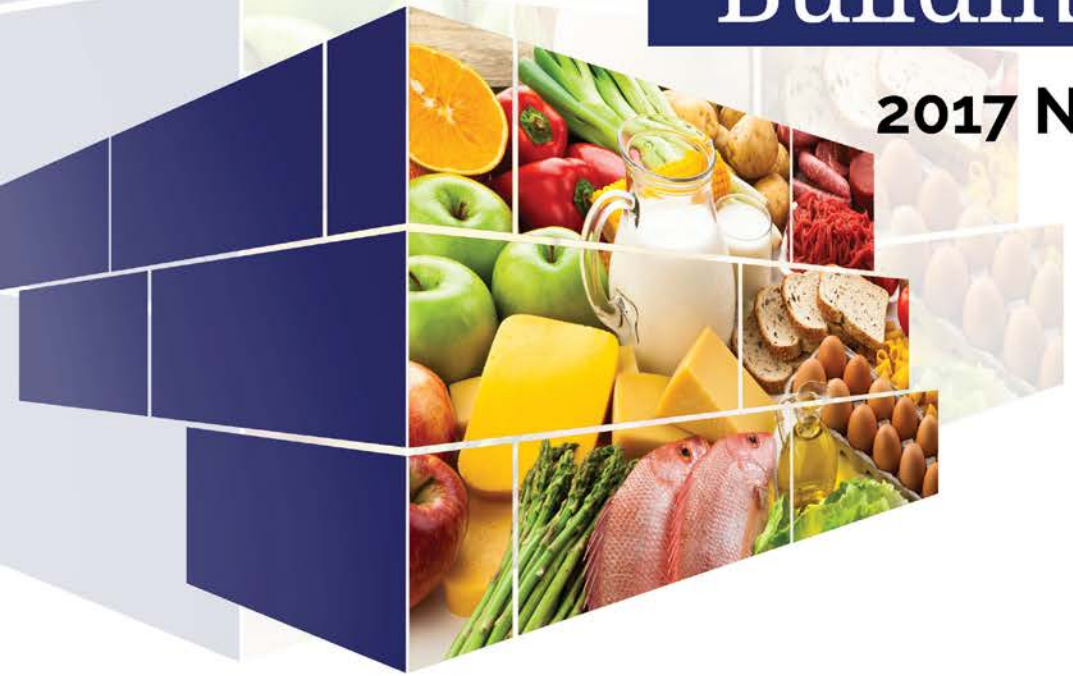
EFNEP

Building for the Future

2017 National Coordinators' Conference



Educational Approaches on a Budget

Stuffed & Loaded!

Objectives of lesson:

- Understand the basic functions of fat in the body
- Identify techniques for reducing fat intake
- Make low fat foods choices based on MyPlate

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Materials needed:

- Bake potato replica, (if you don't have the replica use a panty hose filled of fiberfill, wrap it in foil paper)
- 2 Shave cream bottles, (label one for sour cream, the other for yogurt)
- Colored shredded copy paper (red for tomato, green for cilantro or onions, yellow for cheese, and brown for bacon

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Getup & Roll

Objective: Activity objective: To identify healthy snacks vs. unhealthy and increase Physical(PA)

Materials needed:

* Bowling ball
* 8 Bowling Ball pins(Purchased at Walmart)
* 4 Healthy Snack images and 4 unhealthy food images(Best if Laminated)
* A pack of Velcro

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Directions:

1. Cut the 8 images approximately 3 inches and laminate
2. Put Velcro on the back of images and on bowling pins
3. Have all 8 pins spread in a line or configured in triangle
4. Have youth aim to knock down the unhealthy food choice

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MyPlate Jeopady

Objective of activity:

To enhance knowledge of MyPlate through gaming

Materials

- 3 fold display board, tape and scissors
- Multicolor envelopes
- Index cards
- Choose the colors to match the five food groups from My Plate

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Directions

- Split participants in few teams
- Create scoreboard on a whiteboard or on paper
- Display all five topics and begin the game
- Allow the first team to choose a topic and a point value for the question
- Click on this question box and it will take you to the question slide
- Read the question and allow players to raise their hands if they want to answer the question, if someone on a team answers a question correctly, they gain the number of points, if they get it wrong, they lose that number of points
- You can allow players to wager a certain amount of points before answering the final question, this way, it gives teams who are far behind a shot at still earning a large amount of points at the vey end of the game.

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Thank you for your participation!