

Family & Consumer Sciences Activities during School Closure

Because you are in FCS every other day, please complete 2-3 activities each week. You may complete the same activity more than once.

1. Nutrition Standard (1): Plan a healthy meal for your family. Find the recipes you need, and create a grocery list of each item you need. Write a short reflection about the challenges you had.
2. Nutrition Standard (2): Keep a food diary for a day. Include the amounts you ate and drank and the exact foods you ate and drank. Write a reflection about your food choices: Were they healthy or not? What could you do to make them healthier?
3. Culinary Standard: Prepare a meal with/for your family. Take 3 pictures (one of you preparing food, one of your family preparing or eating the food, and one of the finished product). Write a short reflection about your experience or what you learned.
4. Early Childhood Education Standard: Help take care of a younger sibling or family member for 45 minutes. Write a short reflection about your experience and the behaviors you saw in the child. Include the age of the child in your reflection.
5. Teaching as a Profession Standard: Help a sibling complete his/her homework. Think about the experiences of a teacher who has to teach the lesson or help a student with an assignment. Write a short reflection about your experience, challenges, "student" (sibling) behaviors, or anything else you learned.
6. Personal Finance Standard: Interview an adult family member about their financial habits. Remember not to ask personal questions. Optional questions include: Do you usually use cash, debit, or checks when spending money? What are the benefits of each? What are some things you wish you would have known about money when you were in middle school? What are some challenges adults face with money management? If you could change a financial habit you have, what would it be?
7. Interior Design Standard (1): Choose a room in your home to remodel. You can clean/organize the room, add decorations, or change the decorations. Take before and after pictures. Write a short reflection about how you changed the look of the room and the differences between the before and after.
8. Interior Design Standard (2): Visit floorplanner.com, and create a free account using your school email. Create a floor plan by adding walls, surfaces (floors), doors, windows, and furniture to the room. Take a picture of the floorplan.
9. Fashion Design Standard: Find pictures online or use the clothes in your closet to create 3 outfits you would like to wear. Write a short reflection about what you like about the outfit and appropriate locations to wear each outfit.
10. Careers Standard: Interview an adult about his/her career choice, or research a career you might be interested in. Write a list that includes the job title, education level required, general salary range, 3 common tasks, and 1-2 interesting facts about the career.