



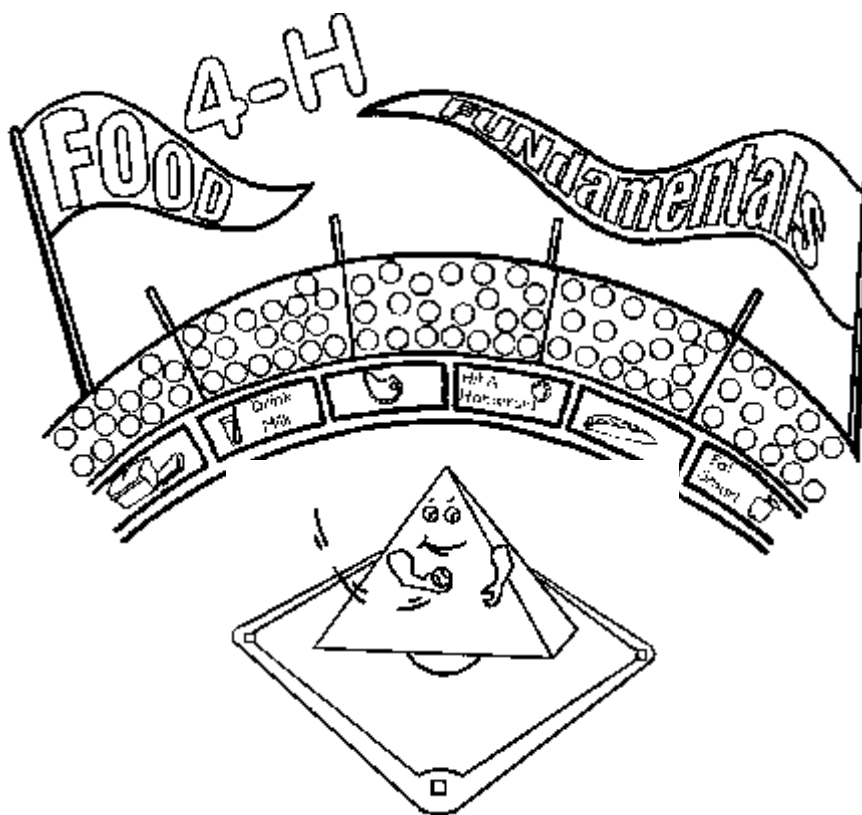
LEADER'S GUIDE  
9-11 Year Olds



Florida 4-H Food, Nutrition & Health Program



# 4-H Food FUNdamentals



## A Food, Nutrition and Health Project Guide

Produced by the Florida 4-H Youth Programs and Department of Family, Youth and Community Sciences, University of Florida Cooperative Extension, Institute of Food and Agricultural Sciences, February, 1999; reviewed, January 2009.

**UF** UNIVERSITY of  
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# PREFACE

## 4-H FOOD FUNDamentals

### A Food, Nutrition, and Health Education Curriculum for 9-11 Year Olds

The new Florida 4-H Individual and Family Resources curriculum, OUR PERSONAL WORLD recognizes that our personal values and goals are basic as we acquire, manage and use resources. Among the significant resources that are basic to each individual is food. Therefore, one of the key components of the curriculum is Food, Nutrition and Health.

*4-H FOOD FUNDamentals* is a portion of the 4-H Food, Nutrition and Health curriculum that is designed to help 9-11 year old youth understand the importance of food choices for good health. Additional curriculum packages are being designed for youth in other age ranges and for sequential advancement in food, nutrition and health. The Florida 4-H Food, Nutrition and Health curriculum has four major foci:

- ! General Dietary Guidance
- ! Weight Management and Fitness
- ! Health Risk Reduction
- ! Food Science and Safety

To the informed Florida citizen, it is not surprising that food, nutrition, health and fitness is a priority within the total 4-H Individual and Family Resources curriculum. An investment in young people's knowledge, understanding and attitudes about food and nutrition affects their personal health and can not be ignored now or in the future.

In *FOOD FUNDamentals*, we are particularly interested in helping young people develop a personal eating and fitness plan to impact their overall health.

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# About FOOD FUNdamentals...

The development of this 4-H Food, Nutrition and Health Education Project was driven by two basic principles:

1. Learning about nutrition can be fun! The project guide provides simple and inexpensive, yet fun activities that teach youth about major nutrition concepts, including the daily food choices, importance of breakfast, snacks and simple meal preparation, comparison shopping, food safety, food traditions, and the relationship of diet and fitness.
2. 4-H volunteer teaching activities must be ready-to-use. This project includes skits simulations, games and activity sheets needed to conduct nutrition education activities into an easy-to-use format. It was designed to be teacher friendly and takes much of the guesswork out of teaching this subject.

