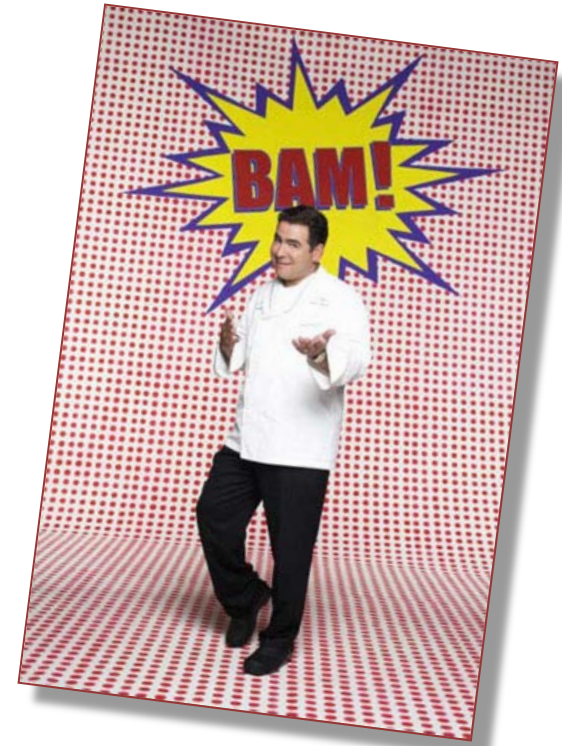


# Kick it Up a Notch with 4-H Foods Projects



Presented by Mandi Bottoms  
California 4-H Healthy Living Coordinator

*Head, Heart, Hands & Health  
Growing Youth who Thrive*

University of California  
Agriculture and Natural Resources  
4-H Youth Development Program



*Making a Difference  
for California*

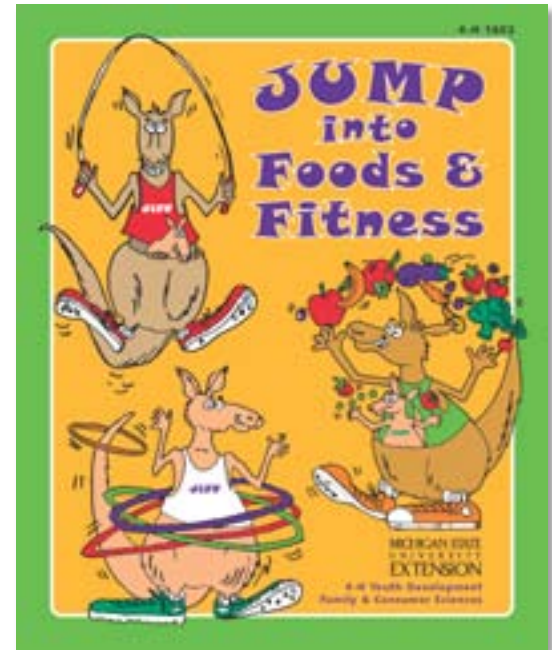
# Agenda

1. 4-H Foods Projects
2. 4-H Nutrition Curricula
  - a. Jump into Foods and Fitness Activity
  - b. Up for the Challenge Activities
3. Thinking Together



# Jump into Foods and Fitness

- Developed by Michigan State University
- Teens as teachers model
- Grades 3-5
- Includes background info, attention getters, activities, food safety feature, snack suggestions, family newsletters and evaluation tools



