



# Fun with Food & Fitness

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# Agenda

- WeCook Ice-Breaker
- Youth Today Need...
- What is WeCook?
- Partnerships
- Assessment Tools
- Noteworthy Findings
- Resources



# WeCook Ice-Breaker

- In a small group or at your table, think of a food that starts with the same letter as your first name
- When it is your turn, say your food name
  - "I'm Tangerine Tara"
- The whole group then greets that person
  - "Hi, Tangerine Tara"

# Youth Today Need...

- Split into groups of 4-5
- Each group needs...
  - 1 marker
  - 1 piece of flipchart paper
  - 1 person willing to write
  - 1 person willing to present to the whole group
- Once ready, further instructions will be given

# Youth Today Need...

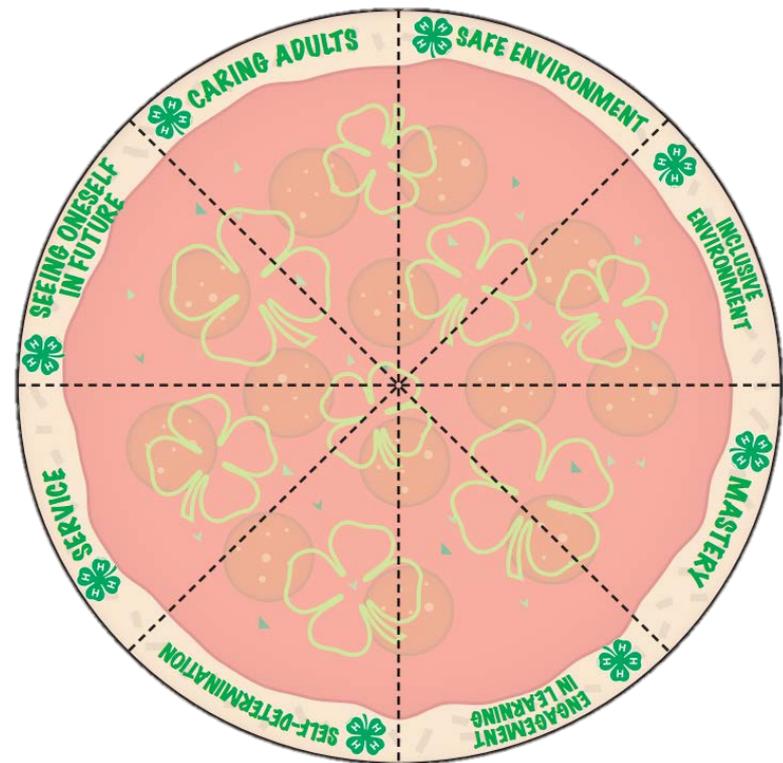
- As a group, BRAINSTORM what youth today need
  - Anything that comes to mind
  - Not just food and fitness related
- 5-10 MINUTES

# Youth Today Need...

- As a group, PRESENT all your ideas
- Pick one or two things
  - How might these things be addressed by a hands-on learning program like WeCook?

# Addressing Youth Needs

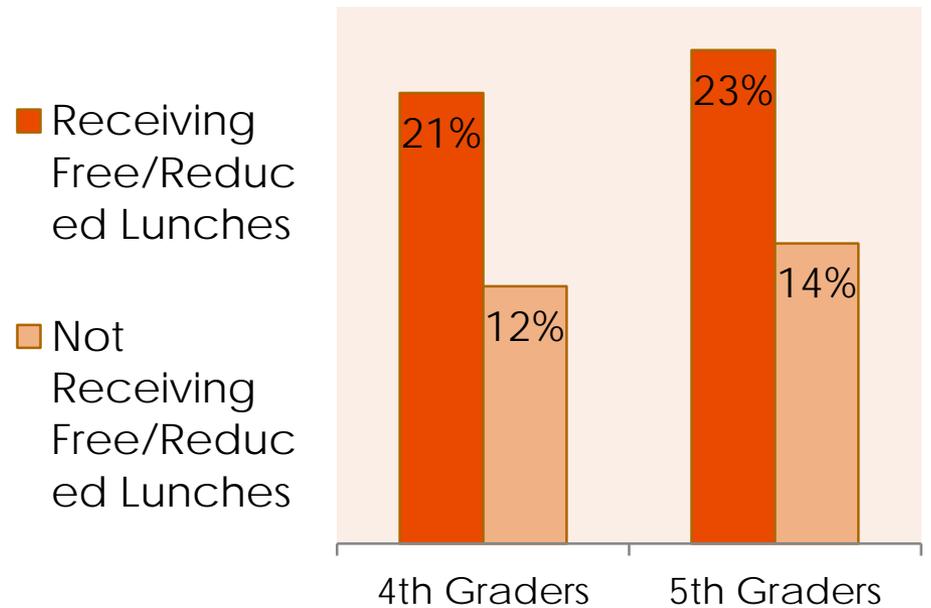
- Eight Essential Elements
  - Caring Adults
  - Inclusive Environment
  - Engagement in Learning
  - Mastery
  - Seeing Oneself in Future
  - Self-Determination
  - Service



