

# Making Mealtimes Count



**Presented by:**

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*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. Setting the Scene
2. Social Health Opportunities
3. Physical Health Opportunities
4. Addressing Challenges



# Gallery Activity

Move around the room and share your thoughts on the following questions:

- What are the qualities of a successful camp mealtime?
- How do you promote physical health during mealtimes?
- How do you promote social health during mealtimes?



# Setting the Scene

- Mealtime can be a learning opportunity
- Identifying the “teachable moments” during breakfast, lunch and dinner





# Social Health Opportunities



# Social Health Opportunities

- Belonging = Basic Human Need
- Emotional safety has to do with your sense of well-being.
  - Sense belonging
  - Understanding individual rights and responsibilities
- Here is how you can create an emotionally safe camp, and find the social health learning opportunities.



# Family-style Meals



- Family-style dining: A method of serving food to campers, where the main and side dishes are brought to the table in serving bowls and passed
- Opportunity to teach communication and cooperation
- Give campers a sense of belonging and community

**Do you/could you serve family-style meals at your camp?**





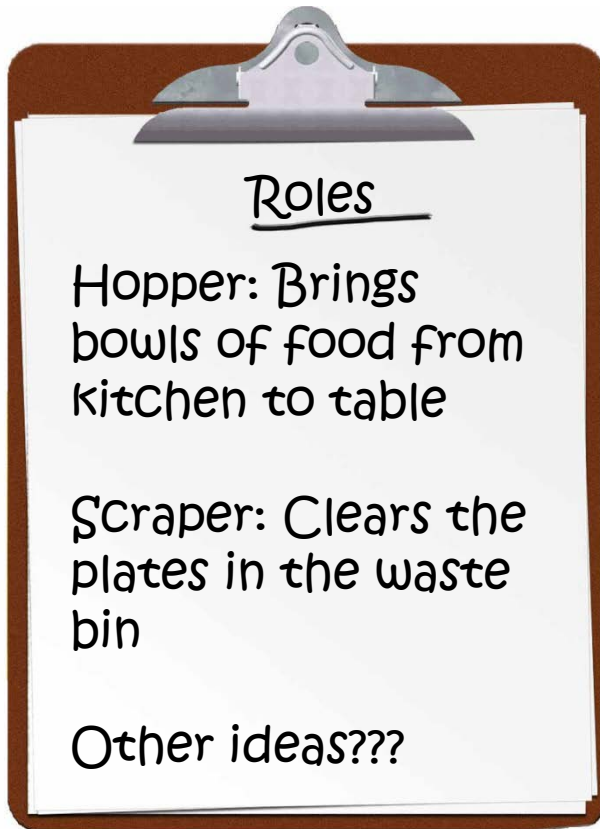
# Table Topics

- Table topics are prompts that are discussed by campers around the table.
  - *Would you rather?*
  - *What is your favorite \_\_\_\_\_ and why?*
- Select age appropriate table topics and place at tables during meal times to start conversations.

**What other icebreakers could you use to get kids talking?**



# Assigning Roles at the Table



Emotional safety is also created when you thoroughly understand your rights and responsibilities.

- Rights: Kids get to eat and enjoy mealtime
- Responsibilities: Assign tasks that campers are responsible for during the meal.

**What other roles could be assigned?**



# Manners and Etiquette

- Learning life skills – Competence, connecting, character, caring, confidence, and contribution
- Campers learn about living, working and playing together
- Establish a set of rules or responsibilities from the first meal



# Manners and Etiquette

Possible manners and etiquette to include:

- Basic table manners
- Serve yourself only what you can eat
- Try a bit of everything
- Pass bowls of food
- Say please and thank you
- Use inside voices



