**Week 4: Food Science and Nutrition**

**Goal:**  *Promote how FCS integrates Food Sciences and Nutrition into FCS programings or career.*

We encourage FCS professionals to copy & paste the message below & share throughout your social media platforms. Personalize the message by your own pictures of family and/or things you are teaching your students. Please use the hashtag suggestions ( #SayyestoFCS #FCSeducate#FCSActionPA) in your post.

***Post for Facebook/Instagram:***

Family and Consumer Sciences professionals are challenged to teach their students during this time of online education. Family kitchens have been turned into cooking labs with families cooking together to master new cooking techniques.Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. Emotional, psychological and physical factors can have an impact on health too. Family and Consumer Sciences Professionals have the skills and knowledge to help not only teach basic cooking skills but also the background knowledge of why we cook and the ability to analyze our food intake and look closely at what we are actually eating.

 #SayyestoFCS    #FCSeducate     #FCSActionPA

***Post for Twitter:***

FCS professionals are challenged during this time. Kitchens have been turned into cooking labs, families cooking together. Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. #FCSActionPA

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***Do you need a digital resource for your students?***

[***https://www.pdesas.org/ContentWeb/Content/Search#***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.pdesas.org%2FContentWeb%2FContent%2FSearch%23&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334304752&sdata=0csxB8g6YqodZO%2FLXw8GiwRq7JeBguo1dQcIXpqlxqA%3D&reserved=0)

[***https://www.foodsafety.gov/***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.foodsafety.gov%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334304752&sdata=P%2FIuDkmQqL874aEAgXJePDF4q5FBrFht52cQofgsP9c%3D&reserved=0)

[***https://www.choosemyplate.gov/***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.choosemyplate.gov%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334314707&sdata=KILBnZ%2BmOFxqzKc9KQ0vZwFlDGr5Vw6G0pYuTlnh8Rc%3D&reserved=0)

[***http://www.myfoodrecord.com/***](https://gcc01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.myfoodrecord.com%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334314707&sdata=uE6AaiJz0N%2BbUgN1p2lhd8FzFHlYTCBsxrdMauDBJ8Y%3D&reserved=0)

[***https://6abc.com/teacher--week-randolph-high-school-culinary-arts-shares-special-bond/6158087/***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2F6abc.com%2Fteacher--week-randolph-high-school-culinary-arts-shares-special-bond%2F6158087%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334324664&sdata=2CYM8%2BSFJ7QnT5TAY0RtpNrcywqb%2Bt0YxIC3%2B16yVZg%3D&reserved=0)