# Pyramid Picks

**MyPyramid** For Kids  
 Eat Right. Exercise Have Fun.  
 MyPyramid.gov

**Grains**  
 Make half your grains whole

**Vegetables**  
 Vary your veggies

**Fruits**  
 Focus on fruits

**Milk**  
 Get your calcium-rich foods

**Meat & Beans**  
 Go lean with protein

**Oils**  
 Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

★ Find your balance between food and fun    ★ Fats and sugars — know your limits

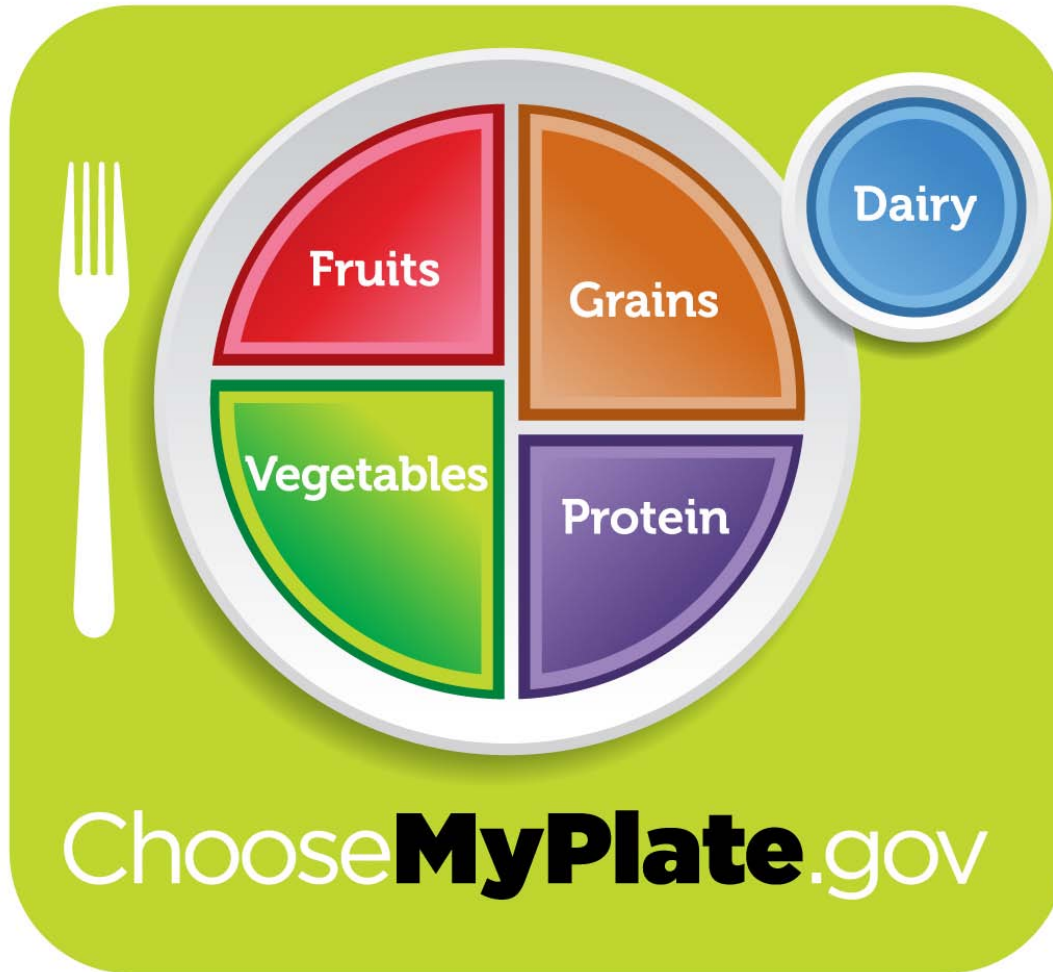
USDA

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# Pyramid Picks



# Pyramid Picks

1. A letter will be chosen at random.
2. Teams will have two minutes to brainstorm a food item from each of the food groups that begins with the letter that was selected randomly.
3. Creativity counts!



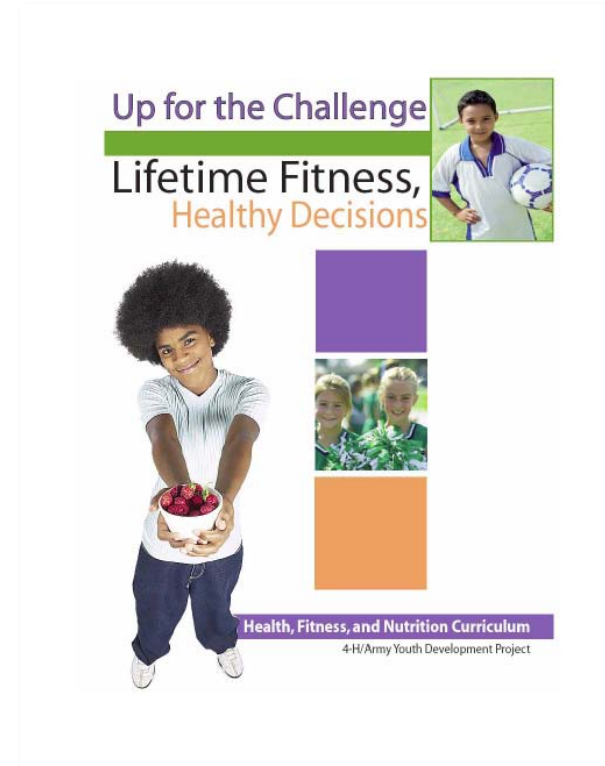
# Discussion

- What new foods did you learn about today?
- How does your daily diet reflect our “pyramid picks?”
- What adaptations would you make for your 4-H project?



# Up for the Challenge

- Activities for school age, middle school and teens
- Free, 290-page curriculum
- Partnership between University of Maryland, National 4-H Council and the Army Child and Youth Services





# Line 'Em Up

- Were you surprised by the calorie counts for the fast food items?
- What else might you consider when choosing healthy foods?
- What adaptations would you make for your program?



# Slow, Go and Whoa!

- What criteria did you use to categorize food?
- How did food preparation influence your decision?
- What adaptations would you make for your program?



# Contact



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