

# Example of essay on family and consumer science

[Business](#), [Customers](#)



Family and consumer science is an academic discipline which combines different aspects of the social and natural science. This field of family and consumer science majorly deals with the relationship that exists between various communities, individual families and the entire environment where they live and interact with each other. This field of study represents a variety of disciplines which include food preparation and consumer science which are under the field of nutrition. It also consists of early childhood; family economics, education and resource management, these categories are under Parenting. This field of study goes further to include practices like the human development, textiles and interior design techniques.

Family and consumer science education is mainly focussed on different individuals living in the society throughout their entire lifespan. This study mainly focuses on the interrelationship that exists between families and the communities. This study is taught in different institutions as an elective course and as a required course in some parts of the world like the North America. This study can go on to cover some aspects like Fire prevention, sexual education and food management.

This study of human consumer science can also be referred to as home economics or human sciences. In some cases it is referred to as human ecology. This study was fast propelled in the year 1862 . This study come up as an act which was called the Morrill act . The study was propelled in a bid to educate farm wives on their daily processes of running their families and households properly in the recommended and safe way. On the other hand, their husbands were educated on the various important agricultural practices. These practices made many families to be in a position to learn

various informative and important practices which improved the living standards of these individuals. The rise of consumer science was propelled further by a lady Ellen Swallow Richards. She was the pioneer in this practice, she attended the Massachusetts institute of technology and later on she advanced to become a female instructor in this essential practice which was meant for the betterment of the society. Through these various beneficial and important practices which related to the proper execution of human consumer health science, it is important for individuals to have a clear understanding of them in a detailed manner.

The study was used as a distinction in order for individual to graduate from one stage to another, this practice was common among ladies whereby women who had these skills at the various education levels qualified more to get employment opportunities, it was more relevant on employment in institutions like the restaurants, hotels, hospitals and some government position elective positions.

This study was also a key factor in the family and finance sector. These skills are relevant whether the lady or man in question is career -driven lady or man, single or married. This helps them in handling the necessary family financial needs, this is important as this skills are lately not taught in various academic institutions as it is required. This study of consumer health science goes forth to teach students on activities like bank account opening, the process of balancing a check account. This practice has improved in the modern classes to include aspects of the differences between the various credit cards and debit cards. The study also goes on to teach students the importance of savings accounts in relation to retirement. This study gives the

students real life knowledge since most of this information is not sufficiently taught in the various learning institutions and the information is found on various sites over the internet being scattered.

Consumer health science knowledge is also very relevant in the field Nutrition and cooking (Bendich and Deckelbaum 878), This is relevant because most individual relate cooking with the basic home economics like the skills of personal finance, It's however a skill which is more practical in nature which is mandatory to almost every individual during their lifetime. These skills help individuals to be cautious in monitoring instances of obesity; this condition can be greatly avoided if the various individuals were acquainted with the relevant knowledge on eating and food processing information. The skills imparted on individuals help them in preparing nutritious and healthy meals for family and themselves. Consumers also benefit from having the knowledge to be able to determine the nutrition content in various food products if they have the required knowledge on how to examine these products.

The study was also in the past applied in processing like sewing and knitting, making of curtains among many other basic home skills by women. This process has however advanced to include various aspects in the recent past to include processes like the interior design and fashion.

The study and knowledge of human consumer sciences also called as the consumer economics therefore imparts individuals on various skills of life. These skills encompass a wide range of important knowledge needed for the consumer to live comfortable and healthy lifestyles in their environment as they relate with others. The study and practices has helped individual in

different environments to be able to live and manage themselves appropriately.

## **Work Cited**

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