Missouri Educators of Family and Consumer Sciences (MoEFACS)

Jayla Smith
2004-2005 MoEFACS President

NOTE: The Division Contact for all the Pre-Conference Sessions is:
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P R E - C O N F E R E N C E S S E S S I O N

Sponsoring Division:
MoEFACS

Title of Presentation:
Pre-Conference Course: “CFS 500: Implementing FCCLA in the Family and Consumer Sciences Classroom” (PD 1, 2, 3, & 4)

Instructor:
Dr. Cheryl Mimbs, Family and Consumer Sciences Education Teacher Educator, Southwest Missouri State University, Springfield

Target Audience:
Middle and high school family and consumer sciences instructors

Brief Summary of Session:
This two-day session will focus on techniques for implementing the career and technical student organization, FCCLA, into the Family and Consumer Sciences program. Topics to be included are: An orientation to FCCLA, local chapter organization and management; planning an annual program of work; membership recruitment and public relations; national programs; STAR Events, community service; award programs; secrets for success from experienced advisors; and insights from current FCCLA State Officers.

Key for Professional Development Strands Addressed in the Program:
PD 1 = Strand 1: Curriculum
PD 2 = Strand 2: Instructional Practices
PD 3 = Strand 3: Assessment
PD 4 = Strand 4: Leadership

NOTE: Participants may elect to register for one (1) hour of graduate or undergraduate level credit for the Summer 2005 semester through Southwest Missouri State University. Those electing to take the course for graduate or undergraduate credit will be required to attend a follow-up session in October at the Lake of the Ozarks in conjunction with the ACCESS FCCLA Conference.

Dates and Times:
Sunday, July 24, 2005; 1:00 p.m. - 5:00 p.m.
Monday, July 25, 2005; 9:00 a.m. - 4:00 p.m.

Location:
Clarion Hotel, Springfield

Attendance Restricted to Division.

Pre-Registration Required.
More details and registration information/forms will be included on the DESE Family and Consumer Sciences Website at http://dese.mo.gov/divcareered/conferences.htm#MOEFACS

Fee Charged:
$25.00 (Additional graduate/undergraduate fees will also apply for those electing to take the course for credit through Southwest Missouri State University.)
Sponsoring Division: MoEFACS

Title of Presentation: “ServSafe Food Service Sanitation Training and Certification Course” (PD 1)

Presenters: ServSafe Certified Instructors with the Missouri Restaurant Association

Target Audience: High school family and consumer sciences instructors in comprehensive family and consumer sciences and occupational food service/culinary arts programs; and culinary arts instructors from the Missouri Trade and Technical Association (MTTA)

Brief Summary of Session: This one-day course will provide participants the opportunity to learn the latest on sanitary food handling, food preparation, food borne illness and the way to prevent it through the ServSafe Certification course. The examination for this course is given the same day.

Those who pass with a score of 90% or better can apply to the National Restaurant Association to be certified as a ServSafe Instructor. A course book with advance assignments will be mailed to participants ahead of the session in late June/early July.

Date and Time: Monday, July 25, 2005; 9:00 a.m. - 3:00 p.m.

Location: Clarion Hotel, Springfield

Open to Missouri ACTE Members from the MoEFACS and MTTA Divisions.

Pre-Registration Required.

More details and registration information/forms will be included on the DESE Family and Consumer Sciences Website at: http://dese.mo.gov/divcared/conferences.htm#MOEFACS

Fee Charged: $100.00 - includes ServSafe course book, training materials and certification examination/scoring fee; lunch and refreshment breaks.

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Sponsoring Division: MoEFACS-This is a joint pre-conference workshop with the Missouri Association for Family and Consumer Sciences (MAFCS).

Title of Presentation: “Balancing Your Work and Your Life” (PD 1 & 4)

Presenter: John Irvin, Lifestyle Enhancement Services, Tulsa, Oklahoma

Target Audience: Family and consumer sciences instructors—all levels

Brief Summary of Session: This interactive presentation will give you tips and techniques so that you can make the most of your time and your energy.

Date and Time: Monday, July 25, 2005; 8:30 a.m. - 11:30 a.m.

Location: Clarion Hotel, Springfield

Attendance Restricted to Division.

Pre-Registration Required through MAFCS.

