

## Family and Consumer Sciences

Dr. Eleanor Glover Gladney, 803-734-3826, [eglover@ed.sc.gov](mailto:eglover@ed.sc.gov)

### Food Preparation Labs

- Food safety and sanitation standards using industry approved material should be provided for to all students enrolled in FCS/Culinary Arts classes to prepare students to safely prepare food in classrooms, at home and in restaurants/food service operations. Example: [ServSafe](#) has free COVID-19 training and resources available.
- Incorporate COVID-19 procedures into written lab procedures.
- Practice food safety (i.e. wash food, wear gloves, use correct cutting boards and prevent cross contamination) following industry guidelines.
- Demonstrate and practice when and how to remove gloves in a safe and sanitary manner.
- The National Restaurant Association offers free downloadable information [here](#).
- The South Carolina Restaurant and Lodging Association (SCRLA) COVID-19 Hospitality Industry Guidelines can be accessed at [COVID – 19 Guidelines](#).
- Disposable (one use) tasting spoons, plates, etc. should be used in all lab settings. Remove flatware from the individual kitchens to avoid the chance of using them for tasting by students.
- Remove flour, sugar, spices, etc. from individual kitchens and locate in a centralized space so use can be monitored.
- Start and end labs by washing hands, then sanitizing all work surfaces and equipment.
- Implement hand-washing policy to require two or more hand washes during lab. Students should stay in the lab area and not return to the desk or classroom area without changing gloves and washing hands.
- In addition to all classroom doorknobs, regularly disinfect cabinet and pantry doors and other surfaces touched during labs.
- Establish a work zone with equipment and/or work space assignments (minimum 2 linear feet per student of counter space).

## Family and Consumer Sciences (cont.)

- Assign cleaning and sanitation of the food lab to students on a rotational basis with some students performing the duties of inspectors.
- Sanitizer: post instructions for dilution or have a teacher mix. Students may be sensitive to sanitizer. Prevent use of sanitizer by students who are sensitive.
  - Provide a pail of sanitizer for each lab unit.
- Provide checklist for lab sanitation: work surfaces, sinks including faucet and levers, stove dials and doors, refrigerator door handles. Sanitation should be completed prior to getting equipment and food/supplies and after each lab is completed.
- Use dishwasher or wash, rinse and sanitize all equipment prior to the end of class (follow ServSafe or Health Department Guidelines). Air dry equipment.
- If hand mixers or blenders are used, the handles and controls should be sanitized before storage.
- When possible, set up lab stations with only necessary equipment and premeasure ingredients. Limit student access to bulk ingredients such as flour and sugar.
- Labs could consist of demonstrations by student teams or teacher-led demonstrations to limit the number of students in labs.
- Keep groups the same. Use smaller lab groups with clearly defined responsibilities for cleaning, gathering supplies, etc.
- Use disposable food service items (e.g. utensils, dishes). If disposable items are not feasible or desirable, ensure that all non-disposable food service items are handled with gloves and washed with dish soap and hot boiling water or in a dishwasher and sanitize.
- Separate samples into individual portions before eating. Assign each student individual food portions to sample away from others.
- Consider lab assignments and determine equipment to be shared (with sanitation between) or individually assigned. Sanitize all equipment before starting and at the end of the lab.

## **Family and Consumer Sciences (cont.)**

- Students actively preparing food in a Culinary Arts or Foods Lab should wear the following safety attire at all times: foodservice disposable gloves, face covering, apron or chef's coat. Aprons, head covering, and chef coats should be assigned to individuals and sanitized and laundered after each use. These items should not be used by multiple students. Towels should be sanitized and laundered after each lab. Ensure clean towels, aprons, potholders, etc. are handled with clean hands and wearing of a mask. Plastic disposable aprons are viable alternatives for students.
- Reduce the amount of paper handling. Laminate recipes or lab directions. If they need to be reused, sanitize them after use. Lab reports should be turned in electronically to reduce paper/writing utensil contact.
- Reduce recipes so less of a product is made.
- Culinary Arts/ Catering/School-based Enterprise: If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils and ensure the safety of children or guests with food allergies by following industry guidelines.

## **Classrooms**

- 4 or 6 oz. soufflé cups with lids, tasting spoons, plastic forks, paper plates, sandwich bags, disposable gloves in variety of sizes, disposable aprons, suds buckets, sanitizers, sanitation solution, laminated recipes, signage for the classroom regarding safety and sanitation protocols.

