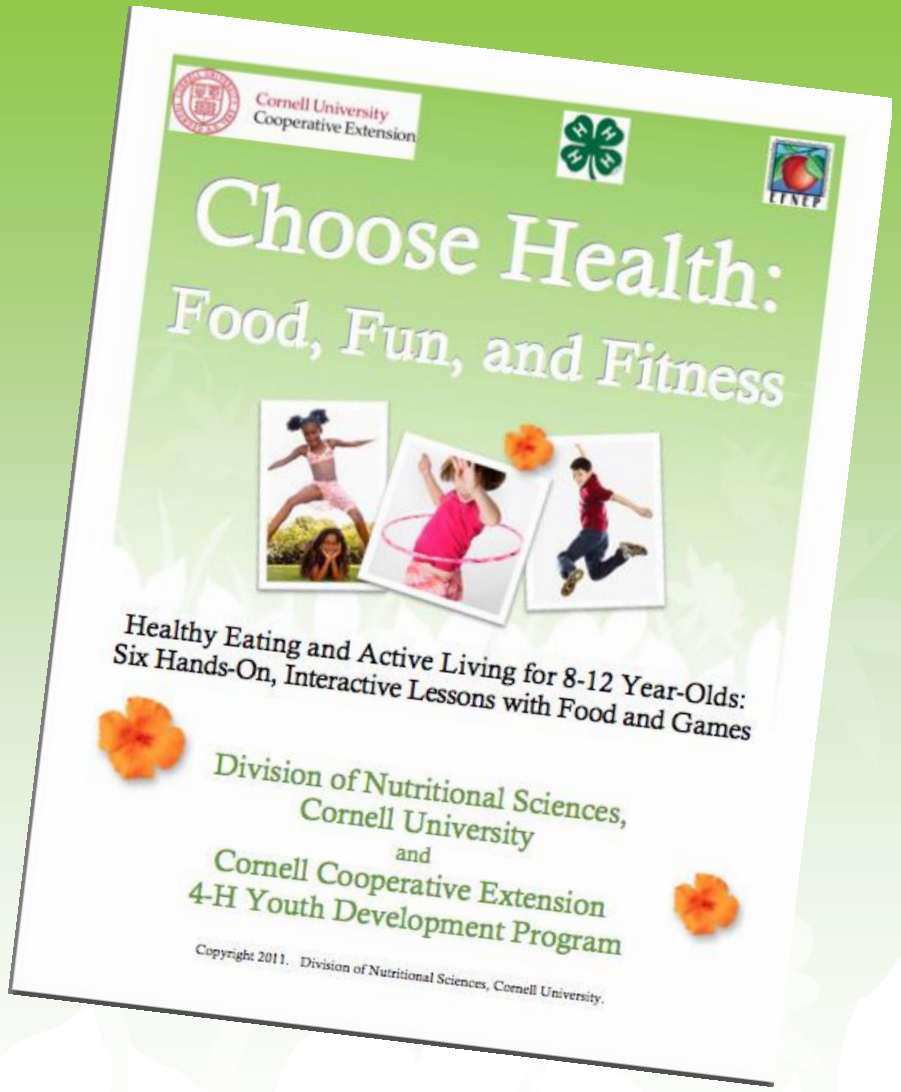
EFNEP

Connecting the Pieces

2016 National Coordinators' Conference

March 14-17, 2016 - Arlington, VA

Choose Health: Food, Fun, and Fitness



Cornell University
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CHFFF Focus: Key Behaviors to Prevent Childhood Obesity

- Drink water and low-fat milk instead of sweetened drinks
- Eat more vegetables and fruits
- Eat more nutrient-rich and high-fiber foods and fewer high-fat and high-sugar foods
- Eat only as much as needed to satisfy hunger
- Play actively 60 minutes a day
- Limit screen-time
- Promote healthy behaviors

CHFFF Lessons

Six Hands-On, Interactive Lessons with Food & Games

1 Drink Low Fat Milk & Water Instead of Sweetened Drinks

2 Color Your Plate! Eat More Vegetables and Fruits

3 Read it Before You Eat It! The Nutrition Facts Label

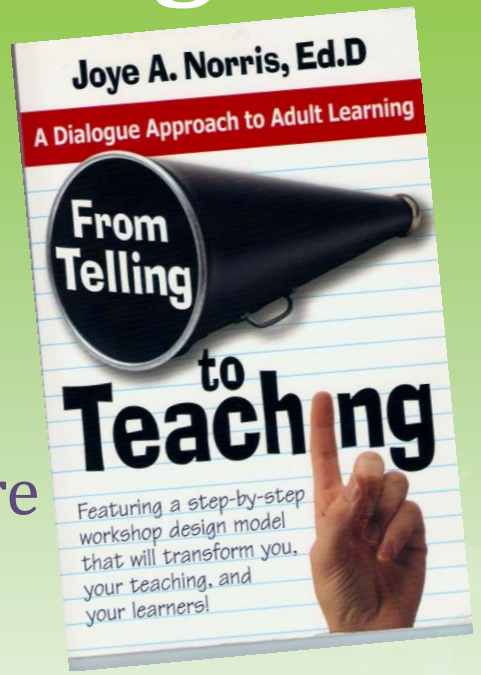
4 Make Half Your Grains Whole! Eat More Whole Grains

5 Healthier Foods – Fast: Eat Fewer High-Fat, High-Sugar Foods

6 Power Up Your Day: Eat Breakfast!

4A Experiential Learning

- Anchor
  - An activity that connects the topic to children's experience or interests
- Add
  - Information the educator needs to share to help children understand the topic
- Apply
  - Doing something with the information offered in the Add
- Away
  - Encouraging children to use the information in a real life setting



Easy to Use!

