

iCook 4-H

COOKING, EATING, & PLAYING TOGETHER



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INTRODUCTION

General Overview:

iCook 4-H is a program about cooking, eating, and playing together for 9- and 10-year-old youth and the adult who prepares their meals. It is designed for out-of-school settings with the goal of promoting healthful lifestyles. The 4-H approach to “learn by doing” is at the heart of iCook. It is presented in eight, two-hour sessions. Food preparation, physical activity, family engagement/communication, and goal setting are part of each session, and families are encouraged to continue these activities at home between sessions. Grounded in the Social Cognitive Theory, interactions among youth, adults and leaders provide opportunities for observational learning, reciprocal role modeling, and building self-efficacy.

The program is designed for up to six youth-adult pairs, depending on the available facilities. Having an assistant leader would be helpful, and high school students looking for youth development opportunities could be considered for this role. iCook 4-H has program outcome assessment tools for leaders to use with both youth and adults. Outcome results can help individual leaders measure program effectiveness and can also be collected by administrators for more widespread monitoring of program goals. A fidelity of implementation tool is included to see whether programs are implemented as intended and will also be part of national data collection efforts.

iCook 4-H is a unique program because it was developed through a community-based participatory approach with guidance from researchers, Extension partners, stakeholders, and the target population through multiple implementations and evaluations in five states over a period of four years. The result is an evidence-based curriculum for youth-adult pairs to cook, eat, and play together in group settings and in home environments with the ultimate goal of behavior change for obesity prevention.

We hope you enjoy the iCook 4-H experience.

The iCook 4-H team:

Adrienne White, University of Maine; Kendra Kattelman, South Dakota State University; Lisa Franzen-Castle, University of Nebraska-Lincoln; Sarah Colby, University of Tennessee; and Melissa Olfert, West Virginia University.

A Deeper Look at the iCook 4-H Program:

The general overview above provides insights as to what the program is all about. There are many important facets that have tremendous impact on families and communities. By taking a deeper look at different aspects of the program, session leaders will be equipped to effectively lead groups and achieve the main objectives of the iCook 4-H program of bringing families together and promoting healthy lifestyles through better eating and activity patterns.

Who was this curriculum developed for?

iCook 4-H is a program about cooking, eating, and playing together for 9- and 10-year-old youth and the adult who prepares their meals. Youth-adult pairings provide an opportunity for synergism and translation to the home environment as families cook, eat, and play together. It is recommended that participants be free from food allergies, dietary restrictions (e.g. vegetarian options may not be available), and/or any physical limitations that would prevent being in a food and fitness program. Recipes included in the curriculum incorporate all the food groups from MyPlate. Youth do not need to already be 4-H members to participate.

What are some recommendations for recruitment?

Several methods can be effectively used, such as emails, letters, flyers, phone calls, or face-to-face visits with groups or organizations. Articles may also be written for local newspapers. Places to consider contacting may include the YMCA, Boys and Girls Clubs, local schools and churches, Back Pack programs, 4-H groups, and youth camps. Recruiting from pediatrician offices, babysitting clinics, food banks, pools, parks, and libraries may also be good sources for finding participants. Using a wide range of recruitment methods and drawing from a variety of places allows for diversity.

CURRICULUM STRUCTURE

The 4-H approach to “learn by doing” is at the heart of iCook 4-H. It is presented in eight, two-hour sessions. Food preparation, physical activity, family engagement/communication, and goal setting are part of each session. Families are encouraged to continue these activities at home between sessions. Each session follows the same basic format with some variation depending on the recipe being prepared, which allows youth-adult pairs to feel comfortable and know what to expect. Leaders take participants through the following curriculum structure:

- **Welcome and Introduction:** Review respectful classroom rules and answer questions. Set the Stage: Tell participants session title for the day and what will be covered.
- **Cooking Skills and Recipe for the Day:** Highlight culinary skills that will be learned and used to make the recipe.
- **Physical Activity:** Play a game to encourage youth-adult pairs to decrease sedentary behavior and become more physically active.
- **Family Engagement/Communication:** Discuss how to increase the frequency and quality of family mealtimes and taste test the recipe together.
- **Goal Setting:** Use the SMART-R goals formula to make goals that are Specific, Measurable, Attainable, Relevant, Time-oriented, and Rewarded once the goal has been reached.
- **Take-Home Message and Wrap-Up:** Allow time for participants to share what they have learned. Remind them about the next session and what will be covered. If a private social media channel or account is used, encourage participants to make videos or take pictures of what they learned before the next session.

