

2018 Kansas FCE Lessons

Human Trafficking....Slavery Still Exists

Written by Judy Fullmer

Human trafficking occurs when any person is taken against their will and exploited by any means. Human Trafficking generates many billions of dollars profit per year, second only to drug trafficking as the most profitable form of crime. By working together, we can make a difference.

Make Your Day a Little Smoother!

Written by Edith McClain

Tired of skipping meals or eating on the run? There is a better solution. Make healthy smoothies and you have it all covered. Only 3 steps: Ingredients, Blend and drink. Real food is always best but when there isn't enough time—smoothies have it all.

Kids in the Kitchen

Written by Susan Gartrell

What kid doesn't like to eat? What kid doesn't need to eat!! Making food choices and helping prepare their own meals gets kids into the kitchen and helps them develop healthy eating habits.

GROUP PROCESS....Putting the Pieces Together

Written by Edith McClain

Working together for the betterment of our FCE and Community, we CAN make a HUGE difference. Get together with members, others in the community and the youth. Find a common passion and work together. Everyone benefits when the pieces are all put together.

CHARACTER COUNTS! "Citizenship"

Leaders guide written by Edith McClain

KSU Lessons

Alzheimer's 101

Written by Erin Yelland

Kansas' aging population is rapidly increasing and with that will come unique opportunities as well as challenges, one of which is Alzheimer's disease. Everyone with a brain is at risk for Alzheimer's disease or another form of dementia. This is the sixth leading cause of death in the United States. This lesson will provide information on the differences between dementia and Alzheimer's, how Alzheimer's impacts the brain, risk factors for Alzheimer's, symptoms of the disease, action steps, and the benefits of early diagnosis.

Healthy Cooking Styles

Written by Donna Krug

Have you ever tried sautéing with water or prepared a boiled salad? It is easy to get in a rut and prepare the same foods in the same way. This lesson will introduce some healthy cooking techniques that result in creating more variety in the dishes you serve your family. Food that we eat provides the energy we need. Different cooking styles can affect the energy in our food.

Tap To Togetherness

Written by Bradford Wiles

This program aims to build family relations and increase health and physical activities of families with young children through learning to tap dance. Anyone can learn the steps, then teach others, especially the youth.