More details and registration information/forms will be included on the DESE Family and Consumer Sciences Website at: http://dese.mo.gov/divcared/conferences.htm#MOEFACS

Fee Charged: $55.00 - MoEFACS members who are members of MAFCS may also attend the MAFCS luncheon for an additional $13.00. To register for this session and/or the MAFCS luncheon, see the MAFCS Registration form at http://dese.mo.gov/divcared/conferences.htm#MOEFACS
PRE-CONFERENCE SESSION

Sponsoring Division:
MoEFACS

Title of Presentation:
“Hands-On Computer-Aided Design (CAD) Training for Beginners” (PD 1 & 2)

Presenter:
Michael Goldschmidt, Resident Instruction Assistant Professor, Housing and Environmental Design Extension Specialist, Department of Architectural Studies, University of Missouri-Columbia

Target Audience:
High school family and consumer sciences instructors

Brief Summary of Session:
This half-day workshop will train participants to use inexpensive and readily available home design (computer aided design-CAD) software. This software can be used to support the curriculum in the areas of architecture, interior design and construction. This will be a hands-on session in a computer lab.

Dates and Times:
Monday, July 25, 2005; 12:30 p.m. - 4:30 p.m.

Location:
Ozarks Technical College, Technical Education Center 108

Attendance Restricted to Division.

Pre-Registration Required
More details and registration information/forms will be included on the DESE Family and Consumer Sciences Website at: http://dese.mo.gov/divcareered/conferences.htm#MOEFACS

Fee Charged
$20
MoEFA CS Summer Conference Program
Clarion Hotel, Springfield, MO
(A ll MoEFA CS meetings and functions are held at the Clarion unless otherwise noted)
MoEFA CS Conference Theme: FACS Power-Recharge for Success

Sunday, July 24th

1:00 p.m. - 6:00 p.m.
MoEFA CS Pre-Conference Course:
Implementing FCCLA in the Family and Consumer Sciences Classroom (PD 1,2,3, & 4)
Ballrooms I & II
Instructor: Cheryl Mimbs, Family and Consumer Sciences Teacher Educator, SMU
Pre-registration Required-1 hour graduate or undergraduate credit available through SMU for Summer 2005

8:30 p.m. - 9:30 p.m.
2004-05 MoEFA CS Officers Meeting
Clarion Hotel - Suite 170-172

Monday, July 25th

6:30 a.m. - 10:00 a.m.
Hot Breakfast Buffet Available
Clarion Hotel Restaurant
Complimentary for Clarion Hotel guests only

8:00 a.m. - 4:30 p.m.
MoEFA CS Pre-Conference Course:
Implementing FCCLA in the Family and Consumer Sciences Classroom (PD 1, 2, 3, & 4)
Ballrooms I & II
Instructor: Cheryl Mimbs, Family and Consumer Sciences Teacher Educator, SMU
Pre-registration Required-1 hour graduate or undergraduate credit available through SMU for Summer 2005

8:30 a.m. - 11:30 a.m.
MoEFA CS Pre-Conference Workshop: Balancing Your Work and Your Life (PD 1 & 4)
Ballroom III
Presenter: John Irvin, Lifestyle Enhancement Services, Tulsa, OK
Pre-Registration Required through MoEFA CS (See MoEFA CS Registration Form with MoEFA CS Pre-Conference Registration Information)

9:00 a.m. - 3:00 p.m.
MoEFA CS Pre-Conference Workshop: ServSafe Food Service Sanitation and Certification Training (PD 1)
Conference Rooms A/B
Instructors: Certified Instructors with the Missouri Restaurant Association
Pre-Registration Required

9:00 a.m. - 5:00 p.m.
MoEFA CS Pre-Conference Workshop:
Transitioning into the 2005 FACS Classroom-New Teachers and Teachers Returning to Family and Consumer Sciences Education Inservice (PD 1, 2, 3, & 4)
Ballroom IV
Presenters: Ronna Ford, Lebanon Technical Center, Karen Mason, East Newton High School, Granby; Tamra McNabb, Ozark High School; and Becky Head, Monett High School
Pre-registration Required

9:30 a.m.
Missouri CTE Board of Directors Meeting
University Plaza Hotel - Oklahoma Room
Monday, July 25th (Continued)

12:30 p.m. - 4:30 p.m.
MoEAFCS Pre-Conference Workshop: Hands-on Computer-Aided Design (CAD) Training for Beginners (PD 1 & 2)
Ozarks Technical College, Technical Education Center 108
Presenter: Michael Goldschmidt, Resident Instruction Assistant Professor and Housing and Environmental Design Extension Specialist, Department of Architectural Studies, University of Missouri-Columbia
Pre-Registration Required

