

Free Online Resources for E-Learning for Nebraska FCS Teachers

Below I am going to list resources that I have heard about on social media, through email, and through other avenues in an attempt to help you provide your students with the content knowledge they need. This is not an exhaustive list by any means. Please look online for ways to supplement online learning for your students.

**NOTE: These are vendors. I do not endorse any vendor, including textbook companies. This is simply an unofficial list that I have compiled to help you teach your students effectively from home.*

News Articles:

<https://www.washingtonpost.com/news/voraciously/wp/2020/04/15/heres-quarantine-cooking-advice-from-the-ogs-of-thrifty-meals-home-ec-teachers/>

Online Instructional Strategy Resources:

The Association for Career and Technical Education (2020) compiled the following resources to assist teachers in selecting instructional strategies for online content.

<https://www.acteonline.org/lesson-plan-resources/>

<https://www.acteonline.org/professional-development/opportunities/distance-learning-resources/>

- Best Practices in Online Learning (University of Illinois Board of Trustees):

<https://publish.illinois.edu/onlineinstruction/resources-best-practices-in-online-instruction/>

- How to Be a Better Online Teacher: Advice Guide (*Chronicle of Higher Education*):

<https://www.chronicle.com/interactives/advice-online-teaching>

- So You Want to Temporarily Teach Online (*Inside Higher Ed*):

<https://www.insidehighered.com/advice/2020/03/11/practical-advice-instructors-faced-abrupt-move-online-teaching-opinion>

- Transitioning to Online Learning: Pro Tips on What You Need to Know (*ASCD Inservice*):

<https://inservice.ascd.org/transitioning-to-online-learning-pro-tips-on-what-you-need-to-know>

- Preparing to Take School Online? Here Are 10 Tips to Make it Work (EdSurge):

<https://www.edsurge.com/news/2020-03-09-preparing-to-take-school-online-here-are-10-tips-to-make-it-work>

- 10 strategies for online learning during a coronavirus outbreak (International Society for Technology in Education):

<https://www.iste.org/explore/10-strategies-online-learning-during-coronavirus-outbreak>

- Web-based Instruction Defined by EdTech

<https://web.archive.org/web/20130501133418/http://www.edtech.vt.edu/edtech/id/wbi/index.html>

Graphic Organizers:

<https://ditchthattextbook.com/15-free-google-drawings-graphic-organizers-and-how-to-make-your-own/>

Recommendations for Planning Instruction:

- Pre-K : 30 minutes
- Grades K-1: 45 minutes
- Grades 2-3: 60 minutes
- Grades 4-5: 90 minutes
- Grades 6-12: 30 minutes per teacher (3 hours max in a day)

Overall Resources:

- **Educational Leadership Virtual Teaching and Learning Resources**

<http://www.ascd.org/Default.aspx>

- Teachers writing handwritten notes to students
- Keeping middle-school students engaged
- Tips for video lessons

- **Zoom Boom**

https://insidehighered.com/news/2020/04/29/synchronous-instruction-hot-right-now-it-sustainable?utm_content=bufferf609f&utm_medium=social&utm_source=facebook&utm_campaign=IHEbuffer

- **Students on Remote Learning: More Creativity, More Interaction Needed**

<https://www.educationdive.com/news/students-have-to-be-creative-with-the-way-they-learn/576370/>

- **The Discomfort You're Feeling is Grief** (Dealing with the cancellation of events, graduation, etc.) -

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

- **Internet:** Link to a few places that are offering free or discounted internet for students.

<https://www.1011now.com/content/news/Spectrum-to-offer-free-WiFi-to-college-K-12-students-impacted-by-closures-568778921.html>

- **FCS Curriculum Library:**

<https://www.fcsed.net/fcsed/support/support-resources/support-resources-elearning-fcs>

- **B.E. Publishing:** From an email from the CEO and Founder, Mike Gecawich. "...online programs and curriculum for students and teachers at no charge through April 30, 2020. Click the link and fill out a short form. <https://www.bepublishing.com/> [Get B.E. Publishing Resources at No Charge](#)

- Topics: Career and Life Skills ---- Restaurant Management, Virtual Food Truck

- **EverFi:** These resources are always free and aligned to the National FCS Standards. Here's a link to their [Teacher Landing Page](#).