- Lesson at a Glance
  - Lesson overview
  - Learner outcomes
  - Games and Food Prep list
  - Handouts, Visual Aids & Poster list

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

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EFNEP

Color Your Plate!

Eat More Vegetables and Fruits

Lesson 2 at a Glance

Play Active Opening Games – 10 minutes

Bridge from Lesson 1 – 3 minutes

Anchor – 5 minutes:

- Veggies and fruits of many descriptions

Add – 10 minutes

- Introduce MyPlate and focus on making half of every plate vegetables and fruits
- Eat a variety of vegetables and fruits, especially dark green, red and orange vegetables, and legumes.
- Eat 5 half-cup servings of vegetables + 3 half-cup servings of fruit a day

Apply – 15 minutes

- Groups use food cards to create healthy plates for breakfast, lunch, dinner, and snack, to get 5 vegetable servings and 3 fruit servings for the day.

Away – 5 minutes

- From choices you've seen, choose one way you can add more vegetables and fruit to your day.

Bridge to Lesson 3 – 2 minutes

Play Active Closing Games – 10 minutes

Food Prep – 10-20 minutes

Lesson Details

Time: 70 – 90 minutes

Learners will:

- Understand amounts and types of vegetables and fruits to eat daily
- Practice creating healthy plates they might eat in a day

Opening Active Play Games:
Balloon-a-Pallooza
Fruit and Veggie Toss

Closing Active Play Games:
Under the Cone Scavenger Hunt
Double Tag

Handouts:
2-1 Family Newsletter

Visual Aids:
2-V-1 Veggie and Fruit Descriptors
2-V-2 Station Instructions
Dairy Council Cards, sorted

Posters:
2-1/6-1 MyPlate
2-2 Try More of These!
2-3 Take a Healthy Step Goal-Setting

Food Prep:
Southwestern Black Bean Salad
Low-Fat Ranch Dressing for Salad

- Complete Supply List per lesson
  - Posters, Handouts, Visual Aids
  - Teaching Supplies
  - Cooking Equipment, Ingredients
  - Game Supplies
- All included except:
  - Drink containers
  - Food photo cards
  - Items like measuring spoons, balls, markers

Materials and Supplies to Gather

Handouts	2-1 Station Instructions: Make Every Meal a Healthy Plate!	4 copies (1 per station); laminate for future lessons
	2-2 Family Newsletter: Eat a Rainbow	1 copy per child (back-to-back)
Visual Aids	2-V-1 Veggie and Fruit Descriptors	1 copy; cut into slips to draw from a hat; laminate for future use
	2-V-2 Veggie Category Signs	1 copy; cut apart to post; laminate for future use
	2-V-3 Healthy Plate Parts (on 6 pages)	1 copy; English on one side/Spanish on opposite; laminate, cut apart, store in envelope with lesson
Poster	2-1 A Healthy Plate	
	2-2 Take a Healthy Step!	
Teaching Supplies	❑ Nametags, attendance sheet ❑ Markers, newsprint ❑ For Apply: 1 cup leafy greens, ½ cup each: chopped carrots, garbanzo beans, green peas, and tomato or cucumber. Use real food to use later in Garden Salad, or use food cards. Also 1½ cups fruit using real food or food cards. ❑ Dairy Council Food Model Cards, sorted according to suggested lists on next page: These come as a set of 200 punch-out color photos representing the actual serving size of common foods. Order from a state Dairy Council such as Oregon Dairy Council: www.oregondairycouncil.org/catalog/category/?cat_id=9 Order # 0012NOS ❑ Paper plates: 1 unlabeled plus 4 sets of 4 plates each labeled *Breakfast, Lunch, Dinner, Snack* (Optional: use smaller plate for *Snack*)	
Cooking Equipment	Orange and White Fries ❑ Vegetable Brush ❑ Knives, cutting board(s) ❑ Mixing bowl, measuring spoons ❑ Baking sheet(s) ❑ Oven or toaster oven	Garden Salad with Vinaigrette ❑ Knives, cutting boards ❑ Salad Bowl ❑ Mixing jar with tight lid
Ingredients	Orange and White Fries for 8 ❑ 2 medium white potatoes (12-16 ounces) ❑ 1 large sweet potato (12-16 ounces) ❑ 4 teaspoons vegetable oil	Garden Salad with Vinaigrette for 8 ❑ 6 cups salad greens (romaine, leaf lettuce, spinach, etc.) ❑ ½ cup each: chopped carrots, garbanzo beans, and green peas ❑ 1 tomato or 1/2 a cucumber, sliced ❑ 1 Tbsp red wine vinegar or lemon juice ❑ 4 Tbsp olive or other vegetable oil ❑ Pinch of salt, pepper to taste
Game Supplies	❑ Streamers/ Bandanas ❑ Lively music and music player ❑ Soft toss-able toys and Tagging balls ❑ Boundary markers, furniture, or lines on floor ❑ 10 cones or markers ❑ Under the Cone Activity Cards and Team Sequence Cards (included in lesson and in Appendix; make 1 copy of each, cut apart and laminate)	

- Background
  - Nutrition Information
  - Grounds facilitators in research-based knowledge of topic
  - Provides answers to potential questions

Background: Why eat more vegetables and fruits?

High Nutrient Value

Vegetables and fruits are high in many nutrients, including important vitamins, minerals, fiber, and disease-preventing factors called phyto-nutrients. They are also low in fat and calories.

Prevent Disease

Diets rich in vegetables and fruits lower your risk for heart disease, high blood pressure, stroke, and some types of cancer, and also help with weight maintenance. A healthy weight helps prevent these diseases and diabetes too.

