

Eat Smart. Play Hard.™

“Connections”



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Eat Smart. Play Hard.™

“*Connections*”...

expands youth nutrition programming by exploring and highlighting effective and innovative strategies for educational program delivery. A “*connection*” between Extension, FCS Departments, FCCLA chapters, and Third Grade classes provides nutrition education for various ages, using the new USDA’s Eat Smart. Play Hard.™ campaign materials.

Eat Smart. Play Hard.™

“*Connections*” Goals

- Encourage families to adopt behaviors that are consistent with the Dietary Guidelines for Americans and the food pyramids.
- Communicate behavioral and motivational nutrition education and physical activity messages to children and caregivers.
- Foster positive behavior change to promote nutrition and health, and reduce the risk for obesity and chronic diseases.
- Development and revision of the Eat Smart. Play Hard.™ classroom curriculum.

Eat Smart. Play Hard.™

“*Connections*” Goals, Continued

- “Connect” with the New Mexico School Districts, FCS Departments & Teachers, Elementary Third Grade Classes, Parent, Nutrition Student Aids and Students.
- Evaluate each step of the program, making it possible to successfully promote and provide the Eat Smart. Play Hard.™ curriculum statewide in FY 2005.
- In addition to the above stated goals, each session will have specific goals dealing with the content of the lessons.

Program “\$\$\$ Power”

- Ideas for Cooking and Nutrition (ICAN) is nutrition education for limited resource audiences conducted by the NMSU Cooperative Extension Service. ICAN is implemented statewide through the County Extension Offices.
- The ICAN Program is partially funded by the Food Stamp & Nutrition Education Program, which is part of the USDA’s Food & Nutrition Service.
- The Eat Smart. Play Hard.TM “Connections” Pilot Program was part of the FY04 ICAN program and was conducted statewide in FY05.

Program “*Connections*” Performance Standards

The Eat Smart. Play Hard™ “*Connections*” Program includes the following standards and benchmarks from the areas of:

Health Education

Career Readiness

Mathematics

Physical Education

Science

Target grade levels that will be receiving the instruction:

Third grade

Middle/High School

Program “*Power*”

- “Since dietary habits are established very early in life, it is important to teach proper nutrition as early in life as possible. Healthy eating and physical activity are important life skills that help children grow and prevent them from developing health problems later in life, including obesity. Obesity in youth often carries over into adulthood contributing to the development of many chronic diseases including heart disease and diabetes.”

Program “*Power*”

USDA’s Eat Smart. Play Hard.TM topics:

- Ready, Set, GO With Nutrition Power /Balance Your Day With Food & Play
- Grab Quick & Easy Snacks
- Make Family Time An Active Time
- Power Up With Breakfast
- We’ve Got the Power

USDA’s Eat Smart. Play Hard.TM resources:

Activity Sheets

Stickers

Book Covers

Book Marks

Window Slicks

Parent Brochures

Table Tents

Power Panther Spokes Character

Time Frame

- July 2005
 - Program coordination begins
 - Communication between counties and schools
 - Prepare FY06 proposal for program
- August 2005
 - Continue to work with counties and schools
 - Plan, present and evaluate FY05 ICAN Regional Meetings
- September 2005
 - Plan, present and evaluate FY05 ICAN Regional Meetings
 - Present Eat Smart. Play Hard. CENTRA training
 - Contacts made with schools

Time Frame (cont'd)

- **October 2005**
 - Teacher Agreement submitted to State ICAN office
 - Teachers and CES Nutrition Educators begin presenting curriculum
 - Scheduling plans finalized for program
- **November 2005**
 - ESPH curriculum continues
- **December 2005**
 - Continuation and completion of program
 - Evaluations and reports submitted to State ICAN office
- **January 2006**
 - Curriculum scheduling and presenting begins for second semester

Time Frame (cont'd)

- February 2006
 - Programming continues
- March 2006
 - Continuation and completion of Eat Smart. Play Hard. Program
 - Presentation of program by FCCLA at State Convention
 - Program school districts may report to State ICAN office
- April 2006
 - Counties and schools submit all reports and evaluations
 - Completion of final program report

Eat Smart. Play Hard.™ Program “Connections” Curriculum



Program “*Power*”

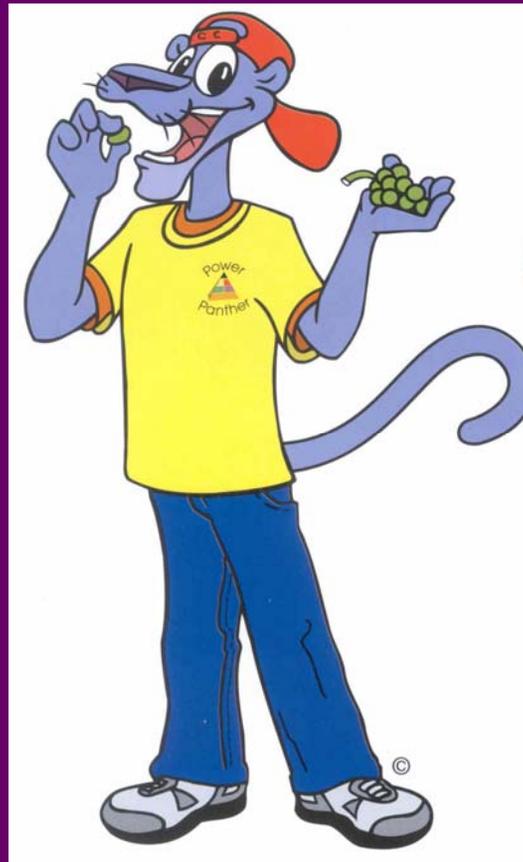
Development of Nutrition Education Curriculum

