



## Kansas FCE 2026 Educational Program Lessons:

### FCE... Growing Through Knowledge

"The Facts About Dates on Food Products" written by Ruth Shafer, Kansas FCE State EPC.

Educational Goals: An understanding of where food dates come from and their purpose. An understanding of truth, myths, and a misunderstanding of food dates. Signs of food spoilage.

Lesson Description: A "Date Quiz" is enclosed with the lesson. Where did "Date Labels" come from? Is labeling baby formula special? There are three different labeling that is on the food we buy. Hearth Fire #4 will accompany the lesson.

"Pumpkins??Yes, Please!!" written by Susan Gartell, Kansas FCE State EPC, Educational Goals: To learn about the species of pumpkins and squash in the Cucurbit vine family. To discuss the many ways pumpkins can be used to enhance our lifestyles. To incorporate the nutritional

powerhouse of pumpkins into our diets year-round, Hearth Fire Series #68-"Someone's in the Home...Eating Healthy Food". Lesson Description: "Tempting My Taste Buds." The History of pumpkins dates back thousands of years and is native to the Western Hemisphere. Pumpkins are produced in all fifty states, with Illinois leading the way. Learn about the varieties and how to use them.

"Character Counts! "Respect" written by DeLores Walden, Kansas FCE Vice President, Educational Goals: Teach the younger generations the meaning of Respect. Encourage members to list items and decide if it is Respect or NOT. Lesson Description: The "Golden Rule" involves people treating each other with Respect. Respect can be used as a noun or a verb.

"A Journey through Kansas," written by DeLores Walden, Kansas FCE Vice President. Educational Goals: Learn about New Attractions and Individuals from the different Kansas Areas. Educate others about Kansas Attractions and Individuals. Lesson Description: Come on aboard and let's take a trip through Kansas. We will visit five (5) areas of Kansas. Each area will have Attractions and Individuals. There is also a list of future tours and or mini vacations.

Know When the Game is Playing You" Coordinated by Lois Carlson, Kansas FCE EPC Committee. Educational Goals: Become more aware of the gambling addiction problem in Kansas. Learn what makes people vulnerable to addiction. Learn what social status is most likely to develop an addiction. Become aware of some of the warning signs. Become aware of the treatment available. Lesson Description: Problem gambling is defined by repetitive gambling behavior despite harm and negative consequences. This disorder is frequently associated with social and family costs.

### **K-State Family Consumer Science Lessons:**

**“The Wellness of Kindness or the Kindness Effect”**: written by Elaine Johannes, State Specialist, and Lisa Newman, Extension Agent. This lesson will examine the definition of kindness, the health benefits of kindness, as well as include activities to help others/ways to promote kindness. Examples include: volunteering, acts of kindness, and being kind to ourselves.

**“Good Gut Health”**: written by Priscilla Brenes, State Specialist, and Chelsea Reinberg, Extension Agent. The health of the bacteria in your gut is often overlooked when it comes to good health. The health of your gut can affect your mental health, immune system, metabolic health, and chronic disease, and many other diseases or symptoms linked to poor health. Improving gut health starts with your diet. Consuming a diet high in fiber, pre-and probiotic foods, and less processed foods and sugar can help improve your gut health and, in turn, improve your overall health.

**Growing Through Stories: Early Literacy and Milestones”**: written by David Rehfeld, State Specialist; Monique Koerner, Extension Agent; and Lisa Newman, Extension Agent. This will be a discussion of books and literacy during the early developmental period from the prenatal period through infant and toddlerhood. This lesson will provide key concepts of how reading impacts all domains of development and how to incorporate those concepts into everyday learning. Hands-on activities that parents, grandparents, childcare providers, or any caregiver of your children can use to ignite excitement for books and lay the foundation for early literacy.