**2020 FCS Annual Lesson Series**

**+The Science of Family Meals** - *Bradford Wiles, Extension Specialist, Extension Specialist, Early Childhood Development and Sandy Procter, Extension Specialist, Maternal and Childhood Health*

This lesson will provide training on the science of family meal times as both nutritional and developmental protective factors against risk. It will focus on specific activities and general guidelines for families to use to leverage family meal times as important developmental contexts across the lifespan. Implications for policies, systems, and environments will also be provided.

* Participants will learn the science of nutrition and family and child development.
* Participants will have access to resources for teaching and learning about family meal time activities and scaffolding of children’s development
* Participants will learn about roles and responsibilities for family meal times

**Through a Child’s Eyes: Developing Understanding of Time, Money, and Talent as both Symbols and Units of Value –** *Bradford Wiles, Extension Specialist, Early Childhood Development and Elizabeth Kiss, Extension Specialist, Family Finance*

Because young children are still learning the meaning of symbols, the concepts of time and money can be hard for them to understand. There are many ways adults can help children understand the concepts and meaning of money and time, the importance of saving money, and the value of their own contributions to the household. This lesson provides strategies and activities for adults to use with young children.

**\*Money and Health, Connecting the Dots for Wellness-** *Elizabeth Kiss, Extension Specialist, Family Finance*

Individuals and families often need to weigh decisions about their health against considerations of their financial resources, and vice versa. Though the relationships are not always well understood, consumers implicitly connect health with multiple dimensions of wellness, including financial wellness. This lesson will highlight the relationships between health and financial literacy and draw comparisons between the skills needed to successfully navigate both health care and financial decision making. As a result of the lesson, participants will increase their understanding of the multiple dimensions of individual wellness, learn about simple to adopt changes that can positively impact their health and financial wellness, and explore how they can actively support efforts aimed at increasing health and financial wellness in their communities.

**\*Bonding Thru Board Games -** *Elizabeth Brunscheen-Cartagena, Extension Agent, Sedgwick County*

Bonding thru Board Games is a tool to strengthen family relationships using board games as the medium. Board games foster the six major qualities strong families exhibit across cultures worldwide and in all family types. Vital soft skills for life success are also developed when families play board games on a regular basis. Simple and fun games will be introduced to families inspiring them to create a family board game night of their own.

**\*Garden to Plate:  Food Safety for School and Community Gardens- Update** *- Londa Nwadike, Extension Specialist, Food Safety and Lisa Martin, Extension Agent, Shawnee County*

Kansas State University published its first FCS lesson on the topic of food safety for school and community gardens in 2014, but produce safety regulations and scientific knowledge has changed substantially since then. This lesson will update the 2014 publication, and will be useful for anyone organizing or assisting with a school or community garden to ensure that they are utilizing good food safety practices to provide safe and wholesome fruits and vegetables. The updated version will cover many of the same topics, including site and soil selection, personal hygiene, sanitation and tool safety, water and irrigation, compost and fertilizers, pest and animal management, and post-harvest handling.

**Raising Healthy Eaters** – *Crystal Futrell, Extension Agent Johnson County*

Nothing seems more important to a parent than making sure their children are getting all the adequate nutrition they need. But experts caution parents about making mealtimes stressful. Well-meaning parents can often do more harm than help by forcing their children to eat – even if it’s nutritious foods. So what are parents to do when their children won’t eat? This presentation will cover guidelines on developing healthy eating habits, will offer tips on managing picky eating phases, and will offer some healthy and tasty snacks.