Getting off to a Great Start

LEADER GUIDE

COOKING, EATING, & PLAYING TOGETHER



SESSION 1

SESSION OVERVIEW*

Session Prep - 60-90min

What You Need to Know and Have on Hand

Getting Started - 10min

Welcome and Introduction
Set the Stage - Respectful Classroom Rules

iCook 4-H Program Overview - 5min

Discuss What Participants Will Learn
Review Session Activities

Pre-Program Survey and Other Documents - 20min

Administer Pre-program Survey to Youth and Adults**
Have Participants (youth and adults) Fill out Media Release Form***

Physical Activity - 20min

Talk About Why Physical Activity Is Important
Play Getting-To-Know-You "Circle Game"

Cooking Skills and Recipe - 45min

Show and Practice Knife Safety and Skill Development
Make Fruit Salsa With Cinnamon Crisps Recipe
Recipe Sheet

Family Communication - 10min

Handout Family Meal Journals (1 per youth-adult pair)
Discuss How to Fill out Family Meal Journals

Summary and Reminders - 10min

Wrap-Up
Take Home Message

Participant Packet Section

Handouts: Recipe and Snack Tips for Parents Sheets



*Please note, these are estimates for approximately how much time each task will take. Depending on participants, classroom setup, and other factors, timing may vary.

**Program evaluation forms for youth and adults are located in the appendices section.

***Check with your institution/organization regarding media release forms for participants. If photos are taken during sessions and then are used in reports, news releases, etc., you will likely need to have those forms on file that are specific to your institution/organization.

Session Objectives

Program Overview:

Discuss skills participants will learn over the course of sessions and what types of activities they will get to do.

Cooking Skills:

Prepare a fruit snack and practice culinary skills such as washing fruits and vegetables, proper and safe knife skills, measuring, and using a cutting board.

Physical Activity:

Play getting-to-know-you "Circle Game" as an icebreaker with youth and adults while at the same time promoting physical activity and healthful eating.

Family Communication:

Learn how to journal about family meals.

Materials and Supplies

Getting Started:

- Flip chart or other material and writing utensil to write down respectful classroom rules
- Name tags
- Hair ties (elastic)
- Session participant sheets - These are located at the end of the leader guide in the participant packet section and include: Recipe and Snack Tips for Parents sheets.

Session and Program Overview:

- Provide a broad overview of the 4-H iCook program to participants and review items in the leader guide regarding objectives for Session 1.

Pre-Program Survey and other Documents:

- Pre-program survey located in the appendices section. There is a youth version and adult version. Print as many copies as needed.
- **Collecting and then entering pre-program survey data (youth and adults) through links on the eXtension Moodle Campus site must be completed for eB4CAST infographic, step 2.**
- Image release forms - Check with your institution/organization regarding media release forms for participants. If photos are taken during sessions and then are used in reports or news releases, you will likely need to have those forms on file that are specific to your institution/organization for both youth and adult participants.
- Pens available for participants

Physical Activity:

- View session leader training video for this activity on the iCook 4-H program training site on eXtension campus.
- Paper plates and tape
- **Tip: Use a volunteer or helper to take the lead and teach the physical activity part, while the leader or another assistant gets the recipe set up.**

SESSION PREP CONTINUED

Cooking Skills and Recipe For the Day:

- For grocery and equipment needs, see the food and equipment shopping list for details.
- Set up cooking station(s) for the session
- Recipe sheet
- *Special note: If you do not have an oven on site, cut the tortillas and arrange them on a baking sheet; have crisps made prior to session (see recipe sheet for directions to make cinnamon crisps). Alternatively, at sites without an oven, a nonstick sauté/frying pan may be used to make the tortilla slices crispy. See instructions on the recipe sheet.*

Family Communication:

- Family Meal Journal (1 journal per youth-adult pair)

Fidelity of Implementation Assessment:

- If you are having an outside observer conduct fidelity of implementation for this session, please refer to the appendices document for instructions, items needed, and the instrument form (same form can be used across all sessions).
- Collecting this data is also part of the eB4CAST process (step 5). It can be collected via a hard copy document and then entered online through the eXtension Campus site or entered directly online by providing the observer with the link. This data will also contribute to the infographic produced.