# Addressing Community Needs

- Approximately **1/3** of elementary youth are **overweight or obese**
- Overweight/obesity rates are higher among youth from **low-income families**
- The percentage of youth living in **poverty has doubled** since 2008 and is the highest among all age groups

## Obesity Rates Among LPS 4<sup>th</sup> & 5<sup>th</sup> Grade Youth



[1] Lincoln Vital Signs 2014. Available at: <http://lincolnvitalsigns.org/reports.php>

[2] Lincoln Public Schools. Available at: <http://www.lps.org/post/detail.cfm?id=8398>



## What is WeCook?

- **12-week** interactive learning program
  - Target Audience: **4<sup>th</sup> & 5<sup>th</sup> graders and their families**
    - 15 youth enrolled at each site per semester
  - Program Layout: **Two after school contact hours each week**
    - One hour dedicated to preparing healthy snacks
    - One hour dedicated to fun activities/interactive games promoting nutrition

# What a lesson looks like...

## 1 cooking day each week

- 50 minutes
- 3 groups of 5
- 1-2 adults per group
- 3 separate recipes

Recipes are set to a theme

- Ex: Fuel Up with Breakfast
  - Morning Sunflower
  - Breakfast Pizza
  - Tropical Breakfast Parfait

## 1 activity day each week

- 50 minutes
- 15 youth:2 adults
- Combination of 3 activities

Activities match the theme

- Ex: Re-Think Your Drink
  - Fun, high-energy relay
  - Let's give it a try!

# Partnerships make things possible!

## ■ Federal

- USDA/NIFA
- National 4-H
- CYFAR-Children, Youth, and Families at Risk grant

## ■ State

- UNL Extension
- State 4-H

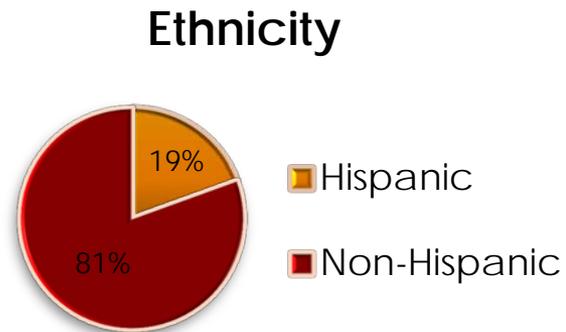
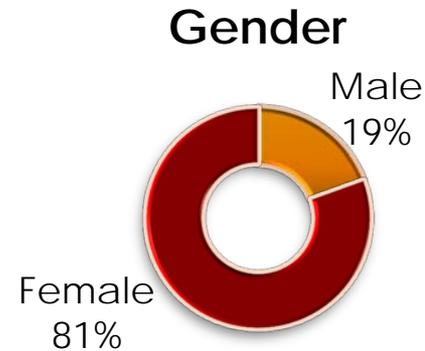
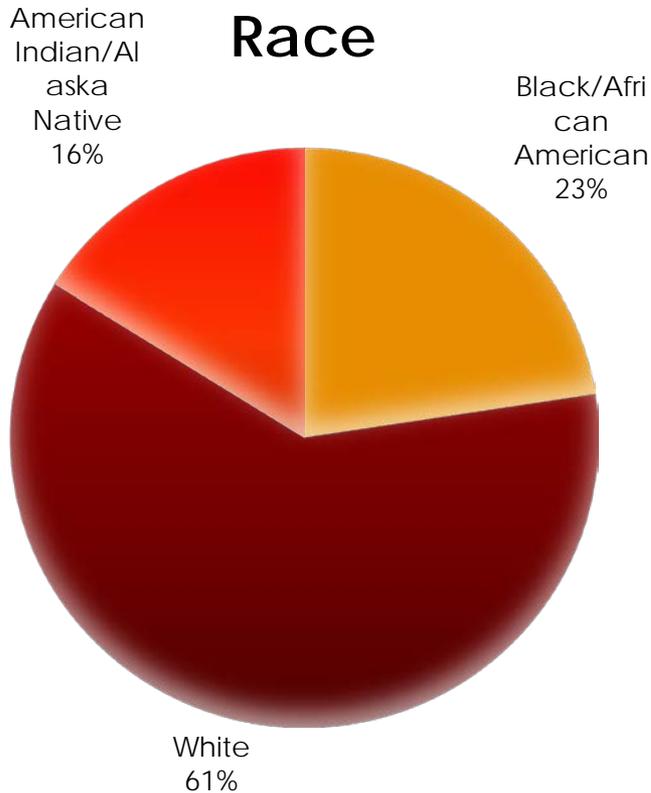
## ■ Local

