



Family & Consumer Sciences (FCS)

EXTENSION LESSONS FOR HIGH SCHOOL AND JUNIOR HIGH

- **Plan a Menu Garden for Health and Wellness.** This class focuses on how to plan and grow a small food garden. One-page handout gives examples of recipe gardens like salsa, spring salad, and pesto gardens.
- **What to do with All these Vegetables?** Students compare the recommendations of increasing vegetable consumption with a list of produce that can grow in Ohio and then determine ways to eat more vegetables, including familiar and new ones.
- **Universal Design** is creating living spaces free of barriers, making the house safe for everyone, regardless of age, physical ability, or stature. The community lesson focuses on the design for new spaces as well as making current spaces more livable with minor updates.
- **Food Choice and Food Insecurity.** To explore all the different ways and reasons people make choices about food we play a short game of “would you rather”? before a nonjudgmental class discussion. This has been used as a lesson before a community project/school food drive.
- **Real Money Real World** partners with 4H Youth Development. This is a series of lessons with a final simulation where students “pay” their monthly bills as a young adult with a family. This program takes approximately 4 hours (can be taught on different days) but takes longer planning to schedule compared to a one-time classroom lesson.
- **Know and Show: Person In Charge,** meets Ohio Department of Health level 1 certificate in food protection. This training offers 2 points towards Hospitality and Tourism Industry Related Credentials. Five hours long, cost for training.
- **Other** possible classes are Mindfulness, the Basics of Home Food Preservation, and PAX Tools (this aligns well with Child Development, at least two hours)
- **For Loan:** box of supplies to **create kindness cards** to design and donate, and they are given to older adults in our community. This has been used as a past FCCLA volunteer project.



These FCS lessons are

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

For questions about classes in Lucas County, email Patrice Powers-Barker at powers-barker.1@osu.edu

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