

Daily Union Article
Saturday, October 17

Knowledge for Life

The motto of K-State Research and Extension is “Knowledge for Life.” The “Living Resourcefully” articles you read in this weekly newspaper segment are designed to provide you with a wide variety of topics that all deal with daily living. This prompts the question “What knowledge are readers gaining through this article?”

If you are curious to see how much you may have learned from previous articles, read on. If not, you should consider reading on – you just might learn something new!

Take a few minutes to read through the questions based on topics previously covered in this column.

<insert chart>

Family and Consumer Sciences (FCS) is a field of study that encompasses a wide range of topics including nutrition, food preparation, the science of food, parenting, family studies, early childhood education, human development, gerontology, textiles, interior design, apparel design, hospitality management, family economics and personal family finance as well as many other related topics. The profession is committed to helping families and individuals learn skills related to functioning successfully at work, home, and in the communities in which they live. It connects to every part of our daily lives in multiple ways.

In fact, many of the national observances that occur during the month of October are related to the FCS field of study: Celiac Disease Awareness Month; Emotional Wellness Month; National Domestic Violence Awareness Month; Halloween Safety Month; Financial Planning Month; Long Term Care Planning Month; National Pork Month; Breast Cancer Awareness Month; National Sexuality Education Month; and the list goes on. The purpose for having monthly national observances is to help individuals, families, and communities know of the many things that impact our lives and learn about how to manage our life in relationship to them.

Each of these topics and their related observances are an opportunity for you to learn more about what is happening in your own home and to the people and community around you. In the spirit of it being Self-Promotion month (seriously, it is!) feel free to contact me at the Geary County K-State Research and Extension office at 785-238-4161 with your questions or topic suggestions. Until next time, keep living resourcefully!

Quiz key: 1. Gluten; 2. Contact one of the three major credit bureaus (Equifax, Experian, or TransUnion); 3. False; 4. True; 5. True; 6. 3 to 5; 7. Place the frozen turkey in the refrigerator several days before cooking; 8. Three for most tax payers; 9. The frozen and/or refrigerated foods departments; 10. True; 11. Radon; 12. There are many including a) they read, write, and comprehend better, b) helps them process information more quickly, c) better coping and managing skills develop with age.