How Much Do We Need?

Federal guidance in the form of MyPyramid recommends 2½ cups of vegetables and 1½ cups of fruit per day for children aged 9-13 (based on typical 1800 calories/day for this age group), and more for adults. This translates to 5 half-cup servings of vegetables and 3 half-cup servings of fruit per day. (See MyPyramid.gov for more detail.)

Most Americans don't eat enough!

Unfortunately, most Americans eat less than half the recommended amount of vegetables and fruit, and less than one in four 6-11 year olds eat even 5 vegetables and fruits a day.

Vary Your Veggies: Eat a Rainbow!

Vegetables can be grouped into 5 nutrient-based categories: dark green (e.g., broccoli, spinach, leafy lettuce), orange (e.g., carrots, squash, sweet potato), legumes (e.g., pinto, kidney – also in the meat/beans food group), starchy (e.g., corn, potatoes, peas), and other (e.g., tomatoes, cucumbers, sweet peppers, etc.). Each group is good for your health in a different way, so it's important to eat some from each group every week.

Fill half your plate with vegetables and fruits

An easy way to think about how many vegetables and fruits to eat is to fill half your plate with vegetables and fruit at meals like lunch and dinner, with just a quarter plate each for protein and for grains, plus milk.

Let children try vegetables many times, but don't push

Children may need to taste, be offered, or see others eating vegetables many times before they learn to like them. Pressuring or forcing children to eat vegetables may actually cause them to reject them more. The more variety of vegetables children are offered, the more likely they are to choose one of them.

Focus on Fruits

Fruits are naturally sweet. Although juice is an easy way to get fruit, it lacks fiber and other benefits of whole fruit. So it's best to mostly eat whole fruit or pieces of fruit rather than juice.

Vegetables and fruits don't have to be fresh to be healthy

Frozen, dried and canned fruits and vegetables are all nutritious, often cost less than fresh, and are easier to keep on hand. Drain canned fruit and vegetables well and throw liquid away.

What Counts as a Half-Cup Serving?

The vegetable and fruit food cards used in this lesson are each equivalent to a standard ½ cup serving. Note that for salad or other raw leafy greens, 1 cup is considered a half-cup equivalent, and for dried fruit, ¼ cup is considered a half-cup equivalent. See MyPyramid.gov for more detail.

- Teaching Tips
  - Manage groups
  - Make transitions from one topic to the next
  - Anticipate challenges
  - Keep it safe

Facilitate Well during Lesson 2!

During Active Games:

- ❑ Remind yourself of children's names. Ask them to wear nametags.
- ❑ Explain each game briefly, demonstrate, and then play – even if everyone doesn't yet understand the rules. Then call time out and briefly state the rules again. Spend more time playing than explaining!

Bridge from Lesson 1:

- ❑ Use the goals that children set at the end of Lesson 1 to recap the first lesson and to connect it to Lesson 2.

During the Anchor:

- ❑ Keep it moving! If kids can't think of fruits and vegetables to match the descriptors, suggest some yourself and move on!
- ❑ If kids don't read well yet, read the descriptors yourself and ask kids to name veggies and fruits.

During the Add:

- ❑ Consider using real vegetables as your visual aids as you discuss each of the five categories, choosing vegetables to use in the Garden Salad recipe later. Otherwise, use food cards to demonstrate 5 servings of vegetables and 3 of fruit.
- ❑ Lay your visual aids out in the order you'll use them so they're easy to find at the right moment.

During the Apply:

- ❑ Set up stations ahead of time or have a co-facilitator set them up while you teach the Add so there's no down time between the Add and Apply.
- ❑ If you have a big group, consider asking pairs or trios within each team to each plan one of the 4 meals.
- ❑ Remind children to choose vegetables and fruits for every meal and snack. Circulate among groups so you can help one-on-one.
- ❑ Plan how you'll collect each group's food cards and sort for the next lesson. Consider adding a colored dot for each set to make sorting easier next time and/or tape lists on envelopes.

During the Away:

- ❑ Keep it moving!
- ❑ Briefly re-state the main message of the lesson so it's the last thing kids hear.

Bridge to Lesson 3:

- ❑ Give a very quick preview of the next lesson, tying the topic to the lesson you just taught.

During Food Prep:

- ❑ Have kids wash their hands before you begin.
- ❑ Be ready! Give kids appropriate assignments so they can begin doing something right away.
- ❑ If making Orange and White Fries:
  - ❑ Slice potatoes ahead of time to reduce prep time and also because these can be tricky to slice. (Children should only use knives if it is a small group with adequate supervision and they have been taught knife safety.)
  - ❑ Cut thinly and place in single layer for faster cooking. To reduce cooking time even more and make them easier to slice, microwave sweet potatoes for 5-10 minutes on low to soften before cutting.
  - ❑ Have spices children can select from to add before baking: garlic, onion or chili powder, pepper, paprika, rosemary, oregano, etc.
  - ❑ Remind kids to be safe around the oven as it will be hot.

- The Lesson
  - Visual cues
  - Scripted so nutritional messages are clear
  - What to say
  - What to do

The Lesson

Opening Active Games: 10 minutes

- Play the games "Streamers Galore" and "Fruit and Vegetable Toss" with the children.

Bridge from Lesson 1: 3 minutes

Say,

- Who remembers what we learned about healthy drinks last week?
- What did we call drinks with a lot of sugar? Right! **"Stop Drinks"** because they aren't healthy!
- What were some "Slow Drinks?" Right. **Flavored milk and 100% fruit juices** to just drink in small amounts because although they have lots of nutrients, they also have lots of sugar and calories.
- What are some drinks that are healthy – the drinks we called "Go Drinks?" That's right! We need **low-fat milk and water** every day!
- Who'd like to tell us about a healthy step you took to choose healthier drinks this past week?