Supplemental Materials

iCook 4-H Program Training Site Hosted Through eXtension Moodle Campus:

If you would like to view supplementary materials/videos for this session or any of the other sessions, go to <http://campus.extension.org/enrol/index.php?id=1027>. If you have not been to the training site yet, please refer to the instructions provided on the curriculum introduction page located in the preface.

Electronic Devices:

As the leader, if you chose to include a private social media channel/account (e.g. closed Facebook group, private YouTube channel, or private Instagram account) for communication/postings (reminders, photos, and/or videos) between sessions with participants, you may want to encourage participants to bring devices or have some on hand for posting pictures and/or videos during class.

- At least one computer/tablet/smartphone per youth and adult pair (as available)
- Internet access

Below is a shopping list of all food and equipment items needed for the corresponding number of pairs. Place setting items for taste testing the recipe are also needed: napkins, utensils, plates, cups of water, cleaning supplies, and leftover containers. The food and equipment items listed below are for one youth-adult pair. Session leaders should multiply the amount needed for one pair times the number of pairs you will have in class to determine the amount of food and equipment needed. There are also suggestions for alternative preparation techniques and substitutions for the recipe on the recipe sheet.

Fruit Salsa With Cinnamon Crisps

FOOD ITEMS	1 PAIR
Strawberries	3
Bananas	1/2
Apples	1
Kiwis	1
Orange Juice	2 Tbsp
Sugar	2 Tbsp
Nutmeg	1 pinch
Cinnamon	1 tsp
Flour Tortillas	2
Cooking Spray	1 container
EQUIPMENT ITEMS	1 PAIR
Cutting Board	1
Paring Knife	1
Chef's Knife	1
Large Mixing Bowl	1
Large Spoon	1
Liquid Measuring Cup (1/4 line)	1
1/4 tsp Measuring Spoon	1
1 tsp Measuring Spoon	1
1 Tbsp Measuring Spoon	1
Full or 1/2 Sheet Pans	1
Pot Holders	2
Paper Plates	2

GETTING STARTED – 10 MINUTES

SCRIPT & PROCEDURES

WELCOME and INTRODUCTION: 10 MINUTES

Introduce yourself and other leaders/helpers. Have name tags available with markers/pens so participants can get to know each other's names:

Welcome to the iCook 4-H program. Thanks so much for joining us. My name is _____ and I will be your session leader for today. The other helpers/ leaders are _____.

Establish respectful classroom rules on a chalkboard, flip chart, or piece of paper. Keep the rules as a blank slate and let the group come up with them on their own; guide/suggest rules when needed:

We are going to come up with respectful classroom rules together as a group. We will write them down and review them at each session.

SET THE STAGE – 5 MINUTES

Tell Youth and Adults:

Today's session is titled "Getting off to a Great Start." Topics to be covered include learning about the iCook 4-H program, learning about cooking skills, preparing a recipe, playing a game, and learning about family meal journaling. Now we will go over some key points about iCook:

- **What is iCook?** *iCook is a program to promote health for youth and adults through cooking, eating, and playing together.*
- **Who is involved in iCook?** *Children aged 9-10 years old and their primary meal preparer.*
- **What will you do throughout iCook?** *At each session, you will learn about nutrition, cooking skills, physical activity, family mealtimes, and goal setting.*

PRE-PROGRAM SURVEY AND OTHER DOCUMENTS – 20 MINUTES

Administer Pre-program Survey to Youth and Adults (15 minutes):

Pre-program survey is located in the Appendices section. There is a youth version and adult version. Print as many copies as needed and have pens available for participants or provide links to the surveys for participants to fill out online directly with their own devices or devices you provide to them (located on the eXtension Moodle Campus site). As a reminder, this data will be used for eB4CAST data collection and infographic production.

