



## President's Message:

"Ask me why I have the BEST JOB EVER!! I saw this statement on another FCS teachers' wall. How AWESOME is that question!?! When we consider the AAFCS campaign to "Say Yes to FCS", this is a question all FCS teachers need to be prepared to respond to. We need to have a response prepared for students, for parents, for co-workers, for administrators and guidance counselors, and for other decision-making stakeholders. We need to advocate for our programs and the amazing things we do for our students. I challenge you to prepare your response as to why YOU have the best job ever!

-Dr. Shelli Barnum

## Become a Utah Association of Family and Consumer Sciences (UAFCS) member!

The Utah Association of Family and Consumer Sciences (UAFCS) is a state affiliate of the American Association of Family and Consumer Sciences (AAFCS). AAFCS was founded in 1909. The AAFCS is the only national organization representing family and consumer sciences professionals across practice areas and content specializations. There is a research journal produced by AAFCS. The journal was created to share some of the research and scholarly activities being carried out in the state with peers, colleagues, and others who may apply the findings in their work and family. This organization also provides scholarships to students interested in becoming future FCS educators. You can support this scholarship program by participating in the Silent Auction held every summer at the Utah FACS Conference.

## Nominate/Become a Board Member

We are always looking for new members to serve on our board. This is a wonderful way to network with other FCS professionals. Let us know if you would like to serve!

## Agriculture in the Classroom by Karma Bateman

Did you know we have access to an amazing, and under-utilized resource for our classroom, called "Agriculture in the Classroom"? Not only is there a national organization, but we have a strong contingent right here in our own state. Recently I was researching credible resources with information on textiles to offer to the FCS teachers in my district, and after much frustrating and futile searching, I happened upon this website:

<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?pid=486>

Much to my surprise, it had been authored by my own niece, Rose Judd-Murray during her work with Ag in the Classroom at Utah State University. It not only had all the information I had been looking for, but it contained lesson plans, resources upon resources, kits that could be ordered for hands-on activities, worksheets, and much more. So if you're not familiar with Ag in the Classroom, I encourage you to take a look, and then explore even deeper to see what else they have to offer. You will not be disappointed!



## UTAH FCS State Updates by Lola Shipp

We've been hard at work at the State Board of Education working on updating and writing new strands and standards. Each of the Sewing and Fashion courses have been updated and you will notice a name change from Apparel Design and Production to Sewing Construction and Textiles. This was done in an effort to help students, counselors and parents recognize what the course is by just its name in addition to using industry recognized terminology. A new course has also been added to the pathway entitled, Textile Terminology. This course is a third level course intended for sports and outdoor production pathway but could be used as a third level course for any class in the Fashion Apparel & Textiles pathways. This class is focused on textile production, characteristics, and the global impact of the textile industry. Students will be able to test fabric properties through experimentation that includes dyes, burn tests, absorbency and abrasion tests. Students will also follow the design process by reverse engineering a project to increase its functionality and end use. This is definitely a class I would love to teach!

We also updated the FCS Explorations course removing some of the overlapping standards with middle school health. Human Development is updated cleaning up the Strands to a more orderly fashion. The ProStart classes have also been updated to the National Standards and their updates last year. Look for a more detailed report of all the changes in each of the courses in April. Along with copies of the updated Strands and Standards.

## Easy Meatloaf

### Ingredients:

- 1 1/2 pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs

### salt and pepper to taste

- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 1/3 cup ketchup

### Directions:

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
- In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

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## One of the Top 10 pinned recipes for 2019.

"It Won't Last Cake" Recipe By: Sherill "This cake is very moist, and easy to make. All who have tried it thinks it's a hit. It reminds me of a banana cake with a touch of pineapple and cinnamon. Serves 24."

### Ingredients

- 1 1/3 cups vegetable oil
  - 3 cups white sugar
  - 3 eggs, beaten
  - 1 cup crushed pineapple with juice
  - 2 cups mashed bananas
  - 1 cup chopped pecans
- 
- 3 cups all-purpose flour
  - 1 1/2 teaspoons vanilla extract
  - 2 teaspoons baking soda
  - 1 teaspoon ground cinnamon
  - 1 teaspoon salt
  - 1 cup maraschino cherries (optional)

### Directions

Grease and flour a 9 or 10 inch bundt pan. Preheat oven to 350 degrees F (175 degrees C).

Mix together oil, sugar, eggs, pineapples, bananas, pecans, flour, vanilla, soda, cinnamon, and salt. (Optional: adding 1 cup maraschino cherries to mixture makes a nice fruit cake.) Pour into prepared bundt pan.

Bake for about 1 1/2 hours at 350 degrees F (175 degrees C).

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## FOOD TRENDS FROM 2019

### by Dawna Baugh

I typically check clothing trends, but this year I decided to check out the food trends from 2019. There were many places to look, but I wanted to see what people were creating in their own homes so I checked Pinterest to see what they were showing. This is where my own daughters and daughter-in-law often go so I started there. They looked pretty good so here's what I found in the Top 10 food trends.

**Mushrooms** – Yes, they're healthy and versatile. Rather surprising! So, what can you do with these little fungi, as my son calls them? How about mushroom chocolate and mushroom coffee! I'm sure there is more. Hopefully.

**The Pegan Diet** – This if for those who want a cleaner, healthier lifestyle, but don't want to give up meat. Haha- that would be me.

**Grazing Tables** – A fun way to set up for a party, like weddings for example, instead of a sit down dinner. Lots of variety on one plate

**Homemade Bread** – Now we're talking! Baking bread at home. What could taste and smell better? It's not terribly difficult, but it does take effort. A good way to show someone how much you care

**Spiced Water** – People are starting to put ginger in their water! And other spices known for anti-inflammatory and other soothing properties,

**Slow-cooker Adventures** – Try using one of the many oxtail recipes to try at home. Nothing better than coming home to a home cooked meal in one pot.

**Quick And Easy Recipes** – A new year for new plans. Since this really never goes out of style. How about foil pack dinners?

**DIT Jam** – A good way to use up the fruit lying around your kitchen-how about a delicious jam? Yum! A homemade jam to go with your homemade bread,

**Oat Milk** – I guess almond milk is out and oat milk is in. Get with the times!

**Chayo-yay?** – Apparently everyone is really into chayote recipes right now. Where have I been? I don't even know what it is.

I hope this gives you some fun ideas for the New Year. Search Pinterest and other recipe websites for some great recipes for each of these trends. I also found the most pinned Pinterest recipe for 2019 from Allrecipes. Of all things, its "Easy Meatloaf". See the recipe to the left. Happy cooking!

## Did you know there are three different scholarships available through UAFCS?

The UAFCS Winnifred Jardine Scholarship annually sponsors the \$500 Winnifred Jardine Scholarship to an outstanding senior high school student who will be majoring in Family and Consumer Sciences Education!

The UAFCS Undergraduate Scholarship annually sponsors a \$100 scholarship and a UAFCS Membership Fee for the year to an outstanding Undergraduate student who will be receiving a degree in Family Consumer Science Education.

The UAFCS Post-Graduate Scholarship annually sponsors a \$300 scholarship to an outstanding Postgraduate student who is a member of UAFCS and who will be receiving an advanced degree in Family and Consumer Sciences or a related field of study.

All applications will be submitted online and will be open on March 1st!

All applications will be due by April 30th.

