

FACS to the Max 2026 Workshop Options

GROUP #1

10:30 a.m. – 11:15 a.m.

Knife Skills:

How do chefs make slicing, chopping, and dicing look so effortless? Join our fast-paced, hands-on 45-minute Knife Skills Workshop and discover the secrets behind a chef's most essential tool! You'll learn the correct way to hold and control a knife, sharpen your understanding of safety, and practice real culinary cutting techniques. And the best part? You'll put your new skills to the test by creating your own fresh, flavorful bruschetta—a delicious reward for your focus, precision, and growing confidence in the kitchen! (Andrew Freeman, Brainerd High School)

From Fourth Grade to FACS: Using Playful, Relationship-Driven Teaching to Energize Your High School Classroom:

As a seventh-year teacher, I've learned that building strong relationships and creating a comfortable, engaging classroom environment are the keys to student success. I'll share how taking a "fourth-grade mindset", using creativity, playfulness and empathy—can transform the high school FACS classroom. Hoping to have listeners walk away with strategies to meet students where they are, build connection, and make learning meaningful (and fun) for every student who walks through your door. (Taylor Drewes, former fourth grade teacher turned FACS teacher. Seven years of expertise: Frazee High School)

Dementia Friends:

Join this engaging and informative session to learn how you can help create a more dementia-friendly community. Participants will explore five key messages about dementia, gain insight into what it is like to live with dementia, and discover simple, practical actions they can take to support individuals and families affected by dementia in their own schools and communities.

Attendees will receive a Dementia Friends certification and a free spin for The Fit Fortune Show. Walk away empowered with knowledge, compassion, and real-world strategies to make a positive impact where it matters most. (Angela Koster-Sorenson, FCS Educator & FCCLA Advisor, Pine Island Schools)

Cooking Up Financial Literacy: A Recipe for Meeting the Graduation Requirement:

In this session, I will share how I prepared, designed, and taught a Personal Finance: Dollars for Dishes course that successfully integrates the state's personal finance graduation requirement into a high school level foods and nutrition class. I will begin with a brief introduction of myself, my district and department, and the context that led to this innovative, engaging, hands-on course design. Participants will learn what the personal finance requirement includes, why it matters for all FCS educators, and how embedding financial literacy into existing classes can expand learning opportunities without adding new standalone courses (unless you want to). I will share how culinary labs naturally connect to budgeting, cost analysis, food waste reduction, decision-making, and real-world financial habits. Throughout the session, I will highlight practical, ready-to-use resources, including free curriculum from Next Gen Personal Finance (NGPF) and the Minnesota Council on Economic Education's (MCEE) training. I will also share the engagement tools I use to bring financial concepts to life—such as "dollars for dishes" lab pricing, Edpuzzles, personal finance portfolio template, instructional video lessons, menu planning challenges, and scenario-based activities. Finally, attendees will receive my resources for simple, organized, interactive guest speakers and community partners who came to enrich classroom learning and connect students with authentic financial expertise. Educators will leave with adaptable strategies, classroom examples, and resources they can immediately implement to blend financial literacy into their own foods and

nutrition program. (Yvonne Dripps, FACS Teacher at Armstrong High School and Robbinsdale Virtual Academy, Modern Classrooms Project Expert Mentor)

Level Up Your FCS Program: Using FCCLA to Make Your Class Their Favorite Hour:

Learn how FCCLA can enhance what you're already doing in the classroom. With competitive events, workshops, projects, and activities aligned to FCS frameworks, FCCLA gives you ready-made resources that help students connect with the content like never before. Through partnerships with business and industry experts, students gain tangible, hands-on learning experiences that link FCS directly to the real world. Beyond lightening your curriculum load, FCCLA opens doors for students to network with the best and brightest in the field—and can help you rediscover your own passion for teaching (Patrick Mitchell, MN FCCLA Executive Director)

Families First:

One Family--Explore how families evolve and learn practical ways to strengthen relationships and support wellness throughout the family life cycle with a strong focus on aging. This workshop is aligned with the FCCLA National Program, Families First. (Ava Ryan, FCCLA State Officer)