- Show Poster 1-3 and read Healthy Step goals children may have chosen from Lesson 1.

Say,

- Last week we made some healthy drinks with fruit. Today we will talk about vegetables and fruits.

Anchor: 5 minutes

- Put cut-up small descriptor slips from Visual Aid 2-V-1 into a hat, bowl, or envelope.
- Ask children to sit on the floor in a circle.

- Goal-Setting Away
  - For behavior change impact
  - Asks kids 'How will you use what you learned today?'
  - Part of Family Newsletter

Away and Goal-Setting: 5 minutes

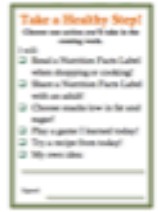
Say,

- Think about how you can use food labels to help you make smarter food choices this week.

- Show Poster 3-2, pass out Handout 3-1 and read choices listed under Take a Healthy Step.

Say,

- Check off one of these ideas or create your own!
- Be sure to take this newsletter home so you can talk to your family about how you can all use Nutrition Facts Labels.



Bridge to Lesson 4: 2 minutes

Say,

- Next time we'll look at labels again – because a Nutrition Facts Label is such a useful tool to compare similar foods.
- Next week, we'll look at different breads, crackers, and cereals so we can learn how to make half our grains whole! If you wonder what that means, you'll find out next time we meet!

Closing Active Games: 10 minutes

Play the games "Elbow Tag" and "Fitness Leaders."

Food Prep: 10-20 minutes

Prepare one of the recipes, Hummus with Veggies and Pita or Apple Cinnamon Wrap and Roll

- Food Prep Recipes
  - Two per lesson:
    - 1 no electric needed
  - Tied to lesson, kid-friendly, affordable
  - Meet standards:
    - Vegetable or fruit
    - Minimal added sugars
    - Non-, low-, or reduced-fat dairy
    - 35% or fewer calories from fat; ≤5 grams fat per serving

Oatmeal Pancakes with Applesauce

Ingredients

¾ cup quick or old fashioned oats
1½ cups fat-free milk
¾ cup enriched all purpose flour
½ cup whole wheat flour
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
2 eggs, beaten
1 Tbsp oil, plus more for cooking
3 cups unsweetened applesauce
Cinnamon

Instructions

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder, and salt into medium bowl, and add.
3. Beat eggs and oil together, and add.
4. Stir only until all ingredients are combined. Mixture will be lumpy.
5. Spread a small amount of oil onto an electric griddle or pan. Heat.
6. Spoon batter onto hot pan.
7. Turn pancakes when tops are covered with bubbles and edges look cooked.
8. Serve with 1 jar unsweetened applesauce and sprinkled cinnamon.

Yield: Serves 12

Source: Cornell Cooperative Extension of Nassau County

Nutrition Facts

Serving Size: 1 pancake and ¼ cup applesauce (125g)
Servings Per Recipe 12

Amount Per Serving	
Calories 140	Calories from Fat 35
	% Daily Value *
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 250mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 15%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

25% calories from fat, using 1 Tbsp oil for cooking.

Veggie Pick-Pockets

Ingredients

12 whole wheat mini pita pockets (4")
1 cucumber, diced
3 carrots, slivered or grated
¼ cup low-fat creamy salad dressing

Instructions

1. Cut each pita in half.
2. Peel and dice cucumber.
3. Grate carrots into slivers
4. Put ½ teaspoon salad dressing in each half pocket
5. Add veggies and serve.

Yield: 12 servings (2 half pitas per person)

Variation: Offer several choices of vegetables and let children choose and fill their own pitas. Or mix salad dressing with prepared veggies and then add to pita halves.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County

Nutrition Facts

Serving Size: 2 pita pocket halves (186g)
Servings Per Recipe 12

Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value *
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
Vitamin A 70%	Vitamin C 4%
Calcium 2%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

14% calories from fat
Nutrition facts using low fat Ranch dressing

Food Preparation & Tasting

- Family Newsletters
  - With each lesson
  - Child's Take a Healthy Step!
  - Tips for families
  - Both recipes from lesson with Nutrition Facts Label
  - Tips for active living

Handout 5-1: Family Newsletter — Choose Health: Food, Fun, and Fitness

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Healthier Foods – Fast!

Take a Healthy Step!

Choose one action you'll take in the coming week.

When I eat out:

- ❑ Choose a smaller size or share!
- ❑ Choose milk or water instead of soda!
- ❑ Choose a lower fat item!
- ❑ Include a vegetable!

I will:

- ❑ Play a game I learned today!
- ❑ Try a recipe we learned today!
- ❑ Your own idea: _____

Signed _____

Eat Healthy Even When You Eat Fast!

We all have times when we need a meal fast, but fast food meals are usually high in calories and fat, large in size, and have few vegetables or whole grains. What can we do instead? Luckily we have lots of choices:

- Choose lower-fat items from the menu (ask for their nutrition information!)
- Choose smaller sizes or share an order
- Include a salad or other vegetable
- Choose water or milk instead of soda
- Make quick, easy meals at home – try these recipes!