**What other manners or etiquette might you add to this list at your camp?**



# Physical Health Opportunities





# Food Labeling

## Benefits:

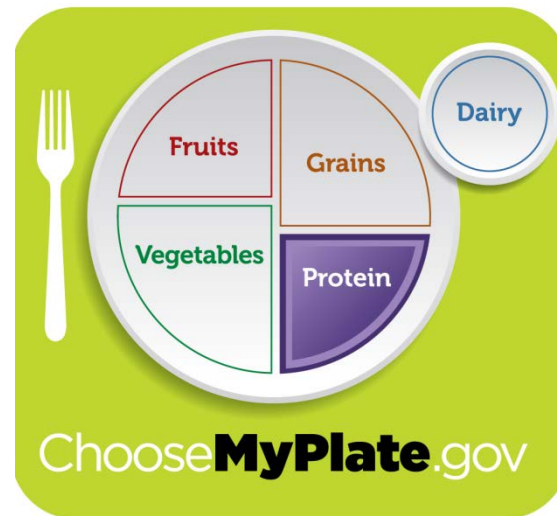
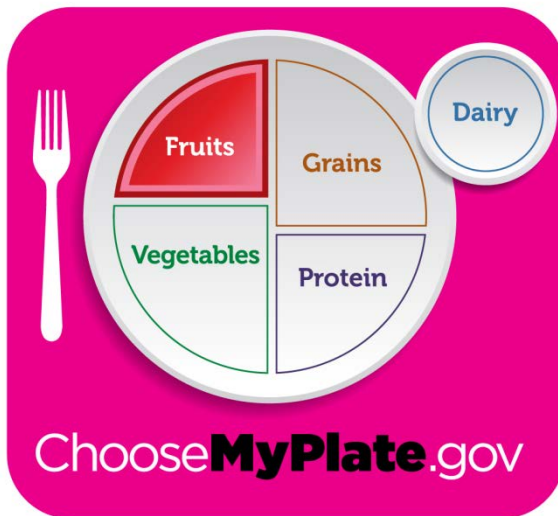
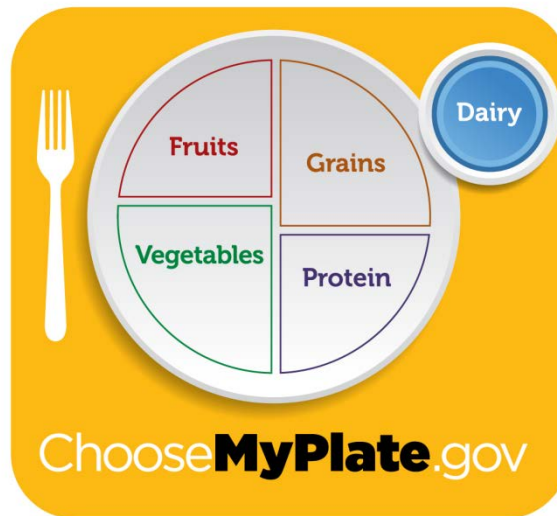
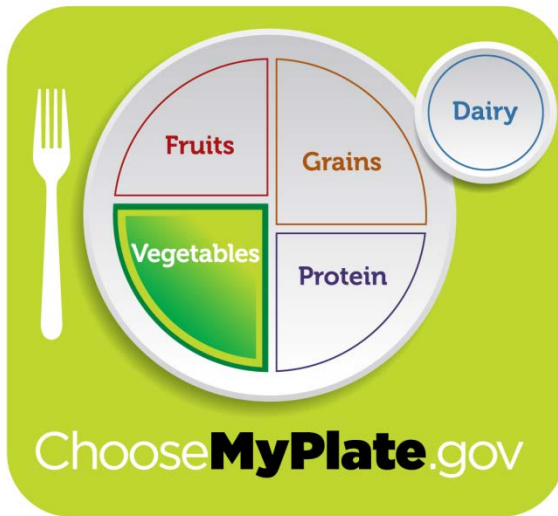
1. Campers learn how to eat healthy
2. Consumption of healthy foods increase

## Ideas:

- Creative labels
- Food groups
- Slow, go, whoa
- Physical activity equivalents
- Calorie counts



# Food Groups



# Slow Go Whoa

February 13

## Example Menu Using Go Slow Whoa Labels

-  GO Foods
-  SLOW Foods
-  WHOA Foods

-  Chef Salad- Chicken
-  Ranch Dressing
-  Mixed Vegetables
-  Broccoli
-  Peaches
-  Saltine Crackers
-  Milk
-  Chocolate Pie

# Calories and PA Equivalents

250 calories

10% of your  
daily  
recommended  
calories

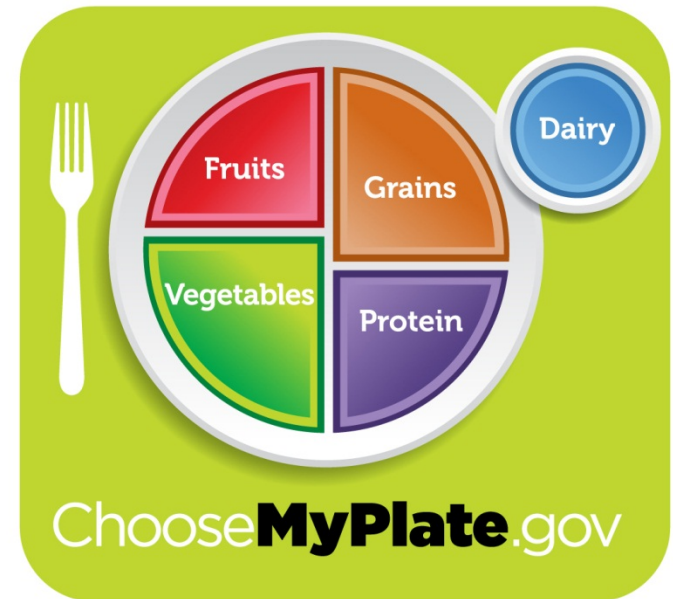
Jog for 50  
minutes to  
burn off the  
calories





