

Fantastic Foods Curriculum

Supporting School-Age Accreditation and Quality Programming

Fantastic Foods can be included in short and long term School-Age activities. Youth can share skills learned through hands-on science activities and encourage others to explore foods from around the world.



Opportunities for Youth Leadership and Development and Cross-age Teaching

Action demonstration guidelines are found at the beginning of the **Guides** at all levels. Youth can use the demonstrations to improve their leadership skills and provide cross-age teaching opportunities that may interest other children in this or other 4-H projects.

Ideas! Ideas! Ideas!



💡 **Field Trips:** Grocery stores, farmers markets, specialty food stores, restaurants, fast food outlets, factories that make food items, hotel, hospital and school kitchens provide opportunities for field trips.

Speakers: Chefs, dieticians, caterers, event planners, sports trainers, nutritionists.

Web Sites: www.Mypyramid.gov, Communities, Adolescents, Nutrition, Fitness: www.canfit.org Robert Wood Johnson Foundation for Health and Healthcare: www.rwjf.org

Providing Quality Middle School and Teen Programming

You're the Chef, grades 7-9 and **Foodworks**, grades 10-12 are focused on the needs and interests of youth and young adults. Issues such as eating disorders, body image, nutrition, shopping and living on your own are all presented in a very mature manner.

The information on careers related to foods may inspire some youth to seek opportunities through the **HIRED! Internship** program.

Essential Elements of 4-H Youth Development

Through 4-H, youth know they are cared about and feel a sense of BELONGING; they exercise INDEPENDENCE by using decision-making and action to influence people and events; they develop a sense of MASTERY by learning skills needed in making positive career and life choices; and they experience GENEROSITY by helping others through community service. These elements support the Army Youth Development Components of Belonging, Success, Service and Independence.

Summary

Fantastic Foods is an exciting project that helps youth in grades 3-12 learn fun project skills and important life skills. It enhances shopping and cooking skills and encourages a healthy lifestyle. This can be a three year project or more and may lead to a lifetime career.

THE Army 4-H EXPRESS GUIDE TO

Fantastic Foods Curriculum



Almost everyone spends part of the day eating and thinking about food. *Fantastic Foods* helps youth enjoy preparing and eating different foods, experimenting with food science and learning many life skills. Topics include: healthy food selection, smart purchasing, safety and science, preparation, preservation, food careers and foods around the world.



Project Goals

Fantastic Foods is designed to help youth develop project skills specific to the foods subject matter and life skills such as decision making, understanding systems, practicing creativity and mastering technology that are useful long after the project is completed.

Four Fun Activities

1 Who doesn't like eating popcorn?

Comparison shopping is a skill that helps families save money. In this activity several brands of popcorn are tested to determine which one gives the most for the money and tastes, looks, and pops best. See how brands compare and enjoy eating the results.

Use "What's in a Name?", Guide B, page 18.

2 Hand washing is always important. With this activity it's possible to see if hands are washed well. And, youth will have fun using an ultra violet light or black light. Everything needed for this activity can be found in a grocery store. Instructions can be found in *You're the Chef, Glow Germ*, page 28.

3 The only thing that is more fun than eating ice cream is making it with friends and family. It doesn't require any fancy equipment just a little time, energy, and agreement about what flavor to make first. All these instructions are in *Six Easy Bites, Scream for Ice Cream*, pages 40-41.

4 It's fun to find new ways to add fruit to any diet and to meet the Food requirements for all ages. Fruit kabobs are fast, easy and delicious. Youth can make them for themselves or they can teach younger children how to make them. Be really creative and try veggie kabobs. Instructions are included in *Six Easy Bites, Fruit Kabobs*, page 12.

Use "What's in a Name?", Guide B, page 18.

Life Skills

"Skills that help an individual to be successful in living a productive and satisfying life" are identified as Life Skills (Hendricks, 1996). Life Skills in this project include using scientific methods, processing information, understanding systems, managing resources, practicing creativity, making decisions, planning and organizing, communicating, valuing diversity, mastering technology being a responsible citizen, exercising leadership, completing a task, making healthy lifestyle choices, expressing emotions positively, preventing illness. Although each activity specifically targets only one Life Skill, youth have the opportunity to practice several.

