

2016 FCS Lessons

Gluten and Your Gut's Good Health-Sandy Procter and Katelyn Dixon (KSU undergraduate student in nutrition sciences)*

This lesson will address the need for exclusion of gluten from some people's diets, and the research-based health benefits of avoiding this grain-based protein for those with specific conditions. The nutritional consequences of this restrictive diet will be discussed.

Additionally, authors will share current evidence of why gluten is not the ideal solution for many of today's current diet questions.

Volunteer Quantity Cooking Safety -Londa Nwadike, Extension Specialist, Food Safety*

This lesson will help volunteer cooks, non-profit organizations, and others who only occasionally cook for crowds to be able to prepare food safely. Many groups such as 4-H clubs, churches, schools, and other similar entities put on fundraising dinners, concession stand booths, community meals, funeral meals or similar type of events, generally with very little regulatory oversight. Because these organizations may not be accustomed to cooking in such large quantities and may not necessarily have the proper equipment, serious food safety problems can occur if proper practices are not followed.

This lesson will update information from a previous KSRE publication which was last revised in 2010: <http://www.ksre.ksu.edu/bookstore/pubs/mf1078.pdf>

Improving Relationships And Communication Through Understanding One Another-Debra Bolton, Area Specialist, Southwest Area Extension Office*

Research and best practice suggest some preliminary actions for reaching families, audiences, or individuals not living in mainstream cultures. Primarily, there must be an understanding of one's own cultural patterns and personal biases. This lesson helps participants to begin the steps toward comprehension of other cultural customs and paves the way for cross-cultural communication. Cross-cultural communication leads to building and/or strengthening relationships.

The goals of this facilitated lesson/activity are to:

- Clearly define cultural patterns
- Help participants learn how cultural patterns can impede communication processes, and
- Introduce ways to improve comfort levels in building cross-cultural relationships

Participants will begin to understand the concepts related to cultural patterns, social interactions, clear communications, and personal biases.

Hopefully there will be an understanding that there is no "right or wrong" in cultural difference. Rather, we look for understanding of what makes and why there *is* difference. Then we look for similarities as a foundation on which to build relationships and/or to begin a dialogue with those that come from a different cultural backgrounds from our own.

Prepare Kansas

Just like having a working smoke detector, preparing for the unexpected in other ways makes sense. Learn how to plan ahead for the most common emergencies we experience in Kansas – temperature extremes including drought, tornadoes, floods, and fire.

A little work now can make recovering less difficult. We've broken the program down to a few activities to do each week, which makes it easier than if you're trying to do many activities from a long list. Working on each activity gives families an opportunity to not only work together on becoming better prepared, but can spark conversations about preparedness in general and the best ways to handle future emergencies.

Prepare Kansas is an annual online preparedness challenge from K-State Research and Extension designed to help individuals and families be better prepared ahead of disasters which can make recovery easier. The program focuses on a few activities every week during September. Activities vary each year.