# Food Portions

- Educate children about healthy eating and knowing when to stop eating
- Discuss food waste but cancel the "clean plate club"
- Reinforce the twenty-minute rule for second helpings
- Display MyPlate in the dining hall



# Taste Testing

- Children's food preferences play a major role in their food choices and consumption.
- Children who participate in taste tests are more willing to try new vegetables.
- Participants in a taste test study demonstrated significant increases in the variety of vegetables eaten.
- 50 percent of children who began a study disliking a vegetable reported "liking" of "liking a lot" after eight taste exposures.



# Taste Testing

- Choose local fruits and vegetables
- Serve small, bite-sized pieces
- Never taste a junk food with a “healthier version”
- Teach youth food preparation skills
- Provide a forum for youth voice



# Taste Testing

Tehama County 4-H Youth Camp  
Food Taste Test Results  
July 16-20, 2011

Food Item	# of Testers	1 = Excellent	2	3	4	5 = Terrible
Broccoli	52	28	11	8	1	4
Celery	33	10	1	4	1	17
Jicama	51	7	14	10	8	12
Green Beans	25	4	3	4	5	9
Spinach	25	10	4	3	6	2
	186	59	33	29	21	44



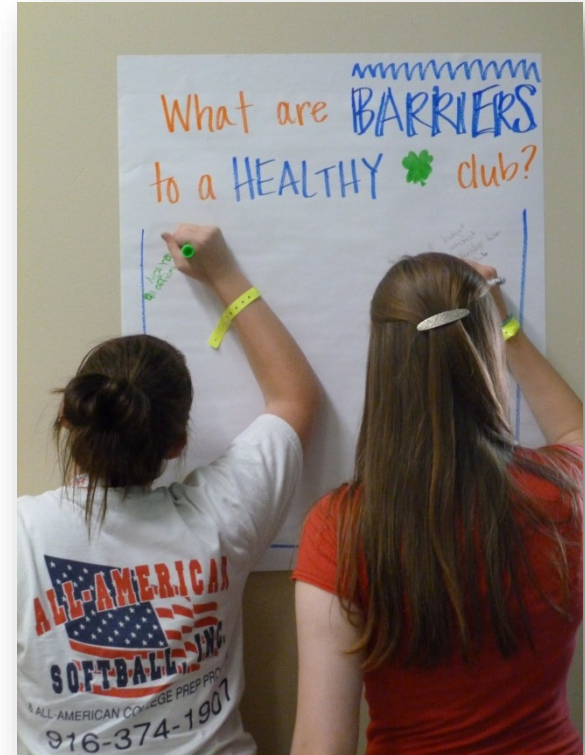
# Healthy Options

Teach children to alter food preferences by offering easy healthy choices.

- Serve only green leaf (or other dark green versus ice berg lettuce).
- Serve whole wheat bread items in place of white (i.e., hamburger buns).
- Serve all sauces, dressings, and gravies on the side.
- Make fresh vegetables and dips available in colorful arrays.
- Offer whole wheat or graham crackers instead of chips.

# Mealtime Challenges

1. Gather in groups of 3-4
2. Read your assigned scenario aloud
3. Answer the following questions:
  - What is the challenge?
  - Have you experienced the challenge before? What happened?
  - How would you address this challenge?
4. Be ready to share with the group!



# More Resources



University of California  
4-H Youth Development Program

ENABLE EDITING SKIP TO CONTENT SITE MAP

About Join Support Programs Project Areas Research News & Calendar Resources Administration

Home  
Project Areas

- 4-H Project Sheets
- 4-H Curricula
- Citizenship
- Healthy Living
  - 4-H Healthy Living Curricula
  - 4-H Healthy Living Activities and Ideas
  - 4-H Healthy Living Workshops and Presentations
  - Additional Opportunities

SHARE EMAIL PRINT

## 4-H Healthy Living Workshops and Presentations

### 2012 California 4-H Camping Conference, Boulder Creek

#### Making Mealtimes Count

Are you making camp mealtimes count? Mealtimes play an important role in developing social skills and healthy habits. In this workshop, participants will discover brand new ways to integrate camp programming into breakfast, lunch and dinner. Participants will also think together to address some of the common challenges in making mealtimes count!

Presentation: Coming Soon  
[Handout: Camp Table Topics](#)  
[Handout: Blank 4-H Taste Test Survey](#)

[www.ca4h.org/projects/healthyliving](http://www.ca4h.org/projects/healthyliving)

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