Project Activity Guides and Target Age Groups

Six Easy Bites, Level A is designed for for grades 3-4 and has many short interactive projects.

Tasty Tidbits, Level B is designed for grades 5-6. It has projects that are more challenging and build on the first guide.

You're the Chef, Level C is designed for grades 7-9 and includes projects related to adolescents' interests like diets, body images, eating disorders, shopping, preparing food for the family and exploring some careers in the food industry.

Foodworks, Level D for grades 10-12 focuses on life skills starting with nutrition needs from infants to seniors and includes food budgets, cooking for one, healthy vegetarian diets and ends with additional career suggestions and foods from many countries.

The *Project Helper's Guide* provides additional resources and includes a matrix of all the activities, the project skills and life skills in each guide.



Experiential Learning



Experiential Learning engages children and youth while they learn, share, and grow through their 4-H experiences. With an adult as the coach, the first step is "doing" or exploring. Next, youth share what they did and discuss the experience with their peers. After they've identified the skills and knowledge gained, help them determine how to apply these to other situations in their lives.

Related 4-H Projects

Other 4-H projects that include information on foods are:

- *Microwave Magic* - Set of 5 guides - The *Microwave Magic* Series contains exciting youth activities that focus on using the microwave to prepare everything from simple snacks to complete meals.
- *Keeping Fit and Staying Healthy* - Set of 3 - Youth will enjoy the challenge of keeping fit and healthy as they complete these experiential activities.

The USDA Specialist, State 4-H Liaison or local Cooperative Extension Specialist can suggest other related projects. This guide also includes suggestions for 4-H project web sites.

Integrating Technology

The online source for *Fantastic Foods* is www.four-h.purdue.edu/foods/

You should also look at:

www.Mypyramid.gov
www.4-curriculum.org
www.n4-hccs

There are hundreds of online resources related to this project.

Character Connection

Character Counts, everywhere...all the time and that includes respecting and caring for our bodies through good nutrition and a healthy lifestyle.

Additional character resources and can be found at:

www.4-hmilitarypartnerships.org

Linking to the Army's Four Service Areas and Baseline Programming

Sports, Fitness and Health Options

Most of the projects in these guides relate to fitness and health. There's lots of information about food science and safety. It will also get youth thinking about what to eat and how those healthy choices make stronger athletes and improve quality of life now and in the future. The activity about sports nutrition in *You're The Chef*, pages 6-7, fits in the Sports, Fitness and Health area.

Arts, Recreation and Leisure Activities

Picnics and parties are recreation and leisure activities that everyone enjoys. Many of the projects in *Fantastic Foods* like cooking with children, foods around the world and family dinners will help develop life skills for making meals popular events. A leisure area activity would be to invite a friend to invent a snack, in *You're The Chef*, pages 48-49.

Life Skills, Citizenship, and Leadership Opportunities

The *Helper's Guide* identifies all of the life skills that can be learned in this curriculum. There are no specific community service projects described yet many of the activities such as cooking with children, pre-cycling and recycling and what to do when the power's out can be modified into service-learning, citizenship and leadership events.

Foodworks, Cater a party, pages 46-47 is one example of giving back to the community.

Academic Support, Mentoring, and Intervention Services

Many of the most engaging activities in the guides are experiential science and math lessons. All of the guides have a measuring math chart on the back page which can also help teach fractions. As youth progress in this project they can mentor young children. There are numerous suggestions for careers in related professions that children can start to explore in middle school and through the *Hired! Internship Program*. *Six Easy Bites, What's my line?* pages 48-49, is a great activity for exploring careers.

Community Service Service Learning Opportunities

There are many ways to help the community including:

- Food drives focused on the food and nutritious choices.
- Brainstorm organizations that provide food and nutrition education for pregnant women and create a directory of local resources.

