

## **Homemaking, it isn't gone, it is just another name**

If any of you spend a little time on social media, you have probably seen the post called, "Bring back home economics." Homemaking isn't gone, because it is still being taught in schools, through Extension and 4-H!

Many years ago, these classes were called Homemaking. That term changed to Home Economics, and now the current terminology is Family and Consumer Sciences, Family and Community Health or Human Sciences, because it encompasses so much more than cooking and sewing.

Many high schools and colleges teach classes in fashion design, sewing, tailoring, food science, food preparation, culinary arts, dietetics, child and development, interior design, hospitality, personal finance and more.

If you think about it, without family and consumer sciences, we might not have clothes to wear or food to eat. Fibers have to be grown, harvested, spun or poured to make yarns, then the yarns have to be woven or knit to make fabric, and then the fabric has to be cut and sewn to make clothing.

And what about our food? We should be grateful to our farmers and ranchers who provide produce, meats and grains for our food supply. We should also be thankful for people who take those foods and prepare and package them for human consumption. Once those foods make it to your grocery store and home, it is up to you to know how to keep those foods safe and know how to prepare them for eating.

Do you enjoy eating out? Culinary arts play a major role in your meal, from purchasing from a distributor, to storage, to preparing, to serving — all while following guidelines for proper temperature control, sanitation and serving.

Do you enjoy traveling and staying in hotels? Hospitality is another area of Family and Consumer Sciences. Event planning, housekeeping, interior design and food service all play a part in helping you have an enjoyable visit.

Have you ever sent a child to a daycare center, church nursery, Mother's Day Out or other similar facility? This is where childcare and development come into focus. Staff in these locations have been trained to provide experiences for children that are age-appropriate — from toys, to story books, to nap time — all geared for specific ages. Children develop at different paces, and workers should be attuned to those differences.

Health and wellness are a major part of family and consumer sciences. From the foods we eat to our daily living habits, our lives are greatly affected by the choices we make. Dietitians help individuals with specific dietary needs. Physical therapists help individuals regain mobility after surgery or injury, or help individuals maintain a certain level of fitness and abilities.

Through Extension we offer class to adults and youth on many topics in nutrition, health, food preparation. We also teach food safety, provide childcare training, parenting, and financial management. Through our Parker County Extension Education clubs, we offer opportunities for individuals to learn ways to improve their quality of life and become better leaders in Family and Consumer Science programs. In the Parker County 4-H program, we work with youth in the foods and nutrition, clothing projects, and consumer education.

So, homemaking is not lost — it is still here and we practice it every day. It just has another name! renamed!

For more information on Family & Consumer Sciences careers or our Parker County Extension Education and 4-H program, call the Parker County Texas A&M AgriLife Extension Office at 817-598-6168, and we'll be glad to visit with you.