- **iCEV Online Free Pilot:** Click this link and fill out the information. [LEARN MORE](#) will get you connected. Below is what they have to offer for FCS.

Family & Consumer Sciences Courses	
▪ Child Development	▪ Human Services
▪ Child Guidance	▪ Instructional Practices
▪ Culinary Arts	▪ Interior Design Basics
▪ Exploring Family & Consumer Sciences	▪ Interpersonal Studies
▪ Family & Community Services	▪ Nutrition & Wellness
▪ Fashion Design	▪ Personal Finance
▪ Fashion Marketing	▪ Principles of Education & Training
▪ Food Science	▪ Principles of Hospitality & Tourism
▪ Hospitality Services	▪ Professional Communications (2013 & 2016 Versions)
▪ Hotel Management	▪ Public Speaking
▪ Human Development	
▪ Human Growth & Development	

- **Goodheart-Wilcox:** Free Remote Learning Resources: FREE 90-day digital access, specific to your remote learning plans. Contact Laura Adamson at 708.738.4751 or ladamson@g-w.com
- **G-W Learning Companion Website!:** This site provides an abundance of interactive activities to support your learning beyond the classroom for FREE!! <https://www.g-wlearning.com/>
- **NASCO E-Learning Resources:**
https://www.enasco.com/distance-learning-resources?ic_name=eNasco&ic_creative=banner&ic_id=covid-digital-distance-learning-0320&utm_source=bm23&utm_medium=email&utm_term=Looking+for+digital+resources?+Find+tools+to+teach,+connect+and+inspire+now!&utm_content=So+you+can+still+be+there+for+your+students+...&utm_campaign=Education+-+We%27re+Here+For+You+-+Teaching+Resources+-+03/24/20&bta_tid=18264515515476419872947605309158454584616286205470054588071163585579591981223130313672095976629055320841
- **Just FACS:** <http://justfacs.com/>
- **Rooted in Love** - Mike Smith's challenge to us all
- UNL Extension - <https://4h.unl.edu/boredom-buster-challenge>
- **Teaching with Zoom:**
<https://cdn.education.ne.gov/wp-content/uploads/2020/04/Zoom-tips-for-teachers.pdf>
- **E-Learning Resources for FCCLA Chapter Advisers (updated frequently)**
- **Hyperdocs for FCS Teachers:** Facebook group
- **California CTE Resources:**

California CareerZone Video Library

<https://www.cacareerzone.org/videos>

Sort by: Job Zone (preparation needed)
 Salary
 CA CTE 15 Industry Sectors
 STEM

CareerOneStop Videos

<https://www.careeronestop.org/Videos/CareerVideos/career-videos.aspx>

Sort by: 16 career clusters
 Skill and ability videos

Roadtrip Nation Educational Resources for Teachers and Parents

<https://go.roadtripnation.com/resources>

Interview archive, documentaries, PBS LearningMedia, and more.

Next Vista for learning

<https://www.nextvista.org/collection/light-bulbs/careers/>

Career videos created by students and teachers

LifeSmarts: <https://lifesmarts.org/resources>

Middle School FCS Resources:

- Love is Respect:
<https://www.loveisrespect.org/wp-content/uploads/2016/08/middle-school-educators-toolkit.pdf>

Culinary Arts/Nutrition and Food Science

- **Culinary Hot Topics**
- **Partnership for Food Safety Education:** COVID-19 recommendations
<https://www.fightbac.org/coronavirus-resource-page/>
- **American Egg Board:** <https://www.aeb.org/eggs-in-schools/classroom>
- **Supercook.com and All Recipes Dinnerspinner.com** - two great apps for devices that will help you and your students use what ingredients they have on hand in meal preparation! Might be a fun challenge for Culinary students!
- **ServSafe for Free!** COVID19 Trainings and Resources
<https://www.servsafe.com/Landing-Pages/Free-Courses>
- **Common Ground** - Videos for FCS Teachers to provide research-based farm to table information
- Dairy Council Midwest - Online Curriculum and resources (middle school)
- **KP Education Systems:** They are providing free curriculum for Culinary Arts, ServSafe, Commercial Baking, Food Science, and FACS Food and Nutrition. Go to www.kpcurriculum.com to Sign Up.
- Celebrity Chef Cooking Videos on Instagram:
https://www.timeout.com/los-angeles/news/gucci-osterias-massimo-bottura-is-offering-free-virtual-cooking-classes-on-instagram-031620?utm_medium=Social&utm_source=Facebook&cid=~newyork~na