1:00 p.m. - 4:00 p.m.
DESE Division of Career Education Mentor Program Session
University Plaza Hotel - Illinois Room

1:00 p.m. - 7:00 p.m.
Missouri ACTE/MoEAFCS Registration and Exhibits
Springfield EXPO Center - 635 St. Louis Street

3:00 p.m. - 4:30 p.m.
MoEAFCS “Conference Ambassadors” Meeting
Clarion Hotel Atrium

3:00 p.m. - 5:30 p.m.
MoEAFCS Public Relations Store Open
Clarion Hotel Atrium

6:00 p.m.
2004-05 MoEAFCS Board of Directors Dinner and Meeting
Galloway Village Tea Room
4112 S. Lone Pine
Presiding: Jayla Smith, MoEAFCS President
By invitation only.

Tuesday, July 26th (Continued)

8:00 a.m. - 2:00 p.m.
Missouri ACTE Exhibits Open
Springfield EXPO Center - 635 St. Louis Street

8:00 a.m. - 5:00 p.m.
MoEAFCS Registration
Springfield EXPO Center - 635 St. Louis Street

8:00 a.m.
All Missouri ACTE Committee Meetings
Springfield EXPO Center - 635 St. Louis Street

10:30 a.m.
MoEAFCS Opening General Session
Springfield EXPO Center - 635 St. Louis Street
Speaker: Dr. Dale Henry, Kingston, Tennessee

12:00 p.m. - 2:00 p.m.
Lunch and Visit Missouri ACTE Exhibits
Springfield EXPO Center - 635 St. Louis Street

6:30 a.m. - 10:00 a.m.
Hot Breakfast Buffet Available
Clarion Hotel Restaurant
Complimentary for Clarion Hotel guests only

8:00 a.m. - 4:30 p.m.
FCCLA State Executive Council Meeting
Conference Room D
Wednesday, July 27th (Continued)

7:00 a.m. - 8:15 a.m.
Child Care Management and Services; Family and Consumer Sciences Department Chairs and Local Supervisors (includes one-teacher department chairs); Teacher Educators; and Postsecondary Educators Joint Breakfast and Program (PD 1)

*Ballrooms III & IV*

Chairpersons: Velynda Cameron, Bellyn Kaplan, Marcia Ritter, Trish Fields

Presenter: Annette FitzGerald, Consumer and Family Economics Specialist, University of Missouri Extension, Hollister, Missouri

Topic: Promoting Personal Finance—Personal finance information for students as well as adults will be presented.

8:00 a.m. - 11:30 a.m.
Session for Culinary Arts Occupational Program and ProStart Instructors Only: Knife Skills and Safety Workshop

*Ozarks Technical College-Information Commons West 108 (A) and Kitchen*

Presenters: Paul Santalaria, Jeff Rayl, and Vickie Fuller

Facilitator: Vickie Fuller

Comments: Bring knives, cutting board, anti-slip mat, and knife/safety scoring guide.

8:00 a.m. - 12:00 p.m.
FCCLA State Executive Council Meeting

Conference Room D

8:30 a.m. - 9:00 a.m.
DESE Update

*Clarion Hotel Atrium*

Facilitators: Regina Rainey, Heather Courtney, Kelli Baker, Lori Hagenhoff

9:15 a.m. - 10:30 a.m.
MoEAFCS Division Meetings

Middle School/Junior High (PD 1)

*Ballrooms I and II*

Chairperson: Suzi Beck

Facilitators: Amy Johnson, Gail Brink

Presenters: Middle/Junior High instructors

Topic: Discovering Family and Consumer Sciences - This session will feature a panel discussion on the new Missouri competencies for the middle and junior high level.

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Tuesday, July 26th (Continued)

3:00 p.m. - 4:30 p.m.
MoEAFCS Opening General Session (PD 2)

*Clarion Hotel Atrium*

Speaker: Tom Jackson, Founder and Director, Active Learning Foundation, Cedar City, Utah

Presiding: Suzie Dudenhoeffer, 2004-05 MoEAFCS Secretary

Facilitators: Courtney Gash, Becky Bishop, Tracy Newman, Jeri Doak, Linda Geib, Mary Beth Otto

Topic: Moving from Preaching to Teaching

4:30 p.m. - 6:30 p.m.
MoEAFCS Awards and Recognition Reception

*Clarion Hotel Ballrooms*

Awards and Recognition presentations will begin at 5:00 p.m.