Tell participants:

- *This survey will take 10-15 minutes for you to complete. We will also take this same survey at the last session and compare them to see if your responses changed in the areas of cooking, eating, and playing together.*

Have Participants (youth and adults) Fill out Image Release Forms (5 minutes):

- If photos are taken during sessions and then are used in reports or news releases, you will likely need to have a signed image release form on file that is specific to your institution/organization for both youth and adult participants. Check with your institution/organization regarding image release forms for participants.
- Review your specific forms with participants so they know why they need to sign them.

PHYSICAL ACTIVITY – 20 MINUTES

STEPS and INSTRUCTIONS

Ask Youth and Adults:

*Why is physical activity important?
(suggested responses: build muscles, healthy heart, flexibility/
strength to prevent injuries)*

Tell Youth and Adults:

We are doing a game or activity related to physical activity during every session, because playing together as a family is fun and builds relationships.

Remind Youth and Adults:

Remember to wear sneakers/loose clothing, if possible, to each session because we will be doing physical activity of some kind at every session.



GETTING-TO-KNOW-YOU "CIRCLE GAME"

- Introduce the game as a fun way of learning some things about each other.
- Tape one plate for each participant in a large circle on the floor. (Adults participate)
- The leader will begin the activity by standing in the center of the circle.
- **Note: The leader does not need a plate so there will be one less spot on the outside of the circle than there are players – similar to musical chairs.**
- The player in the center states something about himself or herself.
- **Please Note: Try to keep these statements positive to avoid participants stating dislikes. Examples include: Favorite food or physical activity they like to do.**
- All players who agree with the statement (e.g., they also love strawberries or basketball) run across the circle to a different spot.
- Whoever is left without a spot at a plate is now in the center and makes his or her own statement.
- Continue until the allotted time for this activity has ended.

PHYSICAL ACTIVITY CLOSURE

Summary Statement:

It has been fun learning more about you. Think of some simple, fun ways that you could play together as a family at home.

Ask Youth and Adults To Reflect On What They Learned By Asking Them The Following:

- *What new words or concepts did you learn?*
- *How will you use what you learned today at home?*
- *What types of physical activity will you do between sessions to improve your health?*

COOKING SKILLS AND RECIPE – 45 MINUTES

STEPS and INSTRUCTIONS

Have participants put hair up as needed and wash hands when they enter the kitchen. The helper assists participants with proper handwashing techniques.

Briefly Discuss and Demonstrate Proper Handwashing Techniques

- Wet hands with warm water, apply soap, scrub for at least 20 seconds and get between fingers, rinse, and dry with paper towel, turning off the water with the paper towel.

Review Recipe Using The Recipe Sheet

- Discuss ingredients used, amounts needed, and equipment used.

Knife Skills

- It's important to act responsibly in the kitchen so everyone stays safe.
- Grip the handle of the knife.
- Pinch the base of the blade with index finger and thumb.
- Make a claw and tuck the thumb in on the other hand.
- Use this hand to hold food still, making sure to keep fingers folded inward.
- Cut food by using a rocking motion with your knife.
- Focus on the food you are cutting, not what others are doing.

Recipe Preparation (See Recipe Sheet For Instructions.)

- While preparing the recipe, discuss the tools being used.
- While preparing the recipe, ask if there are any questions about the tools that are being used.

Overall Questions For Recipe and/or Food Preparation

- *What new words or concepts did you learn?*
- *What did you like about preparing the recipe?*
- *What was easy or difficult about preparing the recipe?*
- *What changes might you make to the recipe?*
- *How would you prepare the recipe at home?*

Model Efficient Cleanup

- Cleaning up as you go can make cleaning easier once you are finished cooking.
- When using products that spread bacteria, like raw meat, be sure to clean your tools or get new ones before handling other food.
- Practice effective cleaning. First, clear all of the remaining food from your dishes, then wash with hot water and soap, or rinse and place in the dishwasher.
- When washing dishes by hand, wash glasses, cups, and silverware first. Then wash plates, bowls and serving dishes, pots and pans. Change water as needed.



