

4-H FoodSmart Families

Dane County UW-Extension 4-H
Youth Development



Components of the 4-H FoodSmart Families Grant

Teen Teachers

- Receive 10-12 hours of training to teach children a 6-lesson series
- Participate in planning a family engagement event.

Children in Grades 2-5

- Receive 6 lessons from Choose Health: Food, Fun, and Fitness Curriculum
- Receive invitations to 2 family engagement events

Family and Community Engagement Events

Each site hosts 2 family and community engagement events. Show family members what their younger members have learned in the program in any format.

Requirements:

- Distribute ingredients to replicate two recipes made during the program.
- Have information on food security resources in their community available for families
- Invite UHC employees to help with/attend event.

4-H FoodSmart Families Curriculum - Choose Health: Food, Fun, and Fitness

Lesson	Healthy Behavior	Recipe
Drink Low Fat Milk and Water Instead of Sweetened Drinks	Choose beverages with less sugar	Fruit & yogurt smoothie
Color Your Plate!	Eat more vegetables and fruits	Black bean salad
Read It Before You Eat It	Know how to read & understand the Nutrition Facts Label	Apple cinnamon wraps
Make Half Your Grains Whole	Eat more whole grains	Whole grain pancakes
Healthier Foods - Fast	Choose fast foods lower in fat and sodium	Tortilla roll-ups
Power Up Your Day	Eat a healthy breakfast daily	Breakfast parfaits

Partnership Development



4-H FoodSmart Families Teen Teacher Training

- 15 hours of training during the 2017-2018 school year
- Training topics include: ages and stages of youth, effective teaching strategies, leadership skills, safe cooking practices, and nutrition information
- Teens practiced teaching lessons to each other before teaching younger children



Evaluation Plan

- Teen Teachers complete evaluation after teaching all of their assigned sessions
 - Evaluating leadership development, communication skills, and change in knowledge & practice of healthy behaviors
- Youth participants complete evaluation at last session
 - Evaluating change in knowledge & practice of healthy behaviors

Lessons Learned

- Balancing grant funder requests with the needs of the local partner
- Strategies for effectively engaging teen teachers
- Checking in regularly for cultural competency
- Make it relevant for teens