

# **Extension Educators Host Annual Family and Consumer Sciences Teacher In-Service Day**

**NEAFCS 2019**

Patrice Powers-Barker, Melissa Rupp, Cheryl Spires

Additional Program Developers:

Susan Zies, Donna Green, Katie Schlagheck



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# Description

As one way to connect with local teachers, a team of Extension Educators offer professional development and resource sharing by planning, teaching and evaluating an annual FCS Teacher In-Service Day.

[go.osu.edu/in-service](http://go.osu.edu/in-service)





## Today's Goals:

- Gain knowledge regarding the value of ***offering an annual FCS Teacher In-Service Day and learn the benefits and challenges*** to Extension staff who host an In-Service.
- Gain knowledge regarding the ***interests and needs of FCS teachers***.
- Gain tips on ***how to implement*** this program in the community.
- Discuss additional ways for ***Extension to connect with local FCS teachers***.



# History

## Northwest Ohio FCS Teacher Inservice



★ FCS Extension Educator

Map: <https://pasarelapr.com/>



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# 2019

## Northwest Ohio FCS Teacher Inservice



★ FCS Extension Educator

Map: <https://pasarelapr.com/>



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# Current Popularity

“articles in the popular press support the role FCS serves in addressing pressing societal challenges by emphasizing the need for the resurgence of FCS education” (Bowers & Myers, 2018)





# How can OSU Extension support FCS teachers?

“Collaboration is a highly relevant topics in today’s society for professionals in which resources of all types are limited and appear to be shrinking” (Abdul-Rahman, 2013)



# Challenges

- ❖ Locations
  - Travel time for attendees
  - Follow up when they work in a county that doesn't have an FCS teacher
- ❖ Setting the date
- ❖ Searching out FCS teachers within counties and school systems
- ❖ Meeting the needs of the teachers with our Extension resources
- ❖ Extension staff capacity





# Nuts & Bolts for the Day

- ❖ Communication with teachers – Save the Date, Registration, share resources and certificate
- ❖ Agenda for the one day
- ❖ Cost pays for: location rental (if applicable), continental breakfast and catered lunch.
  - If needed, can cover Extension staff travel, copies, learning tools for teachers
- ❖ Consider state standards for FCS classes
- ❖ Evaluation



# Communication for the Day

- ❖ Shared drive (for educators) to collect email addresses
- ❖ Communication with teachers
  - Save the Date (10 to 12 weeks before)
  - Invitation and Registration (6-8 weeks before event)
  - Confirmation email (1-2 weeks before event)
- ❖ Post Class: share resources (see blog page)
- ❖ Certificate of Attendance/Participation





# Agenda for the Day

## Considerations:

High School Content Standards

Emerging Issues

Classroom tips

Personal interest for FCS

Entrepreneurship

Networking

Ready to use: tool box tips



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**Family and Consumer Science  
Teacher Update**

Thursday April 4<sup>th</sup>, 2019

Agriculture Incubator Foundation,  
Northwest Ohio Cooperative Kitchen (NOCK)  
13737 Middleton Pike, Bowling Green, OH, 43402

- 8:30 **Registration (Coffee and Muffins)**
- 8:45 **Introductions**
- 8:55 **Mindful Moment**
- 9:00 **The Ice Cream Sundae - A perfect model for food science in the FCS classroom**  
**Amy Meehan, MPH, Healthy People Program Specialist, OSU Extension, Family and Consumer Sciences.**  
Learn about three components of the ice cream sundae - the ice cream, caramel sauce, and cherry on top - and how they can be used to teach diverse concepts through food. The discussion will include an overview on how the ingredients are made, the science behind what makes them tasty and safe, and how their composition relates to nutrition, economics, and food science.
- 10:00 **CIFT Food Industry Credentials**  
<http://ciftinnovation.org/cift-food-industry-credentials-for-students/>  
**Rebecca Singer, President and CEO, Center for Innovative Food Technology (CIFT)**
- 11:00 **Tour of the NOCK Facility and its mission**  
**Paula Ray- Site Manager**
- 11:45 **Success Story: Chris and Lin Lane, Country Lane BBQ, LLC**  
a NOCK graduate business
- 12:00 **LUNCH with Country Lane BBQ**





**12:00 LUNCH with Country Lane BBQ**

**12:40 Mindful Moment**

**12:45 Lighting Round of Resources**

FCS Extension Educators will provide six teachable topics to use in your classrooms

- Extension and FCS Teachers: Promoting Our Profession- Patrice Powers-Barker, Lucas County
- Gut Foods- Donna Green, Erie County
- Cooking under Pressure – Susan Zies, Wood County
- Safe Feeding for Infants – Katie Schlagheck, Ottawa & Sandusky Counties
- Financial Resources from Extension – Amanda Woods, Ohio State University
- Minding the Gap, Food Production to Consumption – Melissa J. Rupp, Fulton County

**2:00 FCS Teacher Sharing Time**

What is working in your classroom?

