

FIELD 317: FAMILY AND CONSUMER SCIENCES

TEST FRAMEWORK

April 2022

Content Domain	Range of Competencies	Approximate Percentage of Test Score
I. Human Development and Relationships	0001–0003	30%
II. Resource Management and Consumer Skills	0004–0006	30%
III. Nutrition and Foods	0007–0008	20%
IV. Workplace Skills, Careers, and Professionalism	0009–0010	20%

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HUMAN DEVELOPMENT AND RELATIONSHIPS

0001 Understand human growth and development throughout the life span.

- Recognize theories, principles, sequences, stages, and characteristics of physical, emotional, social, and cognitive development throughout the life span.
- Demonstrate knowledge of the interrelationships and factors that affect physical, emotional, social, and cognitive development throughout the life span.
- Demonstrate knowledge of techniques, strategies, and resources for fostering optimal physical, emotional, social, and cognitive development throughout the life span.
- Demonstrate knowledge of the effects of heredity, environment, and geography on an individual's needs, roles, and goals throughout the life span.
- Demonstrate knowledge of the effects of socioeconomic, technological, political, and global influences on an individual's needs, roles, and goals throughout the life span.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support student learning in human growth and development throughout the life span.

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0002 Understand the characteristics of interpersonal relationships and communication.

- Recognize the types, characteristics, and importance of interpersonal relationships for supporting well-being.
- Analyze personal and environmental factors that affect the formation and maintenance of respectful and caring interpersonal relationships.
- Recognize communication skills and barriers to communication and their effects on relationships.
- Demonstrate knowledge of decision-making, problem-solving, conflict resolution, and crisis management skills.
- Demonstrate knowledge of effective teamwork and leadership skills in family, workplace, and community settings.
- Demonstrate knowledge of ethical principles of communication and communication technology in family, workplace, and community settings.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support student learning in interpersonal relationships and communication.

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0003 Understand families, family well-being, and the roles and responsibilities of parenting/caregiving.

- Recognize various types of families and diverse family structures, needs and functions of families, and roles and responsibilities of family members and caregivers.
- Demonstrate knowledge of public policies; diverse perspectives; and social, cultural, technological, global, and economic factors that affect families.
- Identify skills and strategies needed to maintain healthy family relationships and to manage conflicts, crises, changes, and transitions that affect family well-being and demonstrate knowledge of resources and services for families in need.
- Demonstrate knowledge of the interrelatedness of personal, family, work, and community roles and responsibilities.
- Identify factors that affect decisions about becoming a parent/guardian and ways parents/guardians and other members of the family system can prepare for the addition of a child.
- Recognize stages and physical and emotional changes that occur during pregnancy and childbirth and the effects of various factors on prenatal, perinatal, and postnatal health.
- Demonstrate knowledge of alternatives to biological parenthood and the legal and ethical implications of current and emerging technology on fertility and family planning.
- Recognize parents'/guardians' legal and financial obligations to their children; various styles, expectations, and responsibilities of parenting/caregiving; and the factors that affect parenting/caregiving styles, expectations, responsibilities, and outcomes.
- Demonstrate knowledge of developmentally appropriate strategies for promoting children's physical, social, cognitive, and emotional development and well-being and recognize types, risk factors, causes, signs, and effects of child maltreatment.
- Analyze various community resources and services, child-care options, criteria for evaluating child-care programs, and characteristics of high-quality home and institutional caregivers.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support students' understanding of families, family well-being, and the roles and responsibilities of parenting/caregiving.

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RESOURCE MANAGEMENT AND CONSUMER SKILLS

0004 Understand the principles of personal and family financial literacy.

- Identify principles, steps, and skills involved in developing and maintaining a realistic budget.
- Demonstrate knowledge of components of short- and long-term financial management plans and factors that affect money management and financial planning throughout the life span.
- Identify and describe the roles of different types of institutions, businesses, and agencies that provide financial services or assistance.
- Recognize types and features of insurance, savings, investment, and retirement plans and the risks and benefits of each.
- Recognize types of credit, procedures for obtaining credit, factors that affect eligibility for credit, appropriate uses of credit, and the consequences of misuse of credit.
- Analyze the effects of the economy and life transitions on personal income, financial security, and consumer decisions.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support students' understanding of the principles of personal and family financial literacy.

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0005 Understand consumer skills and basic principles of resource management throughout the life span.

- Recognize individual and family resources and factors that affect how they are used.
- Demonstrate knowledge of strategies for selecting, adjusting, and adapting individual and family resources to meet wants, needs, and goals.
- Demonstrate knowledge of strategies and resources that support the management of personal, family, work, and community commitments, needs, and goals.
- Identify methods for responsible consumption and conservation of renewable and nonrenewable resources.
- Recognize methods for researching, identifying, comparing, and evaluating goods and services to support informed consumer decisions and how various factors influence consumer decision making.
- Identify considerations regarding the acquisition of legal transportation and housing.
- Recognize consumer fraud and deception practices.
- Demonstrate knowledge of consumer rights and responsibilities and the role of federal and state agencies, legislation, and advocacy groups in protecting consumers.
- Demonstrate knowledge of how media and technology affect family and consumer decisions and quality of life.
- Analyze relationships between the economic system and consumer actions.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support students' understanding of consumer skills and the basic principles of resource management throughout the life span.

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0006 Understand the selection, design, and maintenance of interiors, textiles, and apparel in home, commercial, and institutional settings.

