

# **FACS to the Max 2026 Workshop Options**

## **GROUP #3**

**1:30 p.m. – 2:15 p.m.**

### **Food Innovations:**

Hands-on lab in our culinary kitchen with MSU, Mankato students. Specific topic details will be released closer to the date. (Emma Smith, Nutrition & Dietetics Professor at MSU, Mankato)

### **Service Learning 101:**

Through this 45-minute session we will talk and show multiple ways and places to show service learning in your class for many different courses you teach. From Culinary Arts to Child Development to Sewing/Clothing Tech. Classes. We will even have a few hands-on projects to complete while we are here. (Stephanie Love, Family and Consumer Educator at St. Paul Public Schools)

### **Allergen-Free Cooking Class:**

Engaging students with food allergies in our Culinary Arts & Hospitality Management Pathway at Burnsville High School. We created an allergen-free cooking class at Burnsville High School. I struggled with a gluten intolerance for a time, and while discussing this with students, I learned that there were many students who would not take any culinary classes due to not being able to eat what we made. Our team discussed the idea of an allergen-free cooking class and decided to give it a try. Our third year has shown strong interest and registrations with 2 full classes! In our class we discuss the importance of understanding allergens, what they can be, how to cook for those with allergies, obtaining the ServSafe Allergen Certificate, and discussing not only the top 9 but also other emerging allergens. And we learn HOW to taste, explore flavors and textures in food, and how to experiment with our recipes to make food that everyone likes and is safe to eat. Attendees will be able to participate in a tasting lab lesson about substitutions. Handouts will include: Our WHY & course description links to a few recipes, links and descriptions to recommended cookbooks, and websites Tasting lab lesson and student form. (Sandi Holman: FCS Teacher, Burnsville High School)

### **Creative Teaching Strategies for Teaching Child Development & Family Studies Theories:**

Discover creative and interactive ways to teach child development and family studies theories in your FCS classroom. This session highlights playful instructional strategies that spark curiosity, deepen understanding, and make theory accessible for high school learners. (Heather VonBank, Child Development & Family Studies Professor at MSU, Mankato)

### **Kindness, What?:**

Do you want to learn strategies to teach your students how to spread kindness (SEL)? If so, then join me to learn a simple lesson that is fun and exciting! It will surely spread kindness in your school community. The world needs more kindness. (Sara Browen, Middle School FCS Teacher in Worthington)