Introduction to Family and Consumer Sciences

Week 1
Objectives

• Introduction to Family and Consumer Sciences
• What is FCS? And the professions
• History of FCS
• Founder
• FCS Associations
• Class participation
Introduction to Family and Consumer Sciences

• This major used to be known as, and is sometimes still called, *home economics*.

• And when you think *home economics, you might think ..... homemade brownies and needlepoint throw pillows.

  • Domestic science, human science, home science, domestic economy, and home ecology
Introduction to Family and Consumer Sciences

• But if you study family and consumer sciences at the college level, you’ll find there’s a lot more to “home economics”

• Students in this major learn about child development, family relations, consumer economics, personal finance, fashion design, interior design, and nutrition.
Why do you choose FCS major?

• The people
• Community
• Sustainability

• To improve the lives of individuals, families, and communities.

• Think about it
What is Family and Consumer Sciences?

• Any ideas!
Family & Consumer Sciences

• is the comprehensive **body of skills, research, and knowledge**
  • that helps people make informed decisions about their well being, relationships, and resources to achieve optimal quality of life.

• Family and consumer sciences (FCS) profession’s mission is “empowering individuals, strengthening families, and enabling communities” (AAFCS, 1994).
What do professionals in FCS do?

• Today’s FCS professionals practice in multiple settings.
  • They are educators at the early childhood, secondary, and college and university levels and also in community-based educational
    • or community learning & development, is an organization’s programs to promote learning and social development work with individuals and groups in their communities.
  • They are with companies that produce goods and services and in the human services sector.
  • They are researchers and consultants.
  • They are designers and innovators.
  • They are also community volunteers and business people.

• No matter what the setting, the end goal for the work of FCS professionals is to help individuals, families, and communities make informed decisions to improve their quality of life.
Our Founder - Ellen H. Richards

- Ellen H. Richards - Born in 1842 - 1911
  - Attended Vassar College in New York
    - Studied in the field of Chemistry
  - Later attended MIT - enrolled as special student not regular student

- Home economics movement started with Ellen Swallow Richards, who was the first woman to attend Massachusetts Institute of Technology and later became the first female instructor.

- She was an activist for consumer education, nutrition, child protection, industrial safety, public health, career education, women's rights; purity of air, food, and water, and the application of scientific and management principles to the family.

- Through her chemistry research, she became an expert in water quality and later began to focus on applying scientific principles to domestic situations.
  - Ms. Richards work on water quality made her one of the first women environmentalists

- [https://www.youtube.com/watch?v=GEl_I61eOzY](https://www.youtube.com/watch?v=GEl_I61eOzY)
Ellen H. Richards

• New England Kitchen of Boston – 1890
  • Richards collaborated with Mary Hinman Abel, they experimented with ways to prepare the most inexpensive, tasty and nutritious food to the poor.

• Rumford Kitchen - 1893
  • At the Chicago World’s Fair, she designed the Rumford Kitchen, which was a tiny kitchen that served nutritious meals to thousands of fair goers, along with a nutritious at low cost and nutrition education (certain facts and principles of nutrition) were hung on walls.

• American Public School Lunch Program - 1894
  • Boston school-lunch program
  • She established the first school lunch in the United States
  • Provide nutritional meals at low prices to children who would not normally have them.
Morrill Land Grant Act of 1862

- The land-grant act was introduced by a congressman from Vermont named Justin Smith Morrill.

- 30,000 acres of public land were granted to every state
  - Money made by selling these lands went to fund and support for colleges in each state
  - that would educate people in agriculture, home economics, mechanical arts, and other professions that were practical at the time.

