EFNEP
Connecting the Pieces
2016 National Coordinators’ Conference
March 14-17, 2016 - Arlington, VA
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
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
• 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
• Background
  – Nutrition Information
  – Grounds facilitators in research-based knowledge of topic
  – Provides answers to potential questions
• Teaching Tips
  – Manage groups
  – Make transitions from one topic to the next
  – Anticipate challenges
  – Keep it safe
• **The Lesson**
  – Visual cues
  – Scripted so nutritional messages are clear
  – What to say
  – What to do

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**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
• 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
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
• 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

### McDonald's
(McDonald's)

<table>
<thead>
<tr>
<th>Main Items: Choose One</th>
<th>Fat in teaspoons</th>
<th>Fat in grams</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Hamburger</td>
<td>2</td>
<td>9</td>
<td>250</td>
</tr>
<tr>
<td>Big Mac</td>
<td>6</td>
<td>29</td>
<td>540</td>
</tr>
<tr>
<td>McChicken Sandwich</td>
<td>3</td>
<td>16</td>
<td>360</td>
</tr>
<tr>
<td>Chicken McNuggets (6 piece)</td>
<td>4</td>
<td>18</td>
<td>280</td>
</tr>
</tbody>
</table>

### Subway
(www.subway.com)

<table>
<thead>
<tr>
<th>Main Items: Choose One</th>
<th>Fat in teaspoons</th>
<th>Fat in grams</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meatball Marisara (6&quot;) with cheese</td>
<td>5</td>
<td>23</td>
<td>580</td>
</tr>
<tr>
<td>Chicken and Bacon Ranch Melt</td>
<td>6</td>
<td>28</td>
<td>370</td>
</tr>
<tr>
<td>Ham Sub (6&quot;) no cheese or dressing</td>
<td>6</td>
<td>28</td>
<td>370</td>
</tr>
<tr>
<td>Ham Sub (6&quot;) with cheese and mayonnaise</td>
<td>1</td>
<td>4</td>
<td>290</td>
</tr>
<tr>
<td>Veggie Delite Salad with Fat-Free Italian Dressing</td>
<td>4</td>
<td>21</td>
<td>460</td>
</tr>
<tr>
<td>Veggie Delite Salad with Ranch Dressing</td>
<td>0</td>
<td>2</td>
<td>95</td>
</tr>
<tr>
<td>Minestrone Soup</td>
<td>7</td>
<td>36</td>
<td>380</td>
</tr>
<tr>
<td>Chocolate Chip Cookie</td>
<td>0</td>
<td>1</td>
<td>90</td>
</tr>
</tbody>
</table>

### Side Items: Choose One

<table>
<thead>
<tr>
<th>Fat in teaspoons</th>
<th>Fat in grams</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>10</td>
<td>210</td>
</tr>
<tr>
<td>0</td>
<td>0</td>
<td>35</td>
</tr>
</tbody>
</table>
• 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
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
CHFFFF 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
• CHFFFF-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
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
Choose Health: Food, Fun, and Fitness

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...
To: Ms. Jordan and Ms. Nestle
Rethink your drinks from Venessa.

Soda: Bad

Thank you for telling us that sugary stuff is bad!

Water: Good

Thank you for telling us that not sugary stuff is good.

Options:
- milk
- water
- chocolate juice
- soda
- juice drinks