Broccoli Black Bean Quesadilla

Ingredients:

1 cup cooked black beans (1/2 can)
½ cup salsa
1 cup grated low-fat cheese (4 ounces)
1 cup cooked broccoli
Cooking spray
4 8-inch whole wheat tortillas

Instructions:

1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ of the bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3-4 minutes or until lightly browned. Flip and cook second half.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Yield: 8 servings (half tortilla each)

Nutrition Facts

- Posters
  - To help children learn by seeing as well as hearing and doing

- Visual Aids
  - Support hands-on learning
  - Laminated for repeated use
  - Images shown in lesson

Apply: “Blubber Burgers”

Apply: Fast Food Menu Choices

Visual Aid 5-Y-2: Menu Card, 1 of 6

Choose Health: Food, Fun, and Fitness

McDonald's (www.mcdonalds.com)

Main Items: Choose One	Fat in teaspoons	Fat in grams	Calories
Regular Hamburger	2	9	250
Big Mac	6	29	540
McChicken Sandwich	3	16	360
Chicken McNuggets (6 piece)	4	18	280
Sides: Choose One			
Medium-Size French Fries	4	19	380
Side Salad with Low-Fat Italian Dressing	1	2	70
Side Salad with Creamy Caesar Dressing	4	19	20
Apple Slices	0	0	
Fruit and Yogurt Parfait w/Granola	1		
McFlurry w/Oreos	3	17	

Visual Aid 5-Y-2: Menu Card, 5 of 6

Choose Health: Food, Fun, and Fitness

Subway (www.subway.com)

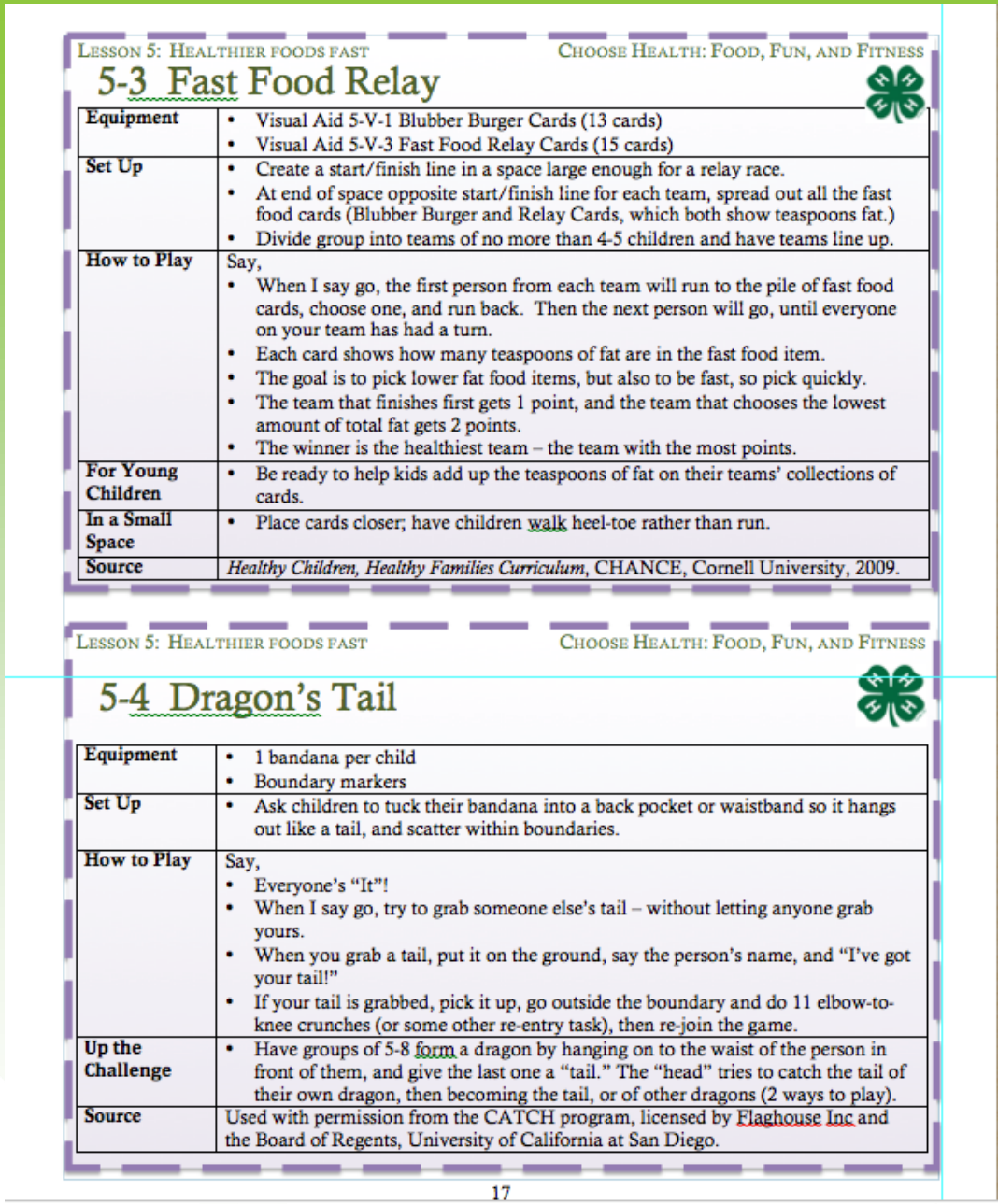
Main Items: Choose One	Fat in teaspoons	Fat in grams	Calories
Meatball Marinara (6"), with cheese	5	23	580
Chicken and Bacon Ranch Melt	6	28	570
Ham Sub (6"), no cheese or dressing	1	4	290
Ham Sub (6"), with cheese and mayonnaise	4	21	460
Sides: Choose One			
Veggie Delite Salad with Fat-Free Italian Dressing	0	2	95
Veggie Delite Salad with Ranch Dressing	7	36	380
Minestrone Soup	0	1	90
Chocolate Chip Cookie	2	10	210
Apple Slices	0	0	35

- Scanned Food Package Labels
  - Packaged food items relevant to 3 lessons
  - Lesson 3 - fat, sugar label reading
  - Lesson 4 - whole grains
  - Lesson 6 - breakfast