Facilitators: Susan Faseler, Pam Hanabury, Colleen Long, Janette Stanton, Ann Ellis

Ticket Required.

6:30 p.m. - 7:30 p.m.
MoEAFCS Public Relations Store Open

*Clarion Hotel Atrium*

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Wednesday, July 27th

6:30 a.m. - 10:00 a.m.
Breakfast Available

*Clarion Hotel Restaurant*

Complimentary for Clarion Hotel guests only

7:00 a.m. - 8:30 a.m.
MoEAFCS Registration Only

*Clarion Hotel Atrium*
9:15 a.m. - 10:30 a.m.

**MoEAFCS DIVISION MEETINGS (Continued)**

**Senior High (PD 1)**

*Clarion Hotel Atrium*

Chairperson: Julie Leathers
Facilitators: Grace Clifford, Terry Pickering

Topic: Taking Charge of Your Finances - Missouri family and consumer sciences teachers who attended the National Financial Literacy Training, sponsored by the Family Economics and Financial Education Project at Montana State University, will present information on “Taking Charge of Your Finances,” a family finance curriculum for high school students.

9:15 a.m. - 10:30 a.m.

**MoEAFCS DIVISION MEETINGS (Continued)**

**Occupational, Postsecondary and Adult (PD 4)**

*Conference Rooms A &B*

Chairperson: Trish Fields

Topic: Carl Perkins Budget Dilemma - This will be an open forum discussion on the threat of losing Carl Perkins funds due to cuts or reallocation of the program by the federal government. A state representative will address concerns and questions surrounding this much discussed issue and how or what Family and Consumer Sciences secondary, post-secondary and adult teachers can do to respond to this critical situation. As more budget cuts continue at both state and federal levels, teachers need a "tool kit" to address these critical funding issues. Don't go back to your district without some possible solutions to future cuts to your district's budget.

10:45 a.m. - 12:15 p.m.

**2005 MoEAFCS Annual Business Meeting**

*Clarion Hotel Atrium*

Presiding: Jayla Smith, MoEAFCS President
Facilitators: Connie Harms, Linda Turner, Jackie Linn, Carolyn Carrier

Lunch on Your Own

1:00 p.m. - 2:00 p.m.

**MoEAFCS Public Relations Store Open**

*Clarion Hotel Atrium*

1:00 p.m. - 4:00 p.m.

**DESE Division of Career Education Mentor Program Session**

*University Plaza Hotel - Arkansas Room*

1:00 pm - 5:00 p.m.

Session for Culinary Arts Occupational Program and ProStart Instructors Only: Go Local with Farmers’ Market and Organic

*Ozarks Technical College, Information Commons West 108*

Presenters: Tammy Bruckerhoff, Department of Agriculture; and Eileen Nichols, Manager, Webb City Farmers’ Market
Facilitator: Vickie Fuller

1:30 p.m. - 4:30 p.m.

**Resources @MCCE Resource Preview Room Open**

*Conference Room C*

**CONCURRENT SESSIONS**

2:00 p.m. - 3:00 p.m.-Concurrent Session I

3:15 p.m. - 4:15 p.m.-Concurrent Session II

**Recent Trends in Architecture and Interior Design (PD 1)**

*Ballroom I*

Presenter: Michael Goldschmidt, Resident Instruction Assistant Professor, Housing and Environmental Design Extension Specialist, Department of Architectural Studies, University of Missouri-Columbia
Facilitators: Session I: Gail Brink
               Session II: Cheryl Landers

Topic: Explore how recent trends in technology (CAD, animation, Internet) have changed the practice of architecture and interior design. This workshop will also explore the principles of "universal design" and other current issues in architecture and interior design.

Concurrent Sessions continued on next page.
Wednesday, July 27th (Continued)

2:00 p.m. - 3:00 p.m.-Concurrent Session I
3:15 p.m. - 4:15 p.m.-Concurrent Session II

A n Ounce of Prevention: Addressing Birth Defects Related to Folic Acid, Alcohol and Tobacco (PD 1)

Ballroom II

Presenters: Brenda Bell, County Program Director and Human Development Specialist, University of Missouri Extension, West Plains; and Lori Williamson-Kruse, Genetic Counselor and Assistant Professor of Pediatrics University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma

Facilitators: Session I: Carmen Heyer
Session II: Ann Fenner

Topic: Information will be presented about a curriculum focusing on the preventative factor of birth defects related to folic acid, alcohol and tobacco, pre-pregnancy planning, pre-natal screening/diagnosis, and genetic counseling. A March of Dimes grant project, the curriculum includes five chapters and printed resources. Each chapter includes behavioral objectives, cross-references to Missouri Show Me Standards and competencies, learning activities, assessments, and overhead transparencies. Originally created in 2000, a revised edition completed in March, 2005, is now available.