- Lincoln Community Learning Centers
  - Arnold Elementary
  - West Lincoln Elementary

- Expansion made possible through Partnership for a Healthy Lincoln



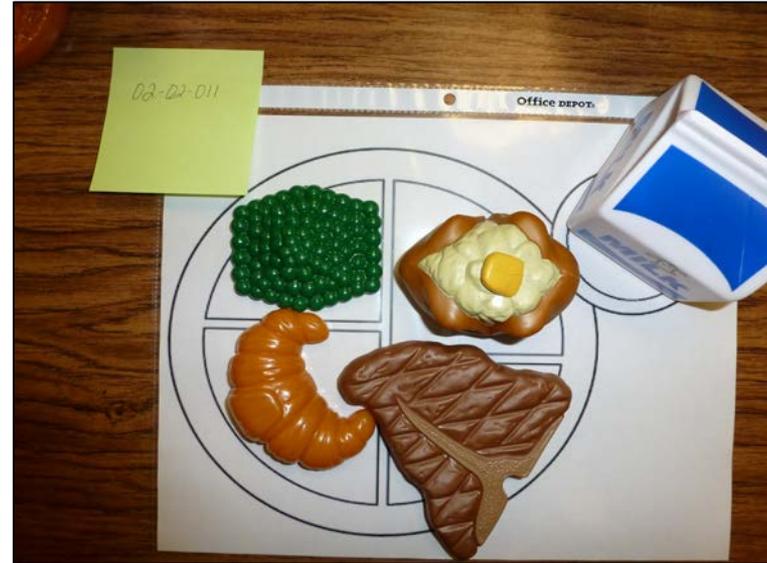
# Who does WeCook serve?



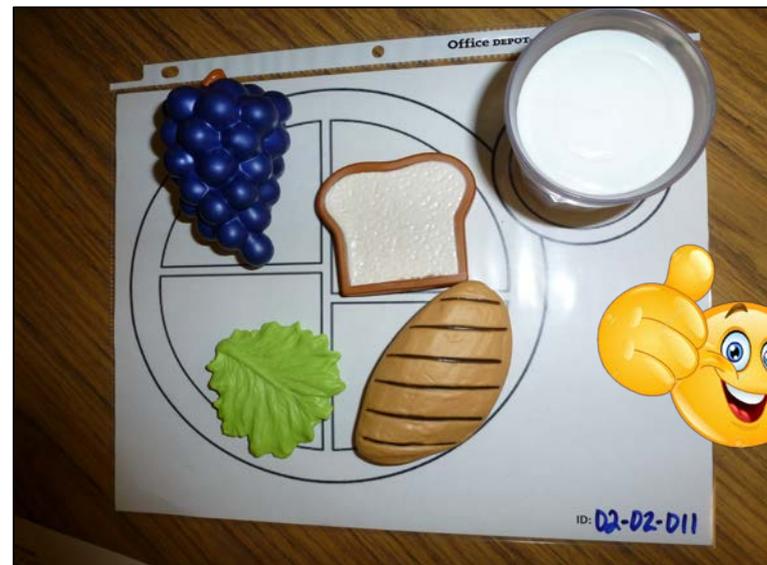
Note: 5 reported two races

# Assessment Tools

- Paper surveys
  - Knowledge & behavior questions
  - Cooking confidence questions
- Height/Weight
- Fitbit® & Fitabase
- Healthy Plate Photos
  - Blank MyPlate template
  - Food models



4:5



5:5

# Noteworthy Findings

## Positive gains...

- Youth feelings toward cooking and confidence in following a recipe
- Healthy Plate Photo scores from pre to post
- Average steps recorded on Fitbit® from pre to post
- Nutrition and physical activity knowledge

## No significant changes...

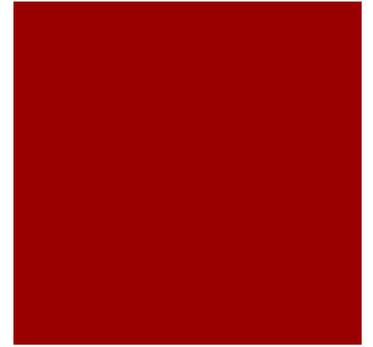
- Confidence in selecting more healthful foods
- Confidence in becoming more physically active/staying physically active

# Resources

- <http://www.nutrition.gov/>
- <https://www.choosemyplate.gov/>
- <http://www.fns.usda.gov/tn/team-nutrition>
- <http://www.letsmove.gov/>
- <http://4h.ucanr.edu/Projects/HealthyLiving/activities/>
- <http://www.afterschoolnetwork.org/nutrition-and-physical-activity-resources>
- <http://www.healthykidshub.org/>
- <https://www.healthiergeneration.org/>
- <http://www.playworks.org/>
- <http://www.niost.org/HOST-Site>
- <http://naaweb.org/>



Questions?





 **we thank you**

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