Apply: Healthy Meals

- Dairy Council Food Model Cards

- Active Games
  - 2 Opening Games
  - 2 Closing Games
  - Intentionally active
  - Tied to lesson
  - Variations to add activity, challenge, or interest



5-3 Fast Food Relay

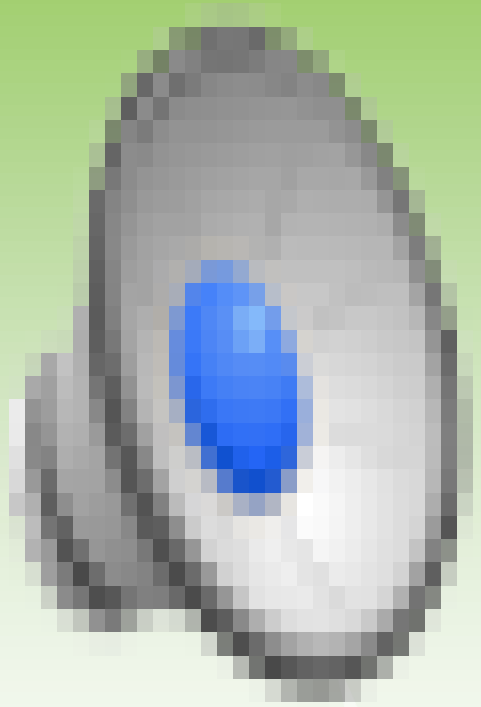
Equipment	• Visual Aid 5-V-1 Blubber Burger Cards (13 cards) • Visual Aid 5-V-3 Fast Food Relay Cards (15 cards)
Set Up	• Create a start/finish line in a space large enough for a relay race. • At end of space opposite start/finish line for each team, spread out all the fast food cards (Blubber Burger and Relay Cards, which both show teaspoons fat.) • Divide group into teams of no more than 4-5 children and have teams line up.
How to Play	Say, • When I say go, the first person from each team will run to the pile of fast food cards, choose one, and run back. Then the next person will go, until everyone on your team has had a turn. • Each card shows how many teaspoons of fat are in the fast food item. • The goal is to pick lower fat food items, but also to be fast, so pick quickly. • The team that finishes first gets 1 point, and the team that chooses the lowest amount of total fat gets 2 points. • The winner is the healthiest team – the team with the most points.
For Young Children	• Be ready to help kids add up the teaspoons of fat on their teams' collections of cards.
In a Small Space	• Place cards closer; have children walk heel-toe rather than run.
Source	*Healthy Children, Healthy Families Curriculum*, CHANCE, Cornell University, 2009.

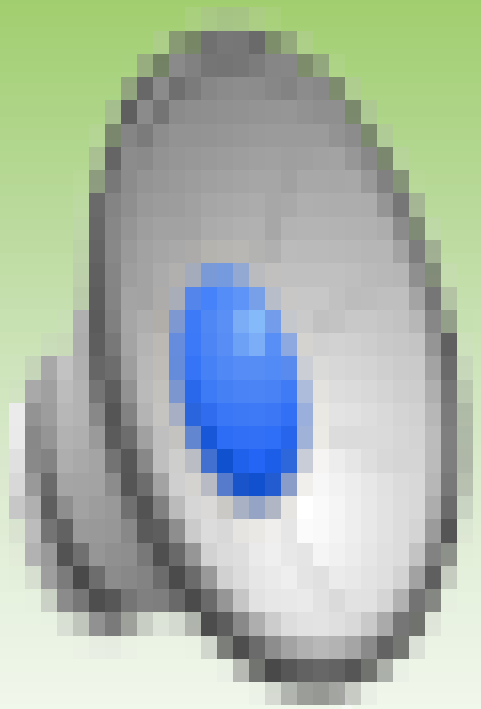
5-4 Dragon's Tail

Equipment	• 1 bandana per child • Boundary markers
Set Up	• Ask children to tuck their bandana into a back pocket or waistband so it hangs out like a tail, and scatter within boundaries.
How to Play	Say, • Everyone's "It"! • When I say go, try to grab someone else's tail – without letting anyone grab yours. • When you grab a tail, put it on the ground, say the person's name, and "I've got your tail!" • If your tail is grabbed, pick it up, go outside the boundary and do 11 elbow-to-knee crunches (or some other re-entry task), then re-join the game.
Up the Challenge	• Have groups of 5-8 form a dragon by hanging on to the waist of the person in front of them, and give the last one a "tail." The "head" tries to catch the tail of their own dragon, then becoming the tail, or of other dragons (2 ways to play).
Source	Used with permission from the CATCH program, licensed by Flaghouse Inc and the Board of Regents, University of California at San Diego.