FRUIT SALSA WITH CINNAMON CRISPS

Time

Prep Time: 30 Minutes
Cook Time: 6-8 Minutes

Temperature

350°F

Production Amount

Yields: 4 Servings
Serving Size: about ¼ cup of salsa and ½ of a tortilla

Equipment:

Paring knife
Chef's knife
Cutting board
Large mixing bowl
Large spoon
Measuring cups
Measuring spoons
Baking sheet
Pot holders
Paper plates

Salsa Ingredients:

1 kiwi
3 strawberries
½ banana
1 apple
2 Tbsp orange juice
1 Tbsp sugar
1 pinch nutmeg
¼ tsp cinnamon

Crisp Ingredients:

2 (8-inch) flour tortillas
cooking spray
¾ tsp cinnamon
1 Tbsp sugar

DIRECTIONS

Preheat oven to 350°F.

Fruit Salsa

1. Wash all fruit well.
2. Using a paring knife, cut off the ends of the kiwi and carefully cut off the peel.
3. Dice the strawberries, banana, apple, and kiwi into ¼ inch pieces.
4. Combine all the fruit in a bowl.
5. Mix orange juice, 1 Tbsp sugar, nutmeg, ¼ tsp cinnamon and add to the fruit.
6. Chill fruit salsa while you prepare the cinnamon crisps.

Cinnamon Crisps*

1. Cut each tortilla into eight triangles.
2. Arrange tortillas on a baking sheet and lightly coat the tortillas with cooking spray.
3. Combine ¾ tsp cinnamon and 1 Tbsp sugar. Sprinkle over tortillas.
4. Bake for 6 to 8 minutes or until lightly browned.
5. Serve with fruit salsa.

*In Areas Without An Oven ...

- You could prepare the cinnamon crisps ahead of time.
- Or without an oven, a nonstick sauté/frying pan may be used to make the tortilla slices crispy.
 - Lightly coat the tortillas with cooking spray.
 - Place the pan over medium-high heat.
 - Place the tortilla in the pan and cook on one side until brown. (about 2 minutes)
 - Flip and cook on other side until brown.
 - Remove from pan and cut into eight triangles.

Substitutions

- Any variety of fruit can be used. For example, blackberries, blueberries, and mango.
- In place of sugar, honey or agave may be used. Also, could use 1 tablespoon of sugar instead of 2.

Nutrition Facts

4 servings per container
Serving size ¼ cup salsa and ½ tortilla (123g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 163mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FAMILY COMMUNICATION – 10 MINUTES

FAMILY MEAL JOURNALING

Hand out one journal to each youth-adult pair and review the instructions in the meal journal with participants. The Family Meal Journal is located in the appendices section. Print off enough for all the pairs. The youth and adult will keep a journal of their family meal experiences between sessions 1 and 2. Pairs should bring the journals back with them to session 2. You will review their journals as a group to see what they have observed about their family mealtimes.

Tell Participants the following information from the Meal Journal:

- Keep this journal to look at what and how your family eats when having a meal together.
- Before the next session, please fill out one page of this journal for each day over a seven-day period. Be as specific and detailed as you can in the space provided. Each family will complete one journal.
- The iCook program defines a family meal as a meal when most of the people living in your home eat together.

	Time (Start to End)	Who was present for the meal?	What did you eat and who cooked the meal?	Where was the meal eaten? (Location, Room, Setting)	Was anything else happening during the meal?	What did you talk about?	On a scale of 1-5 (1 being very bad and 5 being very good) how would you rate this experience?
Breakfast	7:00-7:30	Mom, brother, sister	Cereal with milk	Our house, stood and sat at kitchen island	Watching TV	What we were going to do today	3. It was fun to eat together but I was sleepy
Lunch							
Dinner	6:15-7:00	Mom, brother, sister	Pizza from takeout place	Kitchen table at our house	My brother played with his phone	The school day and the new game on my brother's phone	4. I love pizza and my brother's game is really fun.

SESSION SUMMARY AND REMINDERS

TAKE-HOME MESSAGE and WRAP-UP - 10 MINUTES

Thank Participants:

Thank you all for attending and participating in today's session.

