

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 mealtime?



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:

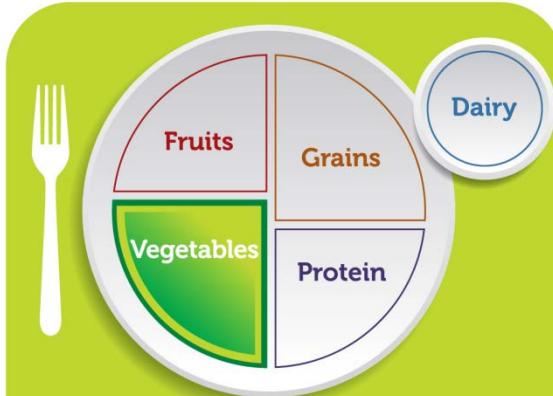
1. Campers learn how to eat healthy
2. Consumption of healthy foods increase

Ideas:

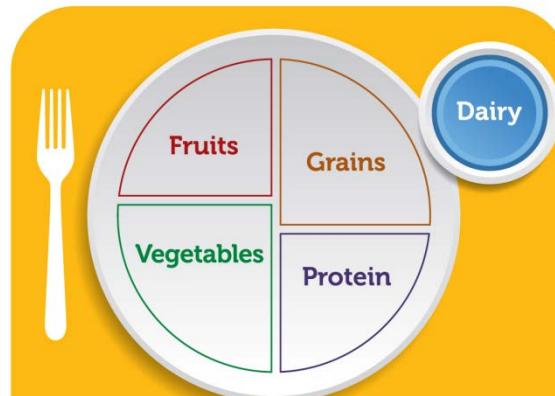
- Creative labels
- Food groups
- Slow, go, whoa
- Physical activity equivalents
- Calorie counts



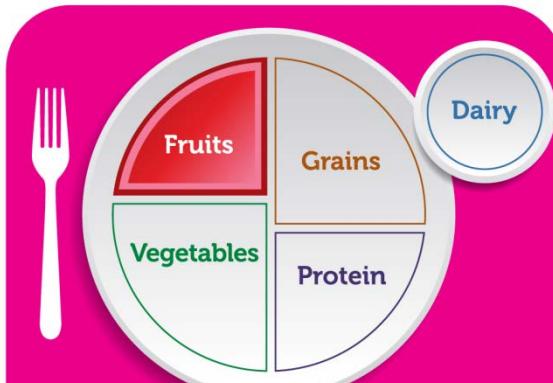
Food Groups



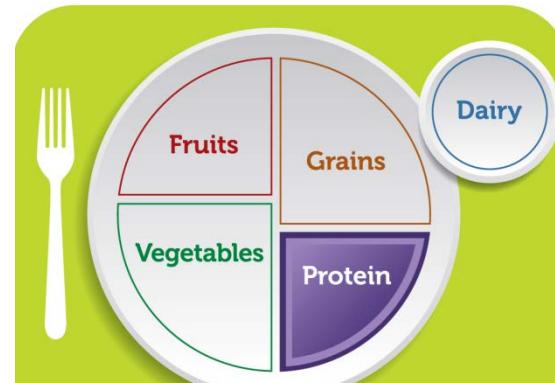
Choose**MyPlate**.gov



Choose**MyPlate**.gov



Choose**MyPlate**.gov



Choose**MyPlate**.gov

Slow Go Whoa

Example Menu Using Go Slow Whoa Labels

- GO Foods
- ▲ SLOW Foods
- ◆ WHOA Foods

February 13

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

Calories and PA Equivalents

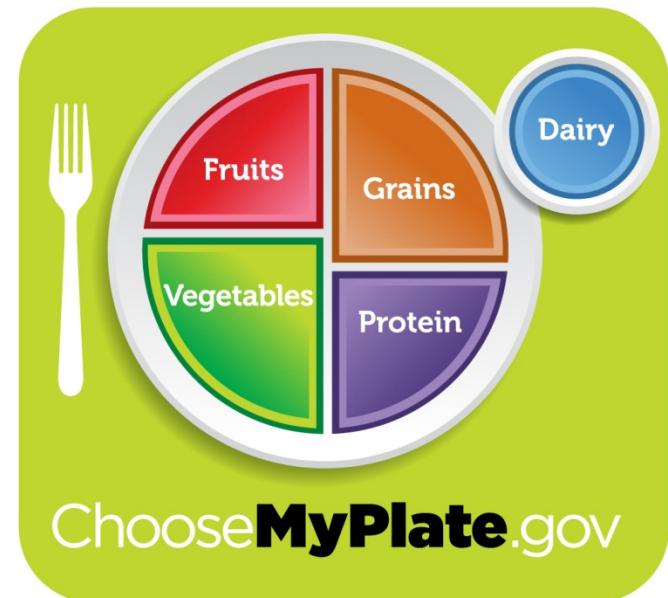
250 calories

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.

Mealtimes 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

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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

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