- Nebraska, Kansas, Iowa, Illinois, Minnesota and Michigan were early leaders offering programs for women

- Land-grant colleges and universities are largely responsible for the development of home economics at the college and university level.
Historical Background - Organization

• Family and consumer science was previously known as home economics, "home ec" or "HE".
  • 1873 to 1875 called Domestic science and art courses

• 1899 - when 11 people gathered in New York for a conference at Lake Placid, the name "home economics" was adopted for this new field.
  • Ms. Richards was the chairperson
  • Men were present in the conference

• 1908 - Ten annual Lake Placid Conferences were held before the national organization, the American Home Economics Association (AHEA) emerged in 1909.
  • 1908, Ellen H. Richards was the founder and was chosen as the first president of the newly formed American Home Economics Association

• 1910 - American Home Economics Association (AHEA) later renamed the American Association of Family & Consumer Sciences (AAFCS).
  • [https://www.youtube.com/watch?v=A7BJ459n_UE](https://www.youtube.com/watch?v=A7BJ459n_UE)
• 1910s - AHEA won passage of two crucial pieces of legislation that allowed home economists to establish research and teaching within institutions of higher education.

• The Smith-Lever Act of 1914 and the Smith-Hughes Act of 1917 provided funding to expand demonstration work in rural communities and to develop and teach a home economics curriculum on the campuses of most state land-grant colleges.
Our Symbol – Betty Lamp

- In 1926, the American Home Economics Association (AHEA) adopted the Betty Lamp as a symbol for the association.
  - The lamp derived its name from the German word "besser" or "bête", meaning "to make better".
- Mildred Chamberlain of Chicago, submitted the design stating, "The lamp in colonial days provided light for all household industries".
- In 2010 - the American Association of Family & Consumer Sciences (AAFCS) updated the look.
• The current logo for AAFCS still pays tribute to the Betty Lamp
  • Still captures the organization’s heritage, the Betty Lamp but in a more contemporary way
  • it includes a person to represent the individuals, families, and communities served by FCS professionals.

• Focused on the flame
  • Its ability to illuminate the work of FCS professionals.
FCS Associations

- HE - Home Economics - 1899
- AHEA - American Home Economics Association - 1909
- AAFCS - American Association of Family & Consumer Sciences - 1910
  - Mission: To provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well being, relationships, and resources to achieve optimal quality of life.
  - Is the only national organization representing family and consumer sciences professionals across practice areas and content specializations.
  - The association currently acts as a professional network primarily for professors and teachers of home economics/family consumer sciences and related courses, but also includes large numbers from government, business and non-profit organizations.
- CFA - Council for Accreditation
  - 1961, accreditation for undergraduate home economics begins.
  - PURPOSE
    - Serves as the official accrediting body of AAFCS conducting activities for the accreditation of family and consumer sciences units in higher education.
- NASAFACS - National Association of State Administrators of Family and Consumer Sciences
  - These are the people administrated the standards for FCS education
Our FCS Department - ISU

• Our department is one of fewer than 50 programs in the United States accredited by the Council for Accreditation of the American Association of Family & Consumer Sciences (AAFCS).
  • Our dietetics programs are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), and interior design program by Council for Interior Design Accreditation (CIDA).

• Five distinct programs
  • Fashion Design and Merchandising (FDM)
  • Food, Nutrition and Dietetics (FND)
  • Human Development and Family Science (HDFS)
  • Interior Design (ID)
  • Family and Consumer Sciences Teacher Education (T Ed)

• Each program focuses on the well-being of individuals, family and communities, and graduates are prepared to work in specialized fields related to each area of study. Whether focused on sustainable clothing, healthy diets, rewarding relationships, pleasing environments or teaching the next generation, graduates are prepared to meet the challenges of today’s global environment.

• https://fcs.illinoisstate.edu/
Class activities – participation points (3)

• What does each of the following program do?
  • Fashion Design and Merchandising (FDM)
  • Food, Nutrition and Dietetics (FND)
  • Human Development and Family Science (HDFS)
  • Interior Design (ID)
  • Family and Consumer Sciences Teacher Education (T Ed)

• Come up with at least 5 job descriptions for each FCS program sequence by talking to students in their sequences

• You are encouraged to work in a group

• Everyone needs to submit to ReggieNet by Sunday at 11:55 pm