## **Fashion and Interior Design Labs**

- If sewing machines are unable to be spaced 6 ft. apart to ensure proper social distancing between students, plexiglass walls can be added between machines.
- Sewing machines should be assigned one for each student, each class period. If this is not feasible, sewing machines (irons, ironing boards, cutting mats, etc.) should be disinfected between student use on alternating days.
- Hand sewing kits including shears, needles, pins, pincushions, thread should be assigned to each student for their use, only.

## Family and Consumer Sciences (cont.)

- Interior Design tools should be assigned per/student. Small hand tools (rulers, pencils, etc.) should be assigned to individual students.

## Early Childhood/Child Care

- RealCare Babies used in child development courses should be cleaned using the following guidance: To disinfect Baby, remove and wash all clothing. Then, use rubbing alcohol or disinfectant wipes containing an alcohol concentration of 60% or greater. This is an antimicrobial solution which kills 99.99% of germs within 10-30 seconds. Gently wipe down Baby and accessories, and accessories and let them air dry for 30 minutes. (We do not recommend using bleach to disinfect). Additional guidance can be found [here](#).
- Early Childhood Education students participating in practicums in community or school-based childcare centers should wear masks, follow good personal hygiene and follow all [industry-based guidelines](#) for safely working in those settings. More information can be found [here](#).
- Early Childhood Education programs that provide preschool/childcare as a function of an FCS Education program or ECE course should be closely monitored following industry standards for childcare located in [SCDHEC Schools and Childcare Centers](#) (COVID-19) guidelines.
- If working with a business or industry partner on a project, be aware of social distancing if meeting in person. Limit in person contact and try to implement virtual meetings or phone calls.

## Remote Learning

- FCS/Culinary Arts students may have opportunities to prepare food lab experiences at home. The students should pass a food safety and sanitation test prior to food lab experiences to ensure food safety and sanitation procedures are used (i.e. wash food, wear gloves, use correct cutting boards and prevent cross contamination). Cleanliness and sanitation procedures should be performed before and after all labs, whether home or at school. Students would also need written permission from parent/guardian for students to perform the food preparation stating that adult supervision will be provided. Or, students may have opportunities to assist with meal preparation with an adult.

## Family and Consumer Sciences (cont.)

- Pre-measured ingredients should be provided for students to take home to complete lab experiences (cooking or noncooking). Students should record the experience and perform self-evaluations using teacher/student made evaluation forms for each lab.

## Resources

- [iCEV Multimedia](mailto:glenn.perryman@cevmultimedia.com)  
[glenn.perryman@cevmultimedia.com](mailto:glenn.perryman@cevmultimedia.com)  
Hospitality, careers, child development, consumer sciences, culinary, education and training, fashion, interior design, nutrition and food.
- [KP Online Curriculum](#)  
Online resource for hybrid Culinary, Baking and Pastry, Foods and Nutrition, and Food Science, course experience. The resource makes it easy to transition to an online teaching environment where all teachers have to do is log in and go, no training is necessary.
- [The Curriculum Center for Family and Consumer Sciences](#)  
The mission of The Curriculum Center for Family and Consumer Sciences is to produce and disseminate instructional materials that support family and consumer sciences programs and to provide related pre-service and in-service professional development to educators and administrators within those program areas.
- [Fashion Design Resources from the Utah Education Network](#)  
Provides rubrics, performance documentation information, quizzes, videos, etc.
- [Interior Design Resources from the Utah Education Network](#)  
Provides depictions of tours, assignments, quizzes, videos, etc.
- [MyCAERT](#)  
The foundation of the MyCAERT system is over 1,000 ready-to-use lesson plans and PowerPoint Presentations organized by topic into multiple Libraries. The lessons are designed for the teacher to Plan instruction.
- [The Curriculum Center for Family and Consumer Sciences](#)  
The mission of The Curriculum Center for Family and Consumer Sciences is to produce and disseminate instructional materials that support family and consumer sciences programs and to provide related pre-service and in-service professional development to educators and administrators within those program areas.
- [Utah Education Network FCS Listserv Cabinet](#)  
Resources for different Family and Consumer Sciences related topics.

## Career and Technical Education Student Organization (CTSO)

- [Family Career and Community Leaders of America](#)  
Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life—planning, goal setting, problem solving, decision making, and interpersonal communication—necessary in the home and workplace.
- [Educators Rising](#)  
Educators Rising is a national membership organization for aspiring teachers and their mentors. The EdRising Virtual Campus is a dynamic, free online community with one goal: to help students become great teachers.