[tsoc~facebook~echobox&fbclid=IwARoscltZMlw9xss4rhThvXEZppuvts3TxMks6B75oVA3wyKdfuQxlm1--A#Echobox=1584459296](https://www.facebook.com/~echobox/?fbclid=IwARoscltZMlw9xss4rhThvXEZppuvts3TxMks6B75oVA3wyKdfuQxlm1--A#Echobox=1584459296)

- Prostart Videos:
 - <https://www.youtube.com/playlist?list=PLogrScrubp6kVqHqCuEpn89bfOypAqqIe>
 - <https://www.youtube.com/watch?v=nCjizR42bM&list=PLogrScrubp6kVqHqCuEpn89bfOypAqqIe>
- FCS-Culinary Arts Virtual Learning
 - https://drive.google.com/open?id=1Alw-Ul3jLx3uGH4S8avTzZEPjVX_9NOM
 - <https://biscuitsandvall.com/2019/07/12/foods-for-life-curriculum/>
 - <https://www.bufordhs.org/apps/pages/JenniferWood>
 - <https://bakerbettie.teachable.com/p/fundamentals-of-baking>
 - www.spark101.org
 - <http://www.teachfoodscience.org/resources.asp>
 - <https://www.choosemyplate.gov/>
- Raw Truth About Beef – Meets Standards for Agriculture and Culinary! <https://rawtruthaboutbeef.com/>
- Home Baking Association – Distance Learning Resources
 - <https://www.homebaking.org/distance-learning/>
 - You've Got Flour! <https://www.homebaking.org/vouve-got-flour/>
- The Butter Book – Online Baking and Pastry lessons and videos <https://www.thebutterbook.com/>
- **Nebraska Extension, in partnership with UNL faculty and graduate students, has created an online Sports Nutrition curriculum for high school age students.** This curriculum is FREE and will teach students about the impact of nutrition on athletic performance and healthy living. Starting on April 20th, Extension educators will be hosting a LIVE lecture series on Zoom on Mondays and Thursdays at 3 pm for interested students, teachers and coaches to join in and learn about performance nutrition! This research-based curriculum will include six interactive lessons, twice a week where students will learn about basic nutrition, nutrient timing, performance geared nutrition tips, supplements and MORE!

Registration link: <https://forms.gle/coOqt7sMdEM66a3V7>

Topics & Dates:

April 20th @ 3-3:45 pm – Nutrition 101

April 23rd @ 3-3:45 pm – Nutrition 102

April 27th @ 3-3:45 pm – Athlete Performance Plate

April 30th @ 3-3:45 pm – Energy Balance and Healthy Living

May 4th @ 3-3:45 pm – Timing of Intake

May 7th @ 3-3:45 pm – Supplements

- <https://bakerbettie.com/category/baking-school/>

Early Childhood Education:

- High School FCS Pathway: ECE Education & Training:
 - <https://www.facebook.com/groups/1509116312511203/>
- Education & Training Teachers: <https://www.facebook.com/groups/1636854466384876/>
- <http://spock.fcs.uga.edu/ext/bbb/index.php> Better Brains for Babies
- <https://www.understood.org/> Site about SPED for parents and educators
- <https://www.understood.org/en/through-your-childs-eyes> great simulations