CHFFF Active Game Video Clips

- For many games – to help learn them
- On our website FNEC.Cornell.edu





Resources to Support *CHFFF*

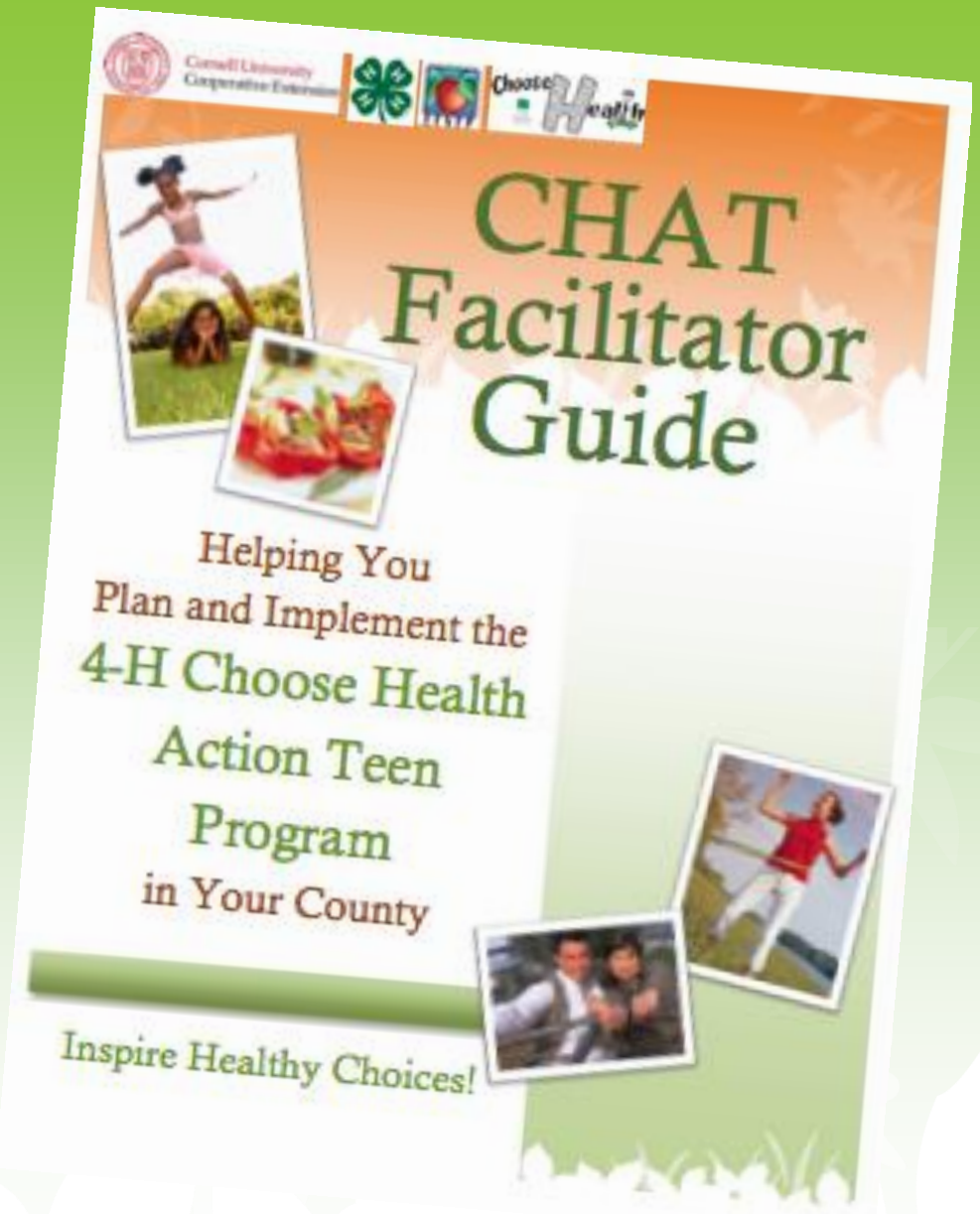
- Grab 'N' Go Teaching kits
  - What needed for each lesson
  - Printed items supplied, other items to gather
- On our website (FNEC.Cornell.edu):
  - CHFFF Training Guide, handouts
  - How CHFFF meets educational standards
  - Spanish newsletters
  - Recipe cost estimates (per participant, etc.)

Sites for Teaching CHFFF

- After School Programs
- School Enrichment
- Summer Recreation
- Summer Camps
- 4-H Clubs
- Special Programs
- Libraries

CHAT:

Choose Health Action Teens



CHAT: Successes in the Field

CHFFF Successes

- Try new healthy foods
- Read nutrition labels
- Make recipes at home

CHFFF Practice-Based Evidence

- National EFNEP pre-post survey, FY2014
  - 2751 3rd-5th graders (half 3rd graders)
  - 317 in-school and 342 out of school groups
- CHFFF-specific added questions
  - Summer 2014: 686 3rd-5th graders, mostly summer programming
  - Feb-Sept 2015: 954 3rd-5th graders, 18 in-school and 58 out of school groups
- In-depth evaluation - underway

CHFFF Results – EFNEP Survey FY14

- 18% increase in how often eat vegetables
- 12% increase how often eat fruit
- 19% increase in choosing healthy snacks
- 12% increase in doing physical activity
- 17% increase in willingness to ask their family to buy non-fat or 1% milk

  - All $p < 0.0001$, paired t-test

CHFFF Results – Summer 2014

- 19% decrease in how often sweetened drinks
- 21% increase in how often drink water
- 33% increase in reading Nutrition Facts Labels
- 29% increase in talking to family about healthy eating
- 18% increase in asking family to buy a new vegetable or fruit
- 19% increase in trying a new food

CHFFF Results – Feb-Sept 2015

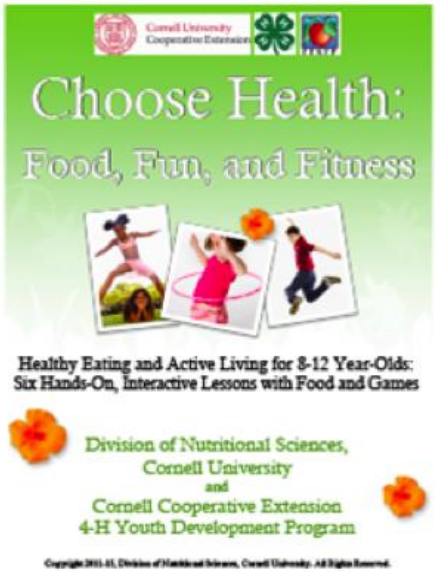
- 20% decrease in how often drink soda or pop
- 19% decrease in how often drink fruit-flavored drinks and sweetened iced teas
- 21% increase in how often eat vegetables at lunch
- 14% increase in how often eat fruit at lunch
- 12% increase in reading Nutrition Facts Labels

Product Categories

- Pins
- Apparel
- Club Supplies
- Curriculum
- Dollar Store
- 4-H Small Business
- Office & School
- Recognition Items
- New Items
- Clearance & Outlet
- Educational Kits
- Best Sellers

Home

Choose Health: Food, Fun, and Fitness



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Pre-Order Now! The curriculum will be available to ship in late February - early March 2016.