Tell Participants:

A take-home message is something you would share with mom or dad, grandma or grandpa, brother or sister when you get home. If someone said, "How was iCook tonight? What did you learn at iCook?" How would you respond to this question? This can either be one thing you learned today or what you thought the most important thing of today's session was.

Go Around The Room and Ask Participants (Youth First and Adults Second):

Now I would like to hear what you have learned today by sharing your "take-home message."

Only if you are using a private social media channel/account or some other secure online sharing site:

Don't forget to make videos or take photos of what you learned and post them online before the next session.

Next Time We Will ...

- Learn about cooking skills and kitchen safety
- Prepare another recipe
- Play a game
- Have mealtime discussions
- Practice goal setting

Remind Participants:

Our next session will be on (insert date, time, and location)

ADDITIONAL CLEANUP BY SESSION LEADER and ASSISTANTS

15 - 30 MINUTES; NOT INCLUDED IN OVERALL SESSION TIME

- Clean up any remaining items that need to be taken care of at the end of the session.
- During this time it would also be good to spend a few minutes "debriefing" about how the session went (things that went well and things to improve for next time).
 - We would greatly appreciate your feedback on how the session went. Please fill out a leader process evaluation for this session by going to the iCook 4-H training site on the eXtension Moodle Campus site.

Getting off to a Great Start

PARTICIPANT PACKET

COOKING, EATING, & PLAYING TOGETHER



SESSION 1



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

MyPlate snack tips for parents

Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 Save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

6 Keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

2 Mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



7 Fruits are quick and easy

Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.



3 Grab a glass of milk

A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

8 Consider convenience

A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



4 Go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



9 Swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

5 Snack on protein foods

Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

10 Prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

FRUIT SALSA WITH CINNAMON CRISPS

Time

Prep Time: 30 Minutes
Cook Time: 6-8 Minutes

Temperature

350°F

Production Amount

Yields: 4 Servings
Serving Size: about ¼ cup of salsa and ½ of a tortilla

Equipment:

Paring knife
Chef's knife
Cutting board
Large mixing bowl
Large spoon
Measuring cups
Measuring spoons
Baking sheet
Pot holders
Paper plates

Salsa Ingredients:

1 kiwi
3 strawberries
½ banana
1 apple
2 Tbsp orange juice
1 Tbsp sugar
1 pinch nutmeg
¼ tsp cinnamon

Crisp Ingredients:

2 (8-inch) flour tortillas
cooking spray
¾ tsp cinnamon
1 Tbsp sugar

DIRECTIONS

Preheat oven to 350°F.

Fruit Salsa

1. Wash all fruit well.
2. Using a paring knife, cut off the ends of the kiwi and carefully cut off the peel.
3. Dice the strawberries, banana, apple, and kiwi into ¼ inch pieces.
4. Combine all the fruit in a bowl.
5. Mix orange juice, 1 Tbsp sugar, nutmeg, ¼ tsp cinnamon and add to the fruit.
6. Chill fruit salsa while you prepare the cinnamon crisps.

Cinnamon Crisps*

1. Cut each tortilla into eight triangles.
2. Arrange tortillas on a baking sheet and lightly coat the tortillas with cooking spray.
3. Combine ¾ tsp cinnamon and 1 Tbsp sugar. Sprinkle over tortillas.
4. Bake for 6 to 8 minutes or until lightly browned.
5. Serve with fruit salsa.

*In Areas Without An Oven ...

- You could prepare the cinnamon crisps ahead of time.
- Or without an oven, a nonstick sauté/frying pan may be used to make the tortilla slices crispy.
 - Lightly coat the tortillas with cooking spray.
 - Place the pan over medium-high heat.
 - Place the tortilla in the pan and cook on one side until brown. (About 2 minutes)
 - Flip and cook on other side until brown.
 - Remove from pan and cut into eight triangles.

Substitutions

- Any variety of fruit can be used. For example, blackberries, blueberries, and mango.
- In place of sugar, honey or agave may be used. Also, could use 1 tablespoon of sugar instead of 2.

Nutrition Facts

4 servings per container
Serving size 1/4 cup salsa and
1/2 tortilla (123g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 163mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.