

WAFCS Student Unit Newsletter

October 2012

Rebekah Catalano

Important Dates to Remember This Month:

October 4th - WAFCS Region 5
Fall Meeting

October 13th - WAFCS Student
Unit Fall Conference

October 27th - WAFCS Region 6
Fall Meeting

Contact your Officers:

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Summary of Article: Show 'n' Tell Nutrition at School

It is no secret that the United States is experiencing a childhood obesity epidemic. As future Family and Consumer Science Educators, it is important that we do our part in helping turn this problem around. This article is an example of what a school in California did to help teach their students about nutrition and health.



Martin Luther King, Jr. Middle School in Berkeley, California saw that schools would teach nutrition, but when it came to the lunch room, the students were only offered food with little nutritional value. In order to help make a change in her school area, Alice Waters, Chef and restaurateur, founded the Edible Schoolyard program. In this program, students help cultivate, harvest, and cook their own local, organic foods.

Not only does the program help students understand composition and nutrition, but by being so active in



every part of the process, sciences, geography, and history are taught. As Alice Waters says "What better way to learn geography than by combining 27 aromatic spices to make an Indian curry?"



For more information about this program and for opposing views on the program you can visit www.kappanmagazine.org

Focus on the Future! Student Unit Fall Conference 2012

Come join us at our Annual Fall Conference hosted by UW-Stevens Point that explores how to best prepare for the future. This conference includes:

- A Curriculum Swap
- Sewing 101
- Interview Strategies
- A Tour of a Local Brewery

Register by October 6th

When: Saturday October 13th 2012
9:00AM – 3:00PM

Where: UW – Stevens Point CPS222

Cost: \$10 (Includes lunch, sewing supplies, and brewery tour) Make checks payable to WAFCS