

Family and Consumer Sciences

Real World Skills for Youth



Are educational topics such as financial literacy, health and nutrition, communication, and mindfulness only for adults? No. There are age-appropriate lessons to teach and foster skills for good decision making – across the lifespan. These classes are under the Family and Consumer Sciences (FCS) umbrella.

In-person preschool through school aged FCS community classes might be at libraries, schools, summer programs, place of worship, community centers, parks, and other public places in Lucas County that have a large enough space for a class.

This is a list of possible Family and Consumer Sciences programs that might be of interest for Lucas County community partners to host at a youth program. Each lesson is approximately 30 – 45 minutes.

Financial Literacy For young children, lessons on money often include a children’s book and games about topics like needs and wants, sharing, careers, money, etc.

Health and Wellbeing Our physical and mental health go together. Some of the topics/themes for this area include: Thankfulness, Kindness, Emotions and Super Helpers. Each of those have books and games to teach the topic

Connect with Nature – Even in the City Spending time in nature is good for our health. Seasonal topics like: springtime gardening, and summer keep hydrated, sun safety, and health benefits of nature.

Food and Nutrition

- What Plant Parts Do You Eat? – focus on fruits and vegetables
- Go, Slow, Whoa Foods - there are no “good” or “bad” foods but some give us more benefits than others (based on USDA MyPlate)
- Explore Ohio Foods – what foods are grown, raised and produced in Ohio?

For more information, please contact:

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Youth programming is also offered through OSU Extension, Lucas County in 4-H Youth Development, Community Nutrition, and Agriculture and Natural Resources.

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