**3:15 Evaluation and Adjourn**



# Previous Topics from Extension Educators

- ❖ Nutrition
- ❖ Universal Design
- ❖ Money
- ❖ Microbiomes
- ❖ Mindfulness





# Facility Tour

- ❖ Depends on the site
- ❖ Examples from previous years:
  - Ridge Project (re-entry kitchen training site)
  - 577 Foundation (science, environment and bookstore)
  - Sauder Historic Village (fabric shop)
  - Northwest Ohio Cooperative Kitchen (entrepreneurial projects, community commercial kitchen)











2019 Tour of Northwest Ohio Kitchen Incubator at the CIFT Facility



# Teacher Share Time

Every year! They take the lead at the end of the day....

- Lesson plans
- Classroom management tips
- Creative labs and projects
- Bell ringers (starting and wrapping up class time)
- Resources, online and free





# Sharing Stories

Powerful and  
energizing ...

“They feel  
validated and  
energized, and  
they know they’re  
not alone in this”



- Om Chitale



# Cost

- ❖ Location rental (if applicable)
- ❖ Food: continental breakfast and catered lunch and snacks
- ❖ Extension staff travel (if applicable)
- ❖ Copies
- ❖ Take-away for teachers (gift)
- ❖ Approximately \$50 cost for participants



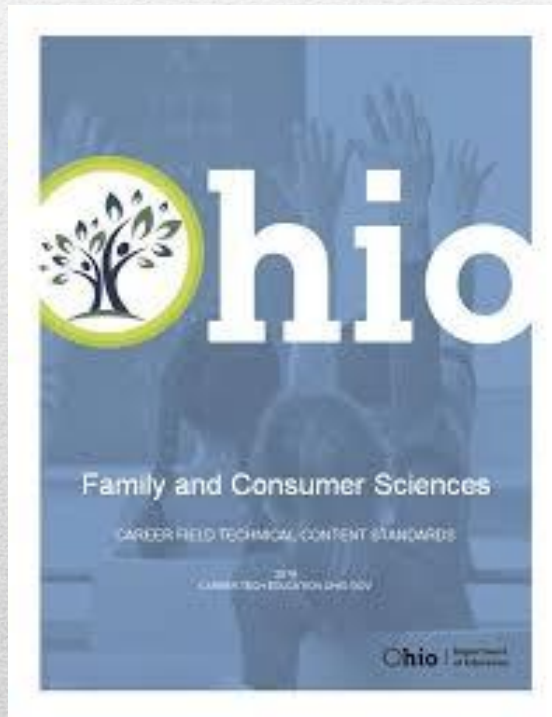


# Who does what?

- ❖ Lead or “host” – FCS Educator & support staff:
  - coordinates invite list (email)
  - registration and budget
- ❖ FCS Educator team members:
  - Participate in planning meetings (in person or Zoom)
  - Offer to teach a topic (approximately 25 – 40 minute presentations depending on the year and the schedule)
  - Share annual contact list of teachers in county and neighboring county
- ❖ Guest Presenters – invited by team, someone at site, and/or state program specialists



# FCS Content Standards (Ohio Department of Education)



- ❖ Important Resource
- ❖ May/may not align with Extension specializations





# Evaluations

- ❖ Likert-scale, paper survey, asks:
  - Met expectations
  - Applicable to their work
  - Every question offers an open response

**What is your overall assessment of the event?**

Rating	1	2	3	4	5
# of people				2	17



# Participant Comments

Overall Day:

- ❖ I've been using various resources every year I teach. This day encourages me to stay relevant in the field as much as refreshes my love and respect for FCS : )
- ❖ I love this conference. Can't wait til next year! Most beneficial of the year! Thank you!





# Participant Comments

Topical comments:

- ❖ Food safety: “I love the various websites shared. Science is hard to understand. This made it FUN!”
- ❖ Mindfulness: “I feel so calm. Never get rid of this. Even more would be great”
- ❖ Consumerism: “Consumerism is underrated thanks for bringing some ideas to light”



# Some things work

- **Keynote: The Ice Cream Sundae- a perfect model for food science in the FCS Classroom**

	Rating	1	2	3	4	5
Met Expectations	# of people				7	14
Will be useful/applicable at work	# of people		1	2	9	9

**Comments:**

- I don't go that deep in food science, but it was super too.
- Plan to implement a food science course with science in 20/21.
- I would like the step by step lesson plan for the boiling lesson.
- Fantastic. Tell me more!
- Loved the ppt and plan to use it in class.
- I love the various websites shared. Science is hard to understand. This made it FUN!
- It was a little sciencey!
- Great activity to use in class.

