4-H Healthy Living

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**Supervisor:** Surine Greenway

### About the Program
- Funding provided by the ConAgra Foundation.
- 5 States were selected to participate: Delaware, Idaho, Illinois, Nebraska, and Washington.
- Each state was awarded up to $150,000.
- Target Population between the 5 states is 12,500, which includes underserved, at-risk, low income, and minorities.
- The Idaho 4-H Program and Eat Smart Idaho are collaborating to put together a Healthy Living Youth Program that will reach 2,500 youths in Idaho.
- Each youth must have at least 10 hours of direct engagement and 5 hours of community service.
- Lessons include nutrition, food preparation, cooking and shopping skills.

### Participating Schools
- South Jr. High School
- Borah High School
- Kuna Middle School Afterschool Program
- Vallivue High School
- Riverglen Jr. High School
- Centennial High School
- Frank Church High School
- Lake Hazel Middle School

**Total Estimate of Students Reached:** 303

### Curriculum Outline
Get in the Movement Groove, MyPlate, Food Safety, Hand Washing, Daily Calorie Needs, Heart Rate, Think Your Drink, Picking Protein, Eating Rainbows, Vegetarianism, Snack Attack, Breakfast First, Community Service, Grainy Brainy, Label Lingo, Eating Out and Cooperative Play.

### Competencies

**Assess:** 4-H site supervisors met with each school teacher to determine what lessons would be appropriate for each grade level. A survey was provided by the 4-H Program and was used to evaluate the students before we began each location.

**Plan:** A curriculum outline was tailored to meet the needs of each individual school. Pre-survey data will be collected and analyzed by a separate entity.

**Implement:** Each lesson included a lecture component as well as a cooking lab for the students to experiment with healthy recipes.

**Evaluation:** Students completed a post-survey similar to the one that was administered at the beginning of the curriculum. The post-survey is used to gauge their comprehension, lifestyle changes, etc. of the curriculum implemented in their school. Students were asked to fill out a separate survey to gather additional information that will be used to improve future locations.

### Cooking Labs
Rainbow Fruit Kabob, Crunchy Vegetable Burrito, Bean Taco, MyPlate Kabob, Steamed vs. Fresh Vegies, Toaster Oven Pizza, Bread in a Bag, Top Ramen Stir Fry, Oatmeal Raisin Cookies, and Homemade Sports Drink/Fruit Spritzer.

**Special Thanks to:**  
Dr. Spear, Department of Kinesiology, 4-H Staff, Surine Greenway and Liliana Vega.