

## 4-H YOUTH DEVELOPMENT

All Educational Program Chairmen are expected to work together to integrate their programs of work when possible. This program should address the youth of Kentucky and KEHA's bond with them. The chairmen should consider the following when planning the program of work:

- Provide a link between KEHA and Cooperative Extension Service (CES) 4-H Youth Development Program and attend Kentucky 4-H Council meetings and events. (Usually held in January, 2<sup>nd</sup> week in June, and July);
- Become knowledgeable and encourage participation in state 4-H programs such as:
  - Character Counts
  - Talking with T.J.
  - Be All You Can Be
  - Jump Into Food and Fitness
  - Health Rocks
- Encourage members to serve as volunteer 4-H leaders;
- Encourage member to be involved with 4-H events as judges, sponsors, or coordinators;
- Promote youth membership in KEHA; and,
- Encourage all Homemakers to be involved in youth activities such as; Project Graduation, family nights, violence prevention, teenage pregnancy prevention, mentoring, tutoring, drug & alcohol prevention.

Note: Specific Program of Work on following page.

# Kentucky Extension Homemakers Association

## 4-H Youth Development

### 2008 – 2011 PROGRAM OF WORK

**Situation:** Kentucky ranks #1 in non-movement in the country, thus leading to a more obese population. This is greatly affected by the fact that physical activity classes are being removed from schools and the lack of physical movement in youth due to television and video games. There is a need to mentor children on making positive and wise personal choices in life.

**Focus:** To encourage youth to make positive lifestyle choices in the areas of food & nutrition, physical activity and personal decision making.

### 2008 - 2009

**Goals:**

1. To pass on the importance of breakfast and the skills needed to prepare a nutritious meal to youth through hands-on learning opportunities.
2. To educate youth on proper table manners and settings and that manners are a way of being thoughtful and considerate of others.

*Depending on the interests of your club members, choose Objective 1 or Objective 2.*

**Objective 1:** Encourage Homemaker Club members to educate youth on the following:

- Learn that they can eat any nutritious food for breakfast.
- Learn that eating breakfast will give their day a bright start.

Youth will learn and develop the following skills:

- Making Healthy Lifestyle Choices
- Developing Strategies
- Working with Groups

**Suggested lesson:** Use the fact sheet, “Breakfast Makes a Difference” (NEP-214) to educate KEHA members about the importance of breakfast. KEHA leaders will also use the lesson plan “Kangaroo Jump 5: Power Up the Day”, the nutrition section (pages 89 – 100), from the *Jump Into Foods & Fitness* curriculum for youth education activities. This lesson is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman. This lesson includes:

- The nutrition background basics of “breakfast”
- The warm up activity, “Stand Up for Breakfast”, to help youth identify the benefits of eating breakfast.
- The main activity, “Fast Breaks to B.R.E.A.K.F.A.S.T”, to teach youth foods they can eat for breakfast.
- The food safety activity, “Breakfast Bloopers” to teach safe food handling practices.
- The snack activity, “Graham Cracker Scram”, for hands-on food preparation. The newsletter (JIFF Family Newsletter, pages 98 & 99) to be sent home and shared with family members.

**Additional Activity Suggestions:**

Work with your county Extension agent for 4-H Youth Development to find out which 4-H members are interested in learning one of these culinary and/or food safety skills and match them up in small groups with Homemaker members who have these skills.

**Objective 2:** Teach mealtime manners and proper table setting placement.

**Suggested lessons:** The factsheet titled “Mealtime Manners” (4JN-04SO) provides a basic overview of manners for use during mealtime and will serve as the primary lesson handout. This lesson plan can then be used to educate youth about manners at mealtime. This publication is available from your 4-H Youth Development or FCS Agent or county Homemaker 4-H Youth Development chairman. This lesson includes:

Youth will learn and develop the following skills:

- Basic Mealtime Manners – what is appropriate when.
- How to properly set the table for different settings.
- How to properly use a knife, fork and spoon.
- What to do when you are finished eating.

**Activity Suggestions:**

1. Discuss with youth the importance of table manners. This could be done in a large or small group open discussion. Use the information in the text box on page two of the publication for ideas on what youth can do to be ready to eat.
2. Teach youth the table settings as describe in the publication. Make sure that several sets of tableware are available so that youth can practice setting their own place setting.
3. Teach youth how to properly use the knife, fork and spoon when eating and what to do with these utensils when the meal is completed.
4. Using the text box on the last page of the publication, talk with youth about how to have mealtime manners. This will help them to feel sure of themselves whether eating at home, in a restaurant or at a friend’s house.

**Additional Activity Suggestions:**

1. Have a potluck supper for youth and their families so that they can demonstrate what they learned about proper table manners.

**Special Suggested Activity:** Camp Courageous (see attachment)

**Contest:** “Share Our Love of Culinary Skills”

Set up a culinary event for youth where they can participate in hands-on activities with Homemakers. Be sure to work with the 4-H Agent to publicize this among 4-H’ers. This is a great way to showcase the talents of Homemakers and promote these skills. Entries due March 1, 2009. See form for more details.