## AGE OR GRADE LEVELS

This project was developed for youth ages 9-11. Both group and individual activities encourage participation and action in all aspects of nutrition education. Teachers and volunteers are encouraged to select learning activities that are most suitable to their youth. The overall intent is to facilitate learning and to spark creativity in both teachers and youth.

## CONTENTS

The following are components of FOOD FUNdamentals project:

- ! LEADER'S GUIDE - This three-ring notebook contains a complete, easy-to-read outline for lessons. Each lesson provides a variety of activities that can be conducted depending upon the time frame devoted to this project. Each lesson is prefaced with a lesson outline and provide some BACKGROUND BASICS to help you focus on the overall concepts and desired outcomes. The learning activities are a mix of worksheets, food preparation and games, that help to teach the basic principles and concepts in each lesson. The lesson concludes with a review using discussion questions for youth to REFLECT and APPLY.
- ! FOOD FUNdamentals ACTIVITIES - skits, games, simulations and cooking experiences are just a few of the activities found in the leader's guide.
- ! 4-H FOOD FUNdamentals WORKBOOK - contains activity sheets for youth that correspond to each lesson topic. A variety of activities including puzzles, experiments, recipes, and other instructional activities make up this fun booklet. They can be conducted at group meetings or at home.
- ! POSTERS - laminated "Daily Food Choices Pyramid" posters are available in English and Spanish through the County 4-H Office. Originals for making posters are included in the Leader's Guide.
- ! TAKE HOME ACTIVITIES - additional activities designed to involve the entire family on a specific food practice. Activities such as "5! A! DAY," "FOOD TESTS FOR FATS" and others allow youth to investigate their food practices at home.

## **LESSON PROFILES:** A brief description of the nine **FOOD FUNDamentals** Lessons:

### **! LESSON 1 - BASIC FOOD GROUPS**

"Pyramid Power" is the focus of Lesson 1 introducing the importance of our daily food choices and the number of servings needed daily. This lesson provides a foundation for learning about a healthy diet using the food pyramid that Lessons 2-9 expand upon. "Pyramid Jeopardy", "Let's Make a Meal" and "How's Your Serve?" are just a few activities that teach youngsters the secret of "Pyramid Power"!

### **! LESSON 2 - THE NUTRIENT TEAM!**

Variety is the key to healthy eating with the "Nutrient Team" is the theme of Lesson 2. "Name the Nutrients", "Body Nutrients" and "Body Building" are fun, hands-on experiences for youth to discover nutrients and their food sources for choosing a variety of foods for their diets. Having a "Snack Tasting Party" allows youth to test their snack selections for variety!

### **! LESSON 3 - THE IMPORTANCE OF BREAKFAST**

Breakfast provides our bodies with "Energy Foods" to start our day. Youth can discover that any food can be a "breakfast food" in the activities. Making simple breakfast foods provides them with first-hand skills in meal preparation.

### **! LESSON 4 - FOOD ACCEPTANCES**

Understanding what influences our food preferences is the first step to understanding our food acceptances and habits. Lesson 4 provides active experiences for youth to taste new foods and discover how our likes and dislikes change with time.

### **! LESSON 5 - SPECIAL EFFECTS**

The special effects of fats, sodium, sugar and fiber in the diet are explored with fun activities and experiments in Lesson 5. Learning to identify food sources and choose alternatives can be experienced in "Find the Fiber", "Choose Less", and a "Trip to Lowfatum".

### **! LESSON 6 - FOOD CHOICES**

Choosing nutritious foods in a variety of settings is the theme of Lesson 6. "Staying on Track", "Game Day Choices" and "Choices on the Run" are a few activities that provide youngsters an opportunity to assess their diets and make healthy fast food choices.

### **! LESSON 7 - SUPER SHOPPERS**

Food FUNDamentals are not complete without learning to become a smart shopper. Lesson 7 provides lots of experiences from reading labels and figuring out unit prices to evaluating TV Ads!

### **! LESSON 8 - TRADITIONS AND CULTURE**

Tradition often comes from a family's cultural heritage. Discovering more about traditions and foods within a youngster's family is the first step to understanding and accepting cultural differences. Family and community celebrations to "Recipes Around the World" expand their horizons.

### **! LESSON 9- PREPARING FOOD**

Practicing kitchen safety while preparing snacks and simple meals introduces youth to the danger spots in the kitchen. Eating the results is always the highlight of food preparation but practicing food safety is also important! Youth are introduced to actions that make mealtime pleasant for everyone!