**FACS Summer Nutrition Conference**

**STEM (Science, Technology and Math) Application in FACS Food and Nutrition**

*Facilitation of the 2014 FACS Summer Nutrition Conference is provided by the Nutrition, Dietetics and Food Sciences Department at Utah State University with faculty members, Martha Archuleta and Heidi Wengreen, serving as co-chairs. Educational sessions feature faculty and professionals from Utah State University and Brigham Young University*.

8:00 **Welcome**

8:05  **Keynote- Opportunities for Leadership in STEM Education through FACS Foods and Nutrition**

Lindsey Shirley, PhD; Assistant Professor Utah State University

Dr. Shirley is a state and national leader in FACS education. She has received Leader awards from both the Utah Association of Family and Consumer Sciences and the American Association of Family and Consumer Sciences. In addition, she has served as president for the Utah Association of Family and Consumer Sciences and has served on the board for the National Coalition of Family and Consumer Sciences Education. Dr. Shirley is a highly sought after national speaker and has particular expertise in leadership in FACS education and aligning FACS education with STEM standards. She will highlight how FACS educators have a unique role to play in STEM education and the opportunities this provides in showcasing FACS at the state and national levels.

9:05 **Hot Topics: Session 1**-

These hot topic sessions will include the latest information and science on each topic as well as ideas for incorporating the topic into classroom instruction. *(See back for session descriptions and rooms)*

**Sports Nutrition Updates** *Jennifer Day, MS, RD*

**The Mediterranean Diet- Health Benefits and Easy Mediterranean Meals** *Martha Archuleta, PhD, RD*

**Coconut Oil and Other Fat Fads- Healthy or Hype?** *Heidi Wengreen, PhD, RD*

**The New School Nutrition Regulations- Where are they headed?** *Nicole Vance, MS, RD*

**Health at Every Size- How does it fit with middle and high school students?** *Lora Beth Brown, PhD, RD*

This session will only be presented twice (at 9:05 and 10:10).

9:55 Break

10:10 **Hot topics: Session 2** (sessions repeat)

11:00 **Hot topics: Session 3** (sessions repeat)

12:00 Lunch

**Hot Topics Session Descriptions**

**Sports Nutrition Updates** *Room E 1-1*

This session will provide an overview of the latest recommendation for teen athletes. It will cover information on the best food and hydration sources to consume pre-exercise, during exercise and post-exercise. Also covered will be general healthy eating recommendations for teen athletes and assessment of popular sports nutrition supplements.

**The Mediterranean Diet- Health Benefits and Easy Mediterranean Meals** *Foods Lab*

Find out the latest on the health benefits connected with food patterns consistent with the Mediterranean diet. Also learn similarities to other healthy eating plans such as the DASH and Zone diets. In addition, in this session you will cook a tasty quick Mediterranean meal that you can use in your FACS classes. The meal will be an example of healthy eating and support food preparation and organization skills.

**Coconut Oil and Other Fat Fads- Healthy or Hype?** *Child Development Lab*

Coconut oil is being claimed to cure everything from obesity to Alzheimer’s disease which is quite a turnaround for an oil that used to be avoided because the high saturated fat content. The speaker will sort through the fact and fiction about coconut oil and also provide the latest science-based perspectives on healthy fats.

**Health at Every Size- How does it fit with middle and high school students?** *Presentation Room*

“Health at Every Size” is an approach that supports people in adopting eating and exercise habits for the sake of health and well-being, rather than weight control, and recognizes that there’s a natural diversity in body sizes and shapes. Using a “Health at Every Size” approach when teaching nutrition concepts in FACS classes will encourage joy of eating among teens and help de-emphasize society’s preoccupation with thinness that puts kids at risk for eating disorders and body dissatisfaction.

**The New School Nutrition Regulations- Where are they headed?** *Room E1-5*

Everyone is aware that the new School Nutrition Regulations implemented in 2012-2013 caused some pretty big waves. Learn about the history of why and how the regulations were implemented and how they have continued to change over the past two years. Find out how the new regulations have impacted middle and high schools nationwide and share your own experiences from your schools. Discuss some ways that schools are responding to new opportunities and challenges that have come up, and how FACS classes can be involved.

1:00 **Workshops: Session 1**

Includes hands-on activities and resources you can use in classes. *(See below for workshop descriptions and rooms)*

**Chemistry in FACS Food Science and Nutrition Classes** *Karin Allen, PhD*

**Math Application in FACS Food Science and Nutrition Classes** *Shelli Barnum, BS*

**Application of Technology Resources in FACS Food Science and Nutrition Classes** *Jennifer Day, MS, RD*

2:30 Break

2:45 **Workshops: Session 2** (Topics repeat from session1)

4:15 Conference wrap-up and evaluation

**WORKSHOPS:**

**Chemistry in FACS Food Science and Nutrition Classes** *Foods Lab*

Learn how to incorporate cool chemistry concepts in your FACS food and nutrition classes. The focus will be on incorporating the introduction of chemistry concepts in Foods and Nutrition 1 & 2. The workshop will include hands on practice with activities you can incorporate in your classes. The session will also be used to get input from teachers for new materials for food science classes that are being developed.

**Math Application in** **FACS Food Science and Nutrition Classes** *Presentation Room*

Wondering how to best integrate math at a higher level in your FACS food and nutrition classes? This workshop will review math standards for middle and high school student and provide examples and worksheets for use in classes. Examples will focus on incorporating fractions, percentages and algebra in FACS food and nutrition activities. Also learn from other teachers what is working best in their classrooms.

**Application of Technology Resources in** **FACS Food Science and Nutrition Classes** *Computer Lab*

FACS students are avid users of technology and often these teenagers have expertise in using smart phone and iPad apps and media that far surpasses many adults. Schools are increasingly bringing mobile device technology and applications into classrooms and effective use of technology in the classroom can increase student engagement and enhance learning. Find out how teachers are successfully using technology to support learning in FACS classes. Learn about and practice applications related to foods and nutrition using smart phones, iPads and other tablet computers.