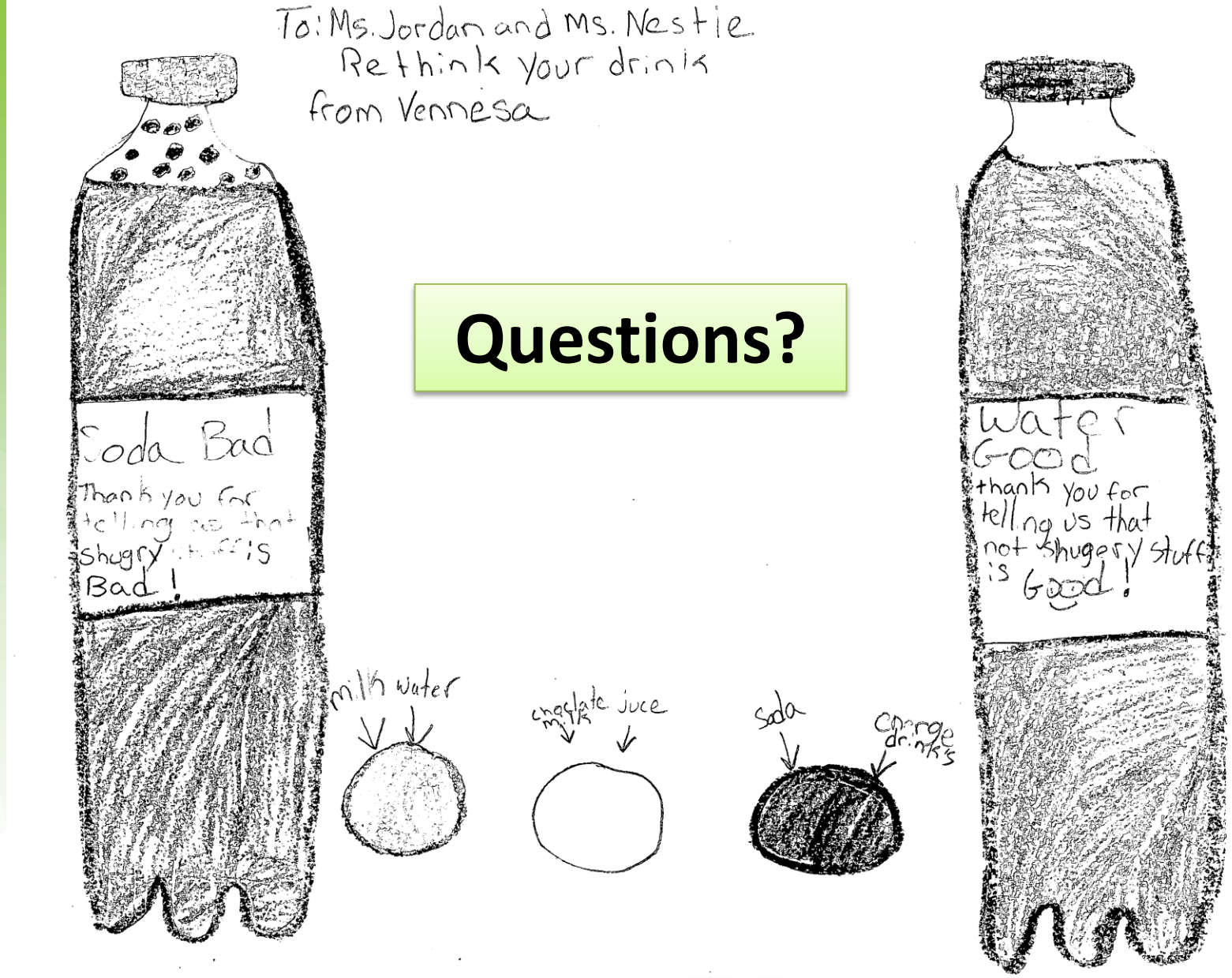
Choose Health: Food, Fun, and Fitness (CHFFF) is an award-winning, research-based nutrition and fitness curriculum composed of six hands-on lessons for 8-12-year-olds (3rd-6th graders). Developed by Cornell University's Division of Nutritional Sciences in collaboration with Cornell Cooperative Extension's 4-H Youth Development Program, CHFFF uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes each day. CHFFF is aimed at a suggested group size of 10-12 children.

Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter. Posters, visual aids, scanned food packages, game pieces and instruction cards, and other teaching materials are all included. Save hours of prep time and buy this ready-to-use kit! CHFFF supports the Dietary Guidelines for Americans and USDA's MyPlate, and uses a dialogue approach for more effective retention and application of

Newsletter

Sign up for our weekly newsletter and stay up-to-date with the latest offers, and newest products.

Email Address


To: Ms. Jordan and Ms. Nestie
Rethink your drinks
from Vennesa
Soda Bad
Thank you for
telling us that
shugry stuff is
Bad!
milk
water
chocolate milk
juce
soda
energe drinks
Water
Good
thank you for
telling us that
not shugery stuff
is Good!

Questions?