Issues in Working with Teen Parents (PD 1 & 4)

Ballroom III

Presenter: Jadine Walters, Professional Development Coordinator, Parents as Teachers National Center, Inc., St. Louis, Missouri

Facilitators: Session I: Rebecca Lueth
Session II: Irene Kalmer

Topic: This session will review what recent research says about adolescent parenting and how parenting professionals can support teen parents in their role as their child’s first and most important teacher. The session will feature discussion on: developmental characteristics unique to adolescents; the parallel developmental needs of both teen parents and their children; techniques to enhance teen parents’ feelings of confidence and competence; and the role fathers play in the development of their children.

Wednesday, July 27th (Continued)

2:00 p.m. - 3:00 p.m.-Concurrent Session I
3:15 p.m. - 4:15 p.m.-Concurrent Session II

What You May or May Not Know About Fashion Design Careers and Education (PD 1 & 2)

Ballroom IV

Presenter: Pam Lucas, Fashion Merchandising and Design Instructor, Manual High School, and Adjunct Instructor, Fashion Design, Penn Valley Community College, Kansas City

Facilitators: Session I: Joy Behrens
Session II: Diana Henry

Topic: Come join us for a highly motivated, informational and interactive session about fashion. You don’t want to miss this!! Topics include: Fashion design and merchandising careers from concept to consumer, are we really making our students aware of them? College fashion programs and their expectations of our high school FACS graduates, is stitching really necessary? What is the fashion industry saying about education?

Financial Literacy: Materials for Teaching Students about Learning and Earning and Their Connections to Standards (PD 1)

Clarion Hotel Atrium

Presenter: Mary Suiter, Director, Center for Entrepreneurship and Economic Education, University of Missouri-St. Louis

Facilitators: Session I: Mary Jo Thompson
Session II: Carolyn Hill

Topic: Participants will learn about materials available for teaching personal finance, with particular emphasis on middle school and high school classrooms. These materials include: Financial Fitness for Life; Learning, Earning and Investing; Money Math: Skills for Life; and two new DVD series for high school: Risky Business and Building Wealth.

Concurrent Sessions continued on next page.
Wednesday, July 27th (Continued)

2:00 p.m. - 3:00 p.m.-Concurrent Session I
3:15 p.m. - 4:15 p.m.-Concurrent Session II

Pairing Up for Power: Combining the Family and Consumer Sciences Advisory Committee with Other Advisory Groups (PD 4)

*Conference Room E*

Presenters: Sharon Snorgrass, DESE and Teresa Owsley, Family and Consumer Sciences Instructor, Warsaw High School
Facilitators: Session I: Tiffany Kanatzer
            Session II: Cheryl Klingensmith

Topic: This session will provide a new twist on the advisory committee. The presenters will discuss careful selection of members, rotation of parents and students, and pairing up with A+ or other existing advisory committees for strength and recognition. Find out how advisory board assistance in grant writing and implementation can assist you. Bi-annual meetings with follow-up new letters will be discussed, and learn how your advisory committee can provide information and support regarding community involvement and recognition for your program and FCCLA. Time will be provided for question and answers and sharing successes.

ProStart: A Viable Option for Expanding Your Program (PD 1 & 2)

*Conference Room D*

Presenter: Jerry Vincent, MO ProStart Program Coordinator, Missouri Restaurant Association, Paola, Kansas
Facilitators: Session I: Suzanne Cadle
            Session II: Denice Thomas

Topic: ProStart is a program that teaches basic culinary skills combined with basic management training to high school junior and senior students. The course developed by the National Restaurant Association Educational Foundation is currently being offered in 40 states with an enrollment of approximately 40,000 students. An overview of the ProStart program will be presented.

Child Care Training Update (PD 1, 2 & 4)

*Conference Room A/B*

Presenter: Dana Carroll, Community Partnerships of the Ozarks, Springfield, Missouri
Chairperson: Velynda Cameron
Facilitator: Barb Denio

Topic: Update on Missouri Preschool Accreditation - This session will provide an update on accreditation and related issues as presented by a leader with Missouri Accreditation of Childhood Care and Education Programs.