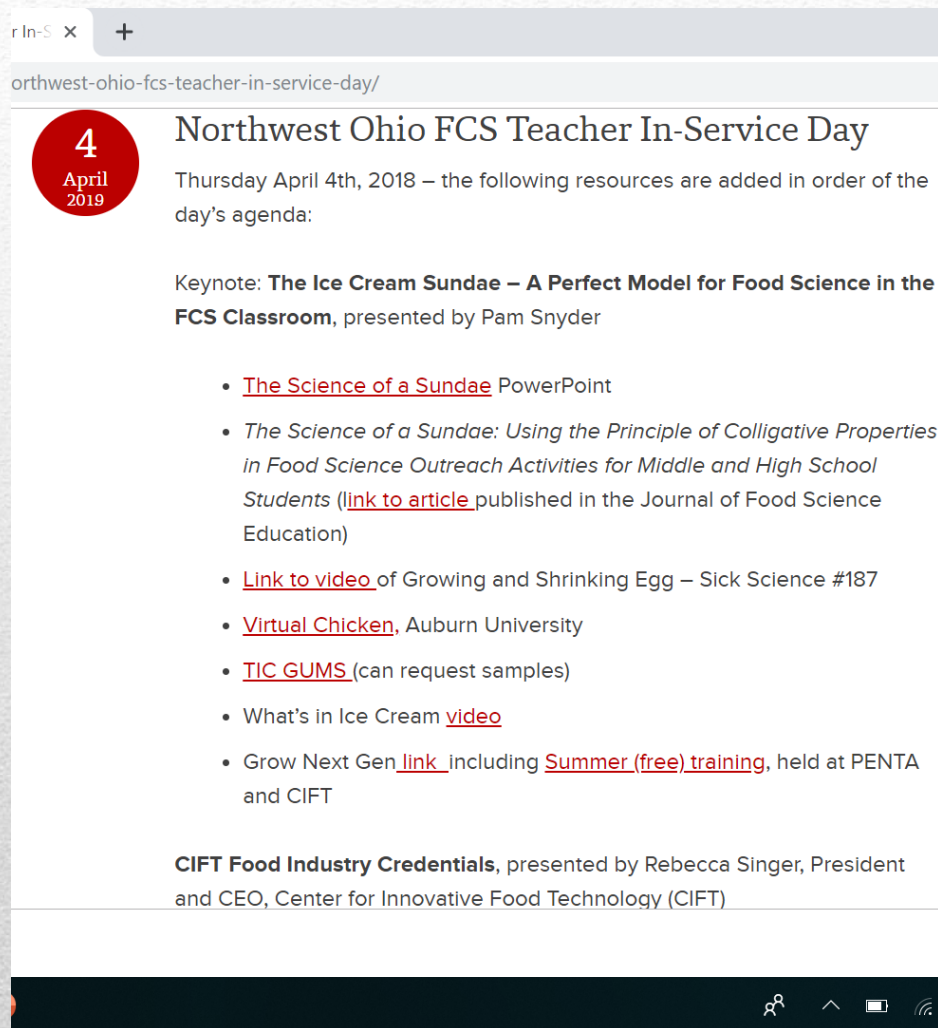




# New 2019

❖ Added PowerPoints, handouts, links and some of the teacher share time ideas to webpage (verses waiting for an email)

❖ [go.osu.edu/fcsteachers](http://go.osu.edu/fcsteachers)



The screenshot shows a web browser window with a single tab titled "r In-S x +". The address bar displays "orthwest-ohio-fcs-teacher-in-service-day/". The page content includes a red circular badge with the number "4" and the text "April 2019". The main heading is "Northwest Ohio FCS Teacher In-Service Day". Below this, it states "Thursday April 4th, 2018 – the following resources are added in order of the day's agenda:". A keynote is listed: "Keynote: **The Ice Cream Sundae – A Perfect Model for Food Science in the FCS Classroom**, presented by Pam Snyder". A bulleted list of resources follows: "The Science of a Sundae" PowerPoint, "The Science of a Sundae: Using the Principle of Colligative Properties in Food Science Outreach Activities for Middle and High School Students" (link to article published in the Journal of Food Science Education), "Link to video" of Growing and Shrinking Egg – Sick Science #187, "Virtual Chicken", Auburn University, "TIC GUMS" (can request samples), "What's in Ice Cream video", and "Grow Next Gen link" including "Summer (free) training", held at PENTA and CIFT. At the bottom, it mentions "CIFT Food Industry Credentials", presented by Rebecca Singer, President and CEO, Center for Innovative Food Technology (CIFT). The browser's status bar at the bottom shows icons for a person, a caret, a battery, and a Wi-Fi signal.

