

# AMERICAN DAIRY ASSOCIATION INDIANA RESOURCES ORGANIZED BY TOPIC

Family & Consumer Sciences Topics	Middle School FCS Standards & Sub-Standards
<p><b>Fighting Hunger</b>  <a href="#">Food Pantry Booklet</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2, 3.3), FCS-MS 4, FCSMS 5</p>
<p><a href="#">Fuel Your Good</a></p>	<p>FCS-MS 3.2, FCS-MS 4, FCS-MS 5</p>
<p><a href="#">School Hunger Relief Toolkit</a></p>	<p>FCS-MS 1 - 5</p>
<p><b>Food: Waste Less</b>  <a href="#">Anerobic Digester</a></p>	<p>FCS-MS 3.2</p>
<p><a href="#">Fuel Your Good</a></p>	<p>FCS-MS 3</p>
<p><a href="#">School Hunger Relief Toolkit</a></p>	<p>FCS-MS 1 - 5</p>
<p><b>Milk From Cow to You</b>  <a href="#">Episode 1: Farm Life</a></p>	<p>FCS-MS 3.2</p>
<p><a href="#">Episode 2: Milking</a></p>	<p>FCS-MS 3.2</p>
<p><a href="#">Episode 3: Processing</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2, 3.3)</p>
<p><a href="#">Handout &amp; Poster</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>

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<p><b>First Meals Matter</b>  <b>Lesson Plan:</b> <a href="#">Get Your Students in the Game (3rd to 12th grade)</a></p>	<p>FCS-MS 3 (FCS-MS 3.1), FCS-MS 4</p>
<p><b>Lesson Plan:</b> <a href="#">Kick off the Day (K-3rd grade Activity)</a></p>	<p>FCS-MS 3 (FCS-MS 3.1), FCS-MS 4</p>
<p><a href="#">Fuel the Morning</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2, 3.3)</p>
<p><b>Lesson Enhancement:</b> <a href="#">Jack Doyle and Kids</a></p>	<p>FCS-MS 3 (FCS-MS 3.1)</p>
<p><b>Farm to School</b>  <b>Farm Tour:</b> <a href="#">Scavenger Hunt</a></p>	<p>FCS-MS 3 (FCS-MS 3.2)</p>
<p><b>Virtual Tour:</b> <a href="#">with Indiana Colts Rodrigo Blankenship</a></p>	<p>FCS-MS 3 (FCS-MS 3.2)</p>
<p><a href="#">Farm to Calf-eteria</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>
<p><a href="#">Farm to School Guide</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>
<p><a href="#">Sustainable Future Series</a></p>	<p>(FCS-MS 3.1, 3.2)</p>

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<p><b>Highlighting Healthy Foods</b>  <a href="#">Dairy's Unique Nutrient Package</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>
<p><b>Milk:</b> <a href="#">13 Essential Nutrients in Milk</a>, <a href="#">Not All Milks Are Created Equal</a>, &amp; <a href="#">Colts Blue Milk Nutrition Video</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>
<p><b>Yogurt:</b> <a href="#">7 Ways Yogurt Can Help Your Body</a> &amp; <a href="#">Yogurt On the Go</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2, 3.3)</p>
<p><a href="#">Think Your Drink Handout</a> &amp; <a href="#">Game</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>
<p><a href="#">What's for Dinner - My Plate</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2, 3.3), FCS-MS 4, FCS-MS 5</p>
<p><a href="#">Got Snacks?</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2)</p>
<p><a href="#">Fuel Up to Play 60 Activity Sheet</a></p>	<p>FCS-MS 3 (FCS-MS 3.1, 3.2, 3.3), FCS-MS 4, FCS-MS 5</p>
<p><b>Physical Activity: Walk This Way</b>  <a href="#">Walking Journal</a></p>	<p>FCS-MS 3 (FCS-MS 3.1)</p>
<p><a href="#">Walking Club</a></p>	<p>FCS-MS 3 (FCS-MS 3.1), FCS-MS 5</p>

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## Family and Consumer Sciences Standards for Reference

**FCS-MS 1 MIDDLE SCHOOL CAREER PLANNING AND CONTINUED EDUCATION:** Students demonstrate knowledge and skills necessary for success in further education, career, and life.

**FCS-MS 2 MIDDLE SCHOOL FINANCIAL LITERACY:** Students will apply management practices to personal, family, and financial resources.

**FCS-MS 3 MIDDLE SCHOOL NUTRITION AND WELLNESS:** Students will demonstrate nutrition, wellness, and food preparation practices that enhance individual and family well-being.

**FCS-MS 3.1 NUTRITION:** Evaluate nutrition choices and practices in a variety of settings, using reliable guidelines and sources of information.

**FCS-MS 3.2 FOOD AND WELLNESS ISSUES:** Examine factors and issues that impact current and future health and wellness.

**FCS-MS 3.3 PREPARING AND SERVING FOOD:** Demonstrate skills needed for preparing and serving foods.

**FCS-MS 4 MIDDLE SCHOOL HUMAN DEVELOPMENT AND RELATIONSHIPS:** Students will demonstrate relationship skills and understanding in contexts across the life span such as school, parenting, and the workplace.

**FCS-MS 5 MIDDLE SCHOOL LIFE SKILLS AND RESOURCE MANAGEMENT:** Students will integrate multiple life roles and responsibilities in school, family, career, and community settings.