- Demonstrate knowledge of factors that affect the selection and maintenance of housing and interiors.
- Demonstrate knowledge of elements and principles of design as applied to housing and interiors and their role in meeting individual, family, and group needs throughout the life cycle.
- Recognize laws, regulations, and programs related to housing, interiors, furnishings, textiles, and apparel.
- Recognize methods for planning, organizing, and maintaining an efficient and safe housekeeping operation for residential and commercial facilities.
- Demonstrate knowledge of criteria considered in the selection of furnishings and equipment, including the characteristics of various furnishings and furnishing materials.
- Identify characteristics of textile fibers, fabrics, and finishes and their applications for a variety of purposes.
- Demonstrate knowledge of the techniques, tools/equipment, and supplies for constructing, altering, repairing, cleaning, and maintaining apparel and household textile items and factors affecting the quality of their construction.
- Demonstrate knowledge of how to plan for and create designs that take ecological, environmental, socioeconomic, and cultural contexts and technological trends and issues into consideration.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support students' understanding of the selection, design, and maintenance of interiors, textiles, and apparel in home, commercial, and institutional settings.

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NUTRITION AND FOODS

0007 Understand the principles of nutrition and food science.

- Identify sources and functions of nutrients and the functions of the digestive system and its effects on nutrition and wellness.
- Recognize factors that affect the nutritional value of foods and beverages.
- Identify components of a balanced diet and special nutritional needs of individuals at various stages throughout the life span.
- Demonstrate knowledge of factors that affect food choices, food customs, and eating habits.
- Identify information required for food labels and packaging and how to interpret food label information, including health- and nutrition-related claims.
- Analyze causes, characteristics, and effects of nutritional deficiencies and excesses throughout the life span.
- Apply knowledge of principles and techniques for establishing and maintaining healthy eating and wellness practices for individuals, families, and groups.
- Demonstrate knowledge of the basic principles of food science.
- Recognize how scientific, technological, and environmental factors affect the nutrient content and availability of foods.
- Demonstrate knowledge of the role of science and technology in food product development and marketing and how it affects the health and wellness of individuals, families, and groups.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support students' understanding of the principles of nutrition and food science.

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0008 Understand principles of food preparation; kitchen and food safety; and sanitation in home, commercial, educational, and institutional settings.

- Identify kitchen safety hazards, safety precautions, and emergency procedures.
- Demonstrate knowledge of the symptoms, causes, and consequences of foodborne illnesses.
- Recognize guidelines, procedures, and standards for maintaining food safety and sanitation in home, commercial, educational, and institutional environments.
- Identify the role of federal, state, and local agencies involved in food safety and sanitation.
- Recognize how scientific, technological, and environmental factors affect food safety.
- Demonstrate knowledge of principles, techniques, and terminology of food preparation and presentation.
- Recognize safe food selection, storage, and preparation methods.
- Demonstrate knowledge of principles of meal and menu planning, portion control, food budgeting, and recipe costing.
- Apply knowledge of the appropriate selection, use, care, and storage of kitchen tools and equipment.
- Apply skills and strategies for following, interpreting, converting, scaling, and modifying recipes/formulas for various purposes.
- Identify various food preparation, dining etiquette, table setting, and meal service styles among cultures within and outside the United States.
- Demonstrate knowledge of developing and implementing classroom and laboratory policies and procedures based on current industry standards to ensure both the safety of students and clients and the sustainability of products and the environment.
- Demonstrate knowledge of developing and implementing research- and theory-based course curricula, instructional strategies, and assessments that integrate core academic areas and support students' understanding of the principles of food preparation; kitchen and food safety; and sanitation in home, commercial, educational, and institutional settings.

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WORKPLACE SKILLS, CAREERS, AND PROFESSIONALISM

0009 Understand employment, career readiness, and employability skills.

- Demonstrate knowledge of the career-planning process, factors to consider when evaluating career options, methods for exploring career opportunities, and components of a career plan.
- Recognize procedures for searching, applying, and interviewing for a job.
- Demonstrate knowledge of customer/client service skills and factors that contribute to high-quality customer/client relationships.
- Demonstrate knowledge of soft skills, technical skills, and appropriate professionalism and ethics that facilitate success in the workplace.
- Identify principles for effective communication and managing stress and conflict in the workplace.
- Identify rights and responsibilities of employees, employers, and state and federal agencies, and current laws, regulations, and policies that affect employment.
- Demonstrate knowledge of local and global policies, issues, and trends in the workplace that affect individuals and families.

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0010 Understand career options related to family and consumer sciences, including professionalism in the teaching of family and consumer sciences.

- Identify career and entrepreneurial opportunities related to family and consumer sciences professions in various fields (e.g., family and community services, early childhood education, facilities management and maintenance, hospitality and tourism, fashion and interior design, food service, nutrition).
- Recognize the economic conditions for and employment trends within various family and consumer sciences career paths.
- Identify training and education requirements, skills, experience, and aptitudes necessary for careers in family and consumer sciences.
- Analyze the effects of local, state, national, and global standards, policies, regulations, laws, and economies on occupations related to family and consumer sciences.
- Recognize the advisory role of the Family, Career and Community Leaders of America (FCCLA) in developing student professionalism and leadership traits.
- Demonstrate knowledge of business-planning and management skills.
- Demonstrate knowledge of creating and implementing a safe, supportive, equitable, and culturally responsive learning environment that considers the diverse needs, values, and characteristics of students, families, and communities.
- Demonstrate knowledge of engaging in an ethical professional practice and the relationship between family and consumer sciences and career and technical education through civic engagement, advocacy, collaboration with other professionals, and ongoing professional development.