MoEFA CS Teacher Educators Business Meeting

*Clarion Hotel Restaurant*

Chairperson: Marcia Ritter

3:30 p.m.

Missouri CTE House of Delegates Meeting

*University Plaza-Azurina Room*

4:30 p.m. - 5:30 p.m.

Preparing for the M SIP Review

*Clarion Hotel Atrium*

This session is for teachers in districts going through the M SIP review in the 2005-06 school year

5:30 p.m. - 7:00 p.m.

CMSU Family and Consumer Sciences Alumni Reception

*Conference Rooms A/B*

8:00 p.m. - 9:00 p.m.

FCCLA State Executive Council Members and Advisors Meeting

*Ballroom IV*

8:30 p.m.

Missouri ACTE All-Division Social

*The Oasis*

2550 N. Glenstone Ave.

**MoEFA CS T-Shirt and Tennis Shoes Day**
Thursday, July 28th

6:30 a.m. - 10:00 a.m.
Breakfast Available
Clarion Hotel Restaurant
Complimentary for Clarion Hotel guests only

7:30 a.m. - 8:45 a.m.
FACS Mentor Program 2nd Year Kickoff
Breakfast and Program
Ballroom IV
By Invitation Only

7:30 a.m. - 8:45 a.m.
2005-06 MoEFA CS Board of Directors Meeting
Conference Room A/B
Presiding: Renee Meents, 2005-06 MoEFA CS President
Facilitator: Jayla Smith

8:00 a.m. - 12:00 p.m.
FCCLA State Executive Council Meeting
Conference Room D

8:00 a.m. - 12:00 p.m.
Resources@MCCE Resource Preview Room
Conference Room C

8:00 a.m. - 9:00 a.m.
FCCLA Occupational Program Advisors Meeting
Conference Room E

9:00 a.m. - 10:15 a.m.
MoEFA CS Closing General Session (PD 1, 2, 3, & 4)
Clarion Hotel Ballrooms
Speaker: Carol Watkins, 2004 AAFCS National Teacher of the Year, Bradwell Institute High School, Hinesville, Georgia
Facilitators: Billie Miller, Jeanne Luzaich, Janelle Rogers
Topic: Family and Consumer Sciences and No Child Left Behind

10:30 a.m. - Noon
Resource and Informational Presentations

Thursday, July 28th (Continued)

Clarion Hotel Ballrooms
Facilitators: Beverly Plymell, Teresa Durbala, Sharon Robbins

10:30 a.m. - 10:50 a.m.
Presentation 1: Whale Done! (PD 2 & 4)
What does training killer whales have to do with training humans, or students? More than you may think! *Whale Done!* is based on the book written by Ken Blanchard that applies a proven approach used by the whale trainers of SeaWorld to teach managers and employees, alike; a technique that increases employee effectiveness at work. If *Whale Done!* is successful in the work world, imagine what the practice of *Whale Done!* can do for our students!
Presenter: Peggy Spurlock, New Traditions Coordinator, Southwest Area Career Center, Monett

10:55 a.m. - 11:15 a.m.
Presentation 2: Teaching Investment Principles: Practical Applications of Two Free, Financial Literacy Curriculums (PD 1, 2, & 3)
Tips for Kids and Tips for Life offer experiential learning, constructivism and collaborative learning opportunities in a fun and functional way for students to learn how money impacts their world. We will illustrate the importance of real-world experiences in developing a student's understanding of economic and business concepts through activities direct from the Tips for Kids and Tips for Life programs.
Presenter: Scott Oberkrom, Community Relations, American Century Investments, Kansas City

11:20 a.m. - 12:00 p.m.
Presentation 3: Understanding the New Food Pyramid (PD 1 & 2)
Finally, it's here! The USDA has released the MyPyramid food guidance system, along with the new MyPyramid symbol. The system provides many options to help Americans make healthy food choices and to be active every day. In this session, you will learn how to personalize your own diet, make gradual improvements, understand the importance of physical activity, realize the importance of variety and moderation of all foods and, most importantly, re-learn proportionality. Eating healthy can be easier than one may think!
Presenter: Cindy Fluekiger, RD, Nutrition Services, Cox Health System, Springfield

1:00 p.m.
Missouri A CTE Board of Directors Meeting
University Plaza Hotel-Colorado Room