND FOOD PRODUCTION

0012 Understand principles of nutrition and the relationship between diet and health.

For example:

- demonstrating knowledge of food customs, food choices, and eating habits
- identifying functions and sources of basic nutrients and the nutritional requirements of different age groups
- recognizing principles and components of a balanced diet and criteria for evaluating eating patterns
- demonstrating knowledge of government-approved dietary guidelines (e.g., USDA Dietary Guidelines and Food Guide Pyramid, Food and Drug Administration guidelines, National Institutes of Health guidelines)
- demonstrating an understanding of the causes, characteristics, and effects of obesity, nutritional deficiencies and excesses, and eating disorders
- analyzing varying nutritional, fitness, and exercise needs of individuals throughout the lifespan
- understanding the relationship between diet and disease (e.g., diabetes, heart disease)

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0013 Understand food selection, purchasing, and preparation.

For example:

- demonstrating knowledge of information required for food labels and packaging and the role of the Food and Drug Administration and the U.S. Department of Agriculture in regulating label information and additives in the food industry
- demonstrating knowledge of procedures and considerations in planning and preparing meal and menu items (e.g., following standard recipes; assessing menu items for nutritional value, sensory factors, food preferences, nutritional needs)
- recognizing types of food products and criteria for selecting and purchasing fresh, organic, scientifically modified, canned, dried, frozen, packaged, and table-ready foods in a variety of settings (e.g., restaurants, supermarkets, farmers' markets)
- demonstrating knowledge of principles and techniques used in the preparation of foods (e.g., measuring ingredients, cooking methods)
- demonstrating knowledge of principles and techniques for ensuring food safety (e.g., practicing appropriate personal hygiene and habits, keeping surface areas and preparation areas clean, inhibiting bacterial growth by controlling temperature, preventing food-borne illnesses, storing foods properly)

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0014 Understand commercial food production and services.

For example:

- demonstrating knowledge of principles and procedures for using commercial and household food production equipment (e.g., operational and safety procedures)
- recognizing the importance of food safety and sanitary procedures and regulations (e.g., maintaining work stations, disposing of waste properly, proper implementation of food safety regulations, handling food emergencies, investigating illnesses)
- recognizing food service roles and functions
- recognizing concepts of customer service related to internal customers (i.e., employees and vendors) and external customers (i.e., patrons)
- recognizing factors that contribute to customer service (e.g., anticipating customer needs, communicating effectively, explaining menu items, making menu suggestions)
- recognizing how cultural, economic, social, and psychological factors influence food choices and food product development and marketing
- demonstrating knowledge of steps and procedures in food product development (e.g., generating new product concepts, developing new menu items and prototypes, conducting market simulation tests)
- demonstrating knowledge of the uses of technology in food production and services (e.g., analyzing food composition, inventorying and ordering food, assuring food quality, controlling portions, budgeting, obtaining food samples)

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA V—CONSUMER SKILLS AND RESOURCE MANAGEMENT

0015 Understand consumer rights, responsibilities, and protections.

For example:

- demonstrating knowledge of rights and responsibilities of consumers in various purchasing situations (e.g., rights relating to product and service warranties, guarantees, and contracts)
- identifying the role of federal and state agencies, commissions, and legislation in protecting consumers
- recognizing types and characteristics of consumer fraud and deception and principles and procedures for registering consumer complaints
- demonstrating familiarity with steps and factors in making purchasing decisions (e.g., reading labels and consumer information; comparing price, quality, efficiency, warranties, and product return policies)
- analyzing the influence of marketing and advertising on purchasing decisions
- demonstrating knowledge of factors related to the procurement of housing (e.g., landlord/tenant law, purchasing, insurance)

0016 Understand budgeting, money management, and the use of credit.

For example:

- identifying steps and analyzing considerations involved in planning and maintaining individual and family budgets
- recognizing components of short- and long-term financial plans
- demonstrating knowledge of a variety of banking services and the procedures for acquiring and using a bank account
- analyzing factors that influence saving, investing, and spending
- identifying types, characteristics, uses, and misuses of credit, and demonstrating familiarity with procedures for obtaining credit and factors that affect eligibility for credit
- demonstrating knowledge of consumers' legal rights and protections in regard to financial services (e.g., credit, banking, rent-to-own, leasing)

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0017 Understand individual and family resource management skills and consumption behaviors.

For example:

- demonstrating knowledge of individual, family, and community resources (e.g., time, space, abilities, energy)
- selecting, adjusting, and adapting individual and family resources to meet economic, physical, and emotional needs
- applying decision-making and management skills and procedures for managing individual and family resources (e.g., durable and nondurable goods)
- demonstrating an understanding of the influence of outside forces (e.g., advertising, peer pressure, accessibility to the marketplace) on individual and family consumption
- recognizing and applying responsible resource consumption and conservation behaviors, and demonstrating an understanding of the relationships between individual and family decisions and the environment

0018 Understand principles of housing and apparel selection and care.

For example:

- demonstrating familiarity with criteria for home selection (e.g., safety, location, barrier-free construction, lifestyle, environmental concerns)
- recognizing and applying strategies for maintaining and organizing living space (e.g., efficient use of energy)
- demonstrating knowledge of the elements and principles of design as applied to housing and apparel
- demonstrating familiarity with the characteristics and application of textiles
- demonstrating familiarity with criteria for apparel selection (e.g., type of fabric, ease of care, purpose, projected image)
- applying procedures for the care of clothing (e.g., laundering, ironing, mending) and identifying guidelines for the maintenance and storage of clothing

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

SUBAREA VI—WORKPLACE SKILLS AND CAREERS

0019 Understand the job procurement process.

For example:

- demonstrating an understanding of strategies for preparing a career plan (e.g., identifying personal skills and interests, educational requirements, and financial resources)
- demonstrating an understanding of the influences of values (e.g., economic reward, benefits, personal fulfillment) and personal lifestyle choices (e.g., balancing work and family, leisure time) on employment choices
- demonstrating familiarity with methods for exploring career opportunities and researching job leads (e.g., using current technologies, volunteering, shadowing, interning, networking, consulting a career counselor)
- identifying the components of a personal portfolio (e.g., resume, evidence of experience and skills, reference information, letters of recommendation, samples of work)
- demonstrating knowledge of the laws relating to the job procurement process
- recognizing skills and procedures for applying and interviewing for a job (e.g., letters of application, application forms, effective communication, interview follow-up)

0020 Understand the skills that contribute to workplace success.

For example:

- demonstrating knowledge of effective communication
- applying strategies for working effectively in teams, and identifying procedures for managing conflict
- demonstrating familiarity with decision-making, problem-solving, management, and leadership skills
- demonstrating an understanding of the importance of professional development and methods of self-evaluation
- demonstrating an understanding of the importance of fulfilling workplace expectations (e.g., appearance, presentation, ethics) and accepting responsibility for one's actions

**FIELD 72: FAMILY AND CONSUMER SCIENCES
TEST FRAMEWORK**

0021 Understand careers in family and consumer sciences fields.

For example:

- demonstrating knowledge of career opportunities
- demonstrating an understanding of the economic environment and employment trends within career paths
- demonstrating an understanding of education and training requirements, experience, skills, and aptitudes necessary for careers
- identifying opportunities for entrepreneurship

**SUBAREA VII—HUMAN DEVELOPMENT AND PARENTING: CONSTRUCTED-
RESPONSE ASSIGNMENT**

The content to be addressed by the constructed-response assignment is described in Subarea II, Objectives 04–08.