4  
April  
2019

## Northwest Ohio FCS Teacher In-Service Day

Thursday April 4th, 2018 – the following resources are added in order of the day's agenda:

Keynote: **The Ice Cream Sundae – A Perfect Model for Food Science in the FCS Classroom**, presented by Pam Snyder

- [The Science of a Sundae](#) PowerPoint
- *The Science of a Sundae: Using the Principle of Colligative Properties in Food Science Outreach Activities for Middle and High School Students* ([link to article](#) published in the Journal of Food Science Education)
- [Link to video](#) of Growing and Shrinking Egg – Sick Science #187
- [Virtual Chicken](#), Auburn University
- [TIC GUMS](#) (can request samples)
- What's in Ice Cream [video](#)
- Grow Next Gen [link](#) including [Summer \(free\) training](#), held at PENTA and CIFT

**CIFT Food Industry Credentials**, presented by Rebecca Singer, President and CEO, Center for Innovative Food Technology (CIFT)



# Meeting FCS Classroom Needs

“**Collaboration** is a highly relevant topics in today’s society for professionals in which **resources of all types are limited** and appear to be shrinking” (Abdul-Rahman, 2013)





# ServSafe® Person In Charge

- ❖ Responsive to FCS teachers' needs and class structure
- ❖ Field trip day (classes to Extension office)
- ❖ 6 schools
- ❖ Accommodate IEPs and ESL
- ❖ Co-teach
- ❖ Lesson, pizza lunch, test & grade, certificate before they leave and also promote FCS and related careers
- ❖ Cost covered by career pathways development (though county and state)



# Toledo Public Schools (TPS)

- ❖ Extension serve on TPS - FCS Advisory Committee
- ❖ Faculty in the Workplace (summer 2019)  
Cindy Schultz, Start HS
- ❖ Follow-up: open house display (fall), grocery and mealtime activity for financial classes (winter)





# Connect Throughout the Year

## 2018 Dine In Day and FCS Day

- Lucas County (urban, a handful of school districts)
- With help from a dietetic intern
- Distributed 9 buckets to FCS teachers
- Many kept in classroom



# FCS Teachers Connecting with Extension



4-H Youth Development



Agriculture & Natural Resources



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# Other ways to connect with FCS teachers?



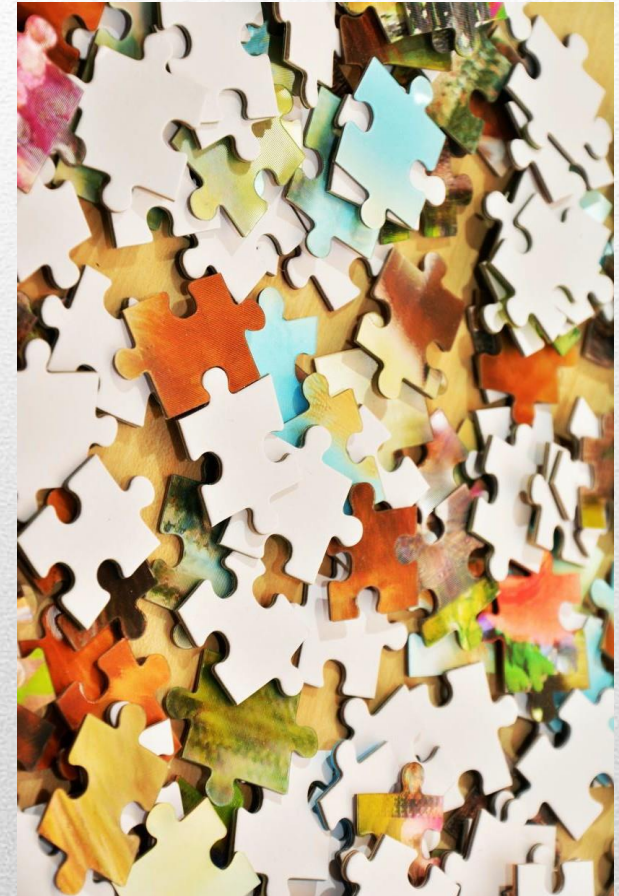
The “heart and  
soul” of FCS





# What is your best match?

“collaboration efforts between teachers and Extension personnel depend on the *capabilities to match both parties’ demand and supply of resources in a manageable geographical area*, typically the county level” (Abdul-Rahman, 2013)





[go.osu.edu/in-service](https://go.osu.edu/in-service)



# References

Abdul-Rahman, F., Jeffcoat Bartley, S. (2013) “Let’s Talk’: Collaboration between family and consumer sciences extension and teachers” Journal of Extension.

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Harder, A., and Zelaya, P. (2017), "Identifying assets associated with quality extension programming a the local level" *Journal of Human Sciences and Extension*.

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Northwest Ohio FCS Teacher In-Service Day, resources at <https://u.osu.edu/powers-barker.1/2019/04/04/northwest-ohio-fcs-teacher-in-service-day/>

