

Extension lessons for High School and Middle School FCS classes



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The following FCS lessons are:

- Approximately 40 minutes in length, except when noted
- Appropriate for middle school and high school students
- Related to the OSU Extension, FCS themes of health and wellness, healthy finances and healthy relationships. OSU Extension, FCS offers community education, from preschool through late adulthood, to anyone in the county. These specific classes for middle and high school students complement lessons that are offered to adults in the county.

1 // Feeding a Family lesson has been used in finance classes as well as food classes. This lesson includes a small group activity that highlights the topics money, time, and nutrition (based on MyPlate). A one-page worksheet includes some basic estimates of money saved with different grocery shopping choices and is a guide for class discussion.

2// Introduction to Local Foods invites students to define “local. Some of the topics covered include what vegetables are grown in Ohio (hint: a lot), where people find local food in Northwest Ohio, and what foods are in season during different times of the calendar year.

3// “Outlaw” Veggies – What to do with all these Vegetables?

Students compare the MyPlate recommendation of increasing vegetable consumption with the list of produce that can grow in Ohio. Discuss where people get their vegetables (store, garden, farm stand, farmers market, CSA, etc.) and how to enjoy all those fresh vegetables – especially those they may not be familiar with.

4// Plan a Menu Garden for Health and Wellness although similar to Introduction to Local Foods, this class focuses on how to plan and grow a small food garden. This lesson offers a short review on plant needs (soil, water, sun, air) and information on the county Horticulture Hotline for

when people have garden questions. A one-page handout gives examples of recipe gardens like salsa garden, spring salad garden, and pesto garden. Note: this lesson can be taught anytime but has been offered in May to align with the Lucas County Mini Garden* program

* **Mini Garden program** – free tomato and marigold plants donated by local greenhouses for youth ages 8-18 in Lucas County. Free submission to Lucas County fair to display the plants (early May each year)

go.osu.edu/4Hminigarden

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5// PAX Tools for Families and Caregivers - PAX Tools is a collection of trauma-informed, evidence-based behavioral strategies for families and communities to promote the development of self-regulation of children in their lives. This lesson shares real-life ideas for supporting healthy family dynamics and can also be used in community settings with groups of children. (this lesson is at least two hours long)

6// The Spending Game (aka Count Your Beans) This game is often set up as a small group activity. Students have dried beans and handouts to represent different monthly bills. They use the beans as counters as they decide between inexpensive and expensive options in each category (housing, food, transportation, etc.). The game gives different scenarios for different rounds and the learning happens as students make decisions and learn with one another. Note: this is not the same as *Real Money Real World* but both fit well with personal finances. See OSU Extension, Lucas County resources below to learn more about RMRW.

7// Food Choice and Food Insecurity. To explore all the different ways and reasons people make choices about food (cost, likes/dislikes, availability, interest in cooking, transportation, kitchen tools, etc.) we play a short game of “would you rather”? Students make their own quick choice between two food options and the class has the chance for a non-judgmental discussion. Other information shares about programs that help those who are in need of food assistance. MyPlate is used as a basis for a balanced diet. This has been used as a lesson before a community project/school food drive.

Additional Class Options:

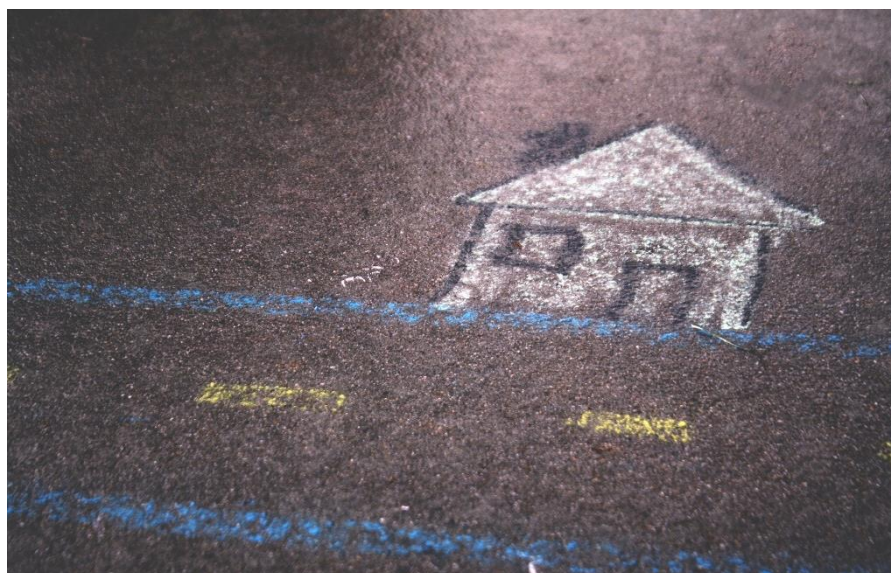
Please let Patrice powers-barker.1@osu.edu know your interest and we can see what would fit best with your classes:

Mindfulness – Our students are not immune to stress. Mindfulness is a free tool that anyone can use anywhere. This introduction to mindfulness teaches the value of living in the moment and how to put it into practice. go.osu.edu/mindsetupdate

Food for Young Children – ages and stages for introducing new food, making baby food, introducing young children to new foods, children’s books related to foods

Universal Design – creating living spaces free of barriers, making the house safe for everyone, regardless of age, physical ability, or stature. The community (adult) lesson focuses on the design for new spaces as well as making current spaces more livable with minor updates.

Plastics in the Home – pros/cons and recommendations for reducing single-use plastic waste. Recommendations on reducing and replacing plastic in the kitchen.



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Real Money Real World – longer lessons on finances, monthly budget and financial responsibilities. 4 lessons (1 hour each) scheduled with Extension/taught by school staff. In Lucas County, this program is a joint effort between the Family and Consumer Sciences and 4-H Youth Development. lucas.osu.edu/RMRW. After the lessons, the students participate in a simulation of making choices about monthly bills based on their career and number of people in the household.

FCS –Family and Consumer Sciences offers first time homebuyer education in partnership with Ohio Housing Finance Agency (OHFA), answers questions on home food preservation, offers pressure canner gauge testing, presents lessons for worksite wellness and community classes for adults (such as 9 dimensions of wellness, caregiver fatigue and caregiver satisfaction, creating monthly spending plan, Mindful Wellness, etc.) lucas.osu.edu/fcs

ANR – Agriculture and Natural Resources offers the Horticulture Hotline and Master Gardener Volunteer Program (horticulture hotline is helpful if you have a school garden or questions about plants, insects, etc.) ANR offers summer programming with youth camps and many adult programs throughout the year. lucas.osu.edu/program-areas/agriculture-and-natural-resources



4-H Youth Development – 4-H is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19, helping kids “learn by doing” through hands-on activities. 4-H has clubs, afterschool programs and in-school programming. <https://lucas.osu.edu/4H>

Community Nutrition Education – these two programs (SNAP-Ed lucas.osu.edu/program-areas/snap-ed and EFNEP lucas.osu.edu/program-areas/efnep) are specific to individuals and families with limited incomes. Many (although not all) of our schools in Lucas County will meet the requirements (pre-Covid requirements = at least 50% or more of students on free and reduced meals). SNAP-Ed works with preschool through grade school. EFNEP works with older students and adults with children in the home. Both programs also teach adults in Lucas County.

FCCLA partnership – do you have a class or community project where OSU Extension would be a good partner?

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