## 2009 - 2010

**Goal:** To educate youth on the importance of physical activity in their daily lives.

*Depending on the interests of your club members, choose Objective 1 or Objective 2.*

**Objective 1:** Encourage Homemaker Club members to educate youth on the following:

- Learn that beginning their day with physical activity will give their day a bright start.

Youth will learn and develop the following skills:

- Making Healthy Lifestyle Choices
- Developing Strategies
- Working with Groups

**Suggested lesson:** Use the lesson plan “Kangaroo Jump 5: Power Up the Day”, the fitness section (pages 85 – 88) from the *Jump Into Foods & Fitness* curriculum. This lesson is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman. This lesson includes:

- Fitness background basics.
- The warm up activity, “Fitness Speedway”, to engage youth.
- The main activity, “Circle Keep Away”, to encourages cooperation and elevates their heart rate.
- The cool down activity, “Walk Outside”, to settle youth down after movement activity and to consider walking as an exercise option.
- The newsletter (JIFF Family Newsletter, pages 98 & 99) to be sent home and shared with family members.

**Objective 2:** Encourage Homemaker Club members to educate youth on the following:

- Become aware that they can make decisions to be healthy through activity choices.

Youth will learn and develop the following skills:

- Being creative
- Cooperation
- Preventing Diseases
- Choosing a Healthy Lifestyle
- Comparing Alternatives
- Relaxing

**Suggested lesson:** Use the lesson plan “Kangaroo Jump 7: “Choices for Good Health”, the fitness section (pages 115 - 118) from the *Jump Into Foods & Fitness* curriculum. This lesson is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman. This lesson includes:

- Fitness background basics.
- The warm up activity, “Cone Crazy”, to elevate youth’s heart rate and to demonstrate locomotor movements.
- The main activity, “Design a Game”, to educate youth that they have the option to choose to be active and to make up their own activities.

- The cool down activity, “Visualize Your Best”, to settle youth down after movement activity, increase their visualization skill, lower their heart rates and relax.
- The newsletter (JIFF Family Newsletter, pages 128 & 129) to be sent home and shared with family members.

**Special Suggested Activity:** Camp Courageous (see attachment)

**Contest:** “Share Our Love of Culinary Skills”

Set up a culinary event for youth where they can participate in hands-on activities with Homemakers. Be sure to work with the 4-H Agent to publicize this among 4-H’ers. This is a great way to showcase the talents of Homemakers and promote these skills. Entries due March 1, 2010. See form for more details.

## 2010 - 2011

**Goal:** To strengthen the decision-making skills in pre-teens.

*Depending on the interests of your club members, choose Objective 1 or Objective 2.*

**Objective 1:** Encourage Homemaker Club Members to educate youth on the following:

- Learn the processes and skills needed to become wise decision makers and to practice those skills.
- Understand and apply the life skills of communication and self-responsibility in making wise personal decisions, especially when faced with the temptations of tobacco, drugs and alcohol.
- Examine potential consequences of actions and figure out whether the consequence might happen.

Youth will learn and develop the following skills:

- Develop and strengthen decision-making skills.
- Communication – including listening and giving feedback.
- Self-Responsibility
- Examine consequences and their probabilities of occurrence.
- Understand the concept of accountability in decision-making.

**Suggested Lesson:** Use the lesson plan “True Consequences”, Chapter 4, Activity 2 (pages 59 – 61) from the Health Rocks! curriculum. This lesson is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman. This lesson includes:

- The five elements of the decision-making process:
  1. Review and assess options.
  2. Understand how your actions cause things to happen.
  3. Collect good information and assess probabilities that consequences will happen.
  4. Bring emotion, facts and information together and weigh all considerations.
  5. Assess your ability to control the situation and your reactions.

- Steps (directions) to lead youth through role play activity.
- True Consequences Role Play cards.
- Guiding questions to assist group in processing what they learned from the activity.

**Objective 2:** Encourage Homemaker Club Members to educate youth on the following:

- Learn the processes and skills needed to become wise decision makers and to practice those skills.
- Understand and apply the life skills of communication and self-responsibility in making wise personal decisions, especially when faced with the temptations of tobacco, drugs and alcohol.
- Look at facts and fables and decide which traits each have, then assess whether it makes sense to base decisions on facts or stories.

Youth will learn and develop the following skills:

- Learning to Learn – acquiring, evaluating and using information that is learned and understanding its meaning.
- Using information learned in new situations to solve problems.
- Understand the difference between facts and stories and be able to use those facts as part of the decision-making process.

**Suggested Lesson:** Use the lesson plan “Fact or Fable?”, Chapter 4, Activity 3 (pages 62 - 66) from the Health Rocks! curriculum. This lesson is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman. This lesson includes:

- Steps (directions) to lead youth through role play activity.
- Fact or Fable Game Cards.
- Fact or Fable Leader Answer Sheet.
- Guiding questions to assist group in processing what they learned from the activity.

**Special Suggested Activity:** Camp Courageous (see attachment)

**Contest:** “Share Our Love of Culinary Skills”

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