- <https://childmind.org/topics-a-z/guides/> Site about SPED for parents and educators
- <https://developingchild.harvard.edu/guide/what-is-early-childhood-development-a-guide-to-the-science/> Resources for child development
- <https://bernardvanleer.org/media-library/the-beginning-of-life-documentary-short-clips/> Great video clips for child development
- <https://www.zerotothree.org/> Resources for the first three years
- <https://www.tolerance.org> Resources for teaching diversity, etc.
- <https://www.naeyc.org/resources> Not sure what's available to non members
- <https://www.virtuallabschool.org/> great lessons and videos for childcare workers
- Bingeable shows related to ECE (get parental approval obviously)
 - Call the Midwife- Awesome show about midwives in the 1950s in England. Tons of stuff about pregnancy and babies, but also social commentary and medical advances.
 - The Beginning of Life: The Series: Great documentary about the first 5 years of life around the world
 - Parenthood: Features a character on the autism spectrum.
 - Speechless: Characters with exceptional needs using assistive technology
- Movies related to ECE:
 - InsideOut: Great movie about brain development
 - Daddy Daycare: Tons of example of what NOT to do in childcare
 - Coco: Great example of "Industry vs. Inferiority" for emotional development
 - Wonder: Child with exceptional needs

Interior Design/Fashion/Textiles:

George Washington University Textiles Museum Digital Collections

https://de1.zetcom-group.de/MpWeb-mpWashingtonGeoWashUniv/v?mode=online#!m/Highlight/I5MVOI2zRK2wtXM4R_n4qg/form/HigCatalogViewFrm

International Quilt Study Center at University of Nebraska-Lincoln

<https://www.internationalquiltmuseum.org/> - Virtual tours of collections and National Quilting Day events

FIDM: Online Lesson Plans

https://fidm.edu/en/about/educator-outreach/classroom-activities/family-consumer-sciences#filter_by_activity

Service-Learning Projects:

Fashion Institute Midwest has mask kits available for FREE for pick-up (see their hours and availability this week) if you have access to sewing machines. FIM is asking for volunteers to make face masks for the medical community here in Omaha. Our goal is 10,000 masks, and we need your help to make this happen. We'll supply the materials, you supply the manpower! Kits are ready now! Mon-Fri from 10am -2pm. If you have questions please contact Denise Ervin info@fashioninstitutemidwest.org

UNMC is in need of scrub repair and fitting. See their message here: “We are so encouraged by messages from people who want to help our doctors, nurses and staff. If you have sewing skills and would like to help, here’s where we could use support: fixing scrubs and gowns. Some of our gowns, scrub pants and shirts have broken or knotted drawstrings. If we can mobilize some local support, we can get these back in rotation and on the backs of our hard working clinical teams and cleanup teams. If you can help, email linen@nebraskamed.com and we’ll arrange to drop off some clean gowns and scrubs in need of repair. At this time we are not in need of fabric masks. We will let you know if that changes.”

Community Service Project Ideas from National FCCLA

Counseling/Mental Health/Families in Crisis Resources:

- [Nebraska Behavioral Health Resources for Schools](#)
- **The Serenity Project at UNMC - Free Yoga classes and breathing techniques!**
<https://www.unmc.edu/bhecn/education/the-bhecn-serenity-project>
- **Resources for Behavioral Health and Social-Emotional Learning for Teachers and Students:**
- <https://cdn.education.ne.gov/wp-content/uploads/2020/03/DigResources-4-Behavioral-Health-WithLinks.pdf>
- **Tips for Families during COVID-19:** <https://iloveps.org/films/tips-for-families-during-covid-19>

Relationships/Sexuality/Pregnancy Resources:

WAIT Training - Refusal Skills Role Play Adaptation from Hannah Mayo

AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that gives all the answers that anyone would actually want to know that is age appropriate info on puberty for tweens and their parents. The new #AskAMAZE rapid response series was launched on Monday, this is an entry point for videos on [depression](#), [social anxiety](#), and [mood swings during puberty](#) for young people on mental health during social distancing. <https://amaze.org>

4. Dan Thurmon’s latest video: All In!

<https://danthurmon.com/all-in/>

7. This ASCD SmartBrief (4/29/2020) has a bunch of ideas about teaching remotely. <http://www.ascd.org/Default.aspx>

Teachers writing handwritten notes to students

Keeping middle-school students engaged

Tips for video lessons