



Family Consumer Sciences (K-8 Career Literacy)



Family Consumer Sciences include Hospitality and Tourism, Culinary Arts, and Fashion and Interior Design. Hospitality and Tourism Career Cluster includes Culinary. The Arts Career Cluster includes Fashion and Interior Design. [Click here](#) for a complete list of careers by cluster.

10 Free Culinary Arts Lessons [free-culinary-arts-lesson-plans](#)

(Grades 7-8) Free curriculum on nutrition and knife skills. Free posters for your classroom.

10 Kitchen Skills Every 10-Year-Old Should Know [heartandstroke10-kitchen-skills](#)

(Grades 4-6) Studies show that empowering kids with cooking skills may help them: recognize and choose healthier foods, rely less on convenience foods, and eat a wider variety of foods.

ABEC Career Exploration and Development (ACED) Project [azced.org/curriculum/culinary](#)

(Grades 6-9) Culinary & Hospitality Curriculum designed to educate students on food handling, preparation, and diverse career opportunities within the food and hospitality industries.

Culinary Trends, Cooking School [culinaryschools.org/cooking-school](#)

(Grades K-8) Learning how to cook makes students healthier, it's also a great way to reinforce science, math, and reading skills. Fun, hands-on way to introduce them to other life skills such as budgeting, problem-solving, and grocery shopping.

Edible School Yard, Cooking with Curiosity [edibleschoolyard.org/Curriculum.pdf](#)

(Grades 6-8) The best way to teach middle schoolers how to cook is by spending time in the kitchen together.

Food Literacy Center, Hands-on cooking lessons [foodliteracycenter.org/curriculum](#)

(Grades 4-8) Each lesson below includes a video tutorial, printable recipes (in English, Spanish, and Hmong), STEM-based lesson plans, and activities.

Foodmaster Initiative- Food, Math, and Science Resource [foodmaster.org](#)

(Grades 3-8) FMI is to develop and provide teachers with authentic mathematics and science resources that use food to engage students in science learning.

Hospitality & Tourism Presentation [slidesgo.com/theme/career-technical-subject](#)

(Grades 6-8) Free Google Slides theme, PowerPoint template, and Canva presentation template. With this template, students can learn how the world of tourism works.

Kids Cooking Activities [kids-cooking-activities.com](#)

(Grades K-11) Age-appropriate cooking lessons – some are free.

STEAM Chefs, from Cooking to Science [steamchefs.org/educators](#)

(Grades 3-8) Our curriculum aims to fill gaps in science knowledge and enhance scientific concepts while also providing a platform for building culinary skills and healthy eating behaviors.



Teachers Pay Teachers – Hospitality and Tourism [HOSPITALITY-AND-TOURISM-Activity](#)

(Grades 6-9) Hospitality vocabulary word search puzzle activity.

Teaching Middle Schoolers How to Cook [ihomeschoolnetwork.com/](#)

(Grades 6-8) The best way to teach middle schoolers how to cook is by spending time in the kitchen together.





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Fashion Art, Pinterest [fashion-art-lessons-for-kids/](#)
(Grade 5-8) Fashion design DIY.

Fashion Design, Anita Sagastegui Studio [7th-grade-fashion-design](#)
(Grade 7) Students create a fashion line, featuring at least three different looks that share a unifying theme, (i.e., color, pattern, line, an article of clothing or accessory, etc.)

Fashion Design, Teachers Pay Teachers
[Teacherspayteachers.com/fashion design](#)
(Grades 6-8) Projects developed by other teachers.

Fashion Design Lessons, Study.com [study.com/lesson/fashion-design](#)
(Grade 6-10) This lesson plan will give students a deeper understanding of the craft, learn new vocabulary and categories of fashion design, to ultimately and create an original design. A monthly subscription required.

Fashion History [uen.org/core/displayLessonPlans](#)
(Grade 6-10) Discuss the history of fashion and how it is influenced by culture. Fashion lines between historical eras are fluid.

Fashion Projects, JoAnne Fabrics [learning.ioann.com/classseries/kids-sewing-class-journey](#)
(Grade 5-8) Videos and instructional materials to create fashion projects.

Interior Design, Get Visualz [getvisualz.com/products/interior-design-lesson-plans](#)
(Grade 7-12) Curriculum for sale.

Interior Design, Teachers Pay Teachers [teacherspayteachers.com/interiordesignfree](#)
(Grade 5-8) Free curriculum.

Interior Design, OER Commons [oercommons.org/middle-school-intro-to-interior-design](#)
(Grade 5-8) Introduction to the interior design career field (definition) and basic vocabulary to support the definition.