- Purpose of lessons
- Learning objectives
- Learning Activities
 - Lesson on Topics
 - Hands-on Activities—Group and Individual
 - Hands-on Food Preparation
- Evaluations
 - Program Pre/Post Tests
 - Participant/Nutrition Educator/Teacher

Ready, Set, GO With Nutrition
Power / Balance Your Day With
Food & Play



Grab Quick & Easy Snacks



Make Family Time An Active Time



Power Up With Breakfast



We've Got The Power

- This lesson is planned, prepared and presented by the Middle/High School Student Nutrition Aides under the supervision of our Nutrition Educators and their Family & Consumer Science Teachers.

Program “*Power*” Team Players

- NMSU CES State Staff: 4
- NMSU CES Home Economists: 20
- NMSU CES Nutrition Educators: 54
- NMSU Nutrition Graduate Student: 1
- NMSU Nutrition Professor: 1
- FCS Teachers: 12
- Third Grade Teachers: 35
- Middle/High Student Nutrition Aides: 141
- Third Grade Students: 619

Program Information

- Diverse Cultures: White, Hispanic, Native American, African American, and Asian
- Diverse Genders
- Total Program Lessons Presented: 157
- Total Volunteers: 141 Youth
- Total Volunteer Hours: 914
- Total Number of Youth Graduates: 619
- Total FCS/3rd Grade Teacher Hours: 563

Program “*Power*” Expectations (CES Staff)

- Select and secure sites for program
- Provide training for “*Connecting*” schools and county sites
- Provide Nutrition Curriculum (Eating Right is Basic—Enhanced Version) to FCS Departments
- Provide all Eat Smart. Play Hard.TM resource materials to county and school sites
- Approve class scheduling plan
- Record and submit accurate records
- Provide program educational extenders

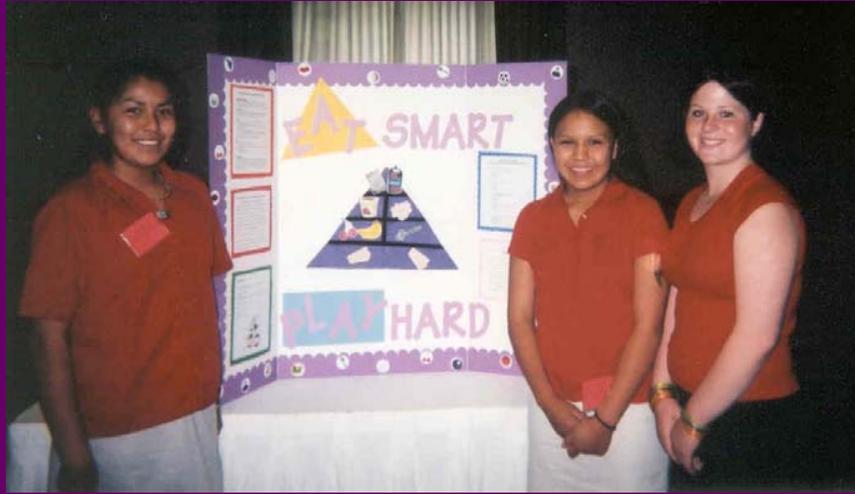
Program “*Power*” Expectations (FCS Staff)

- Cover basic nutrition curriculum in FCS classes
- Contact school administration and elementary school teachers
- Schedule dates and times of program lessons
- Develop plans for travel and job shadowing experiences
- Coordinate class and chapter activities
- Supervise the development of one lesson to be presented by middle/high school students
- Record and submit accurate records
- Evaluate Program, Nutrition Educators, & Student Nutrition Aides

Program “*Power*” Expectations (FCCLA Chapters)

- Participate in program on a class and chapter level
- Submit program notebook
- Present 10 minute oral presentation at State FCCLA Conference
- Prepare and present display of project at State FCCLA Conference

“Power” Pictures



Program “*Power*” Expectations (Third Grade Teachers)

- Allow program to be shared with students
- Assist with discipline of students and program when needed
- Be present at all times during lessons
- Evaluate program, Nutrition Educator, Student Nutrition Aides
- Record and submit accurate records

Program “*Power*” Expectations. (Third Grade Students)

- Listen at all times
- Follow directions at all times
- Work together, take turns, and cooperate at all times
- Respect and follow rules at all times
- Do your best at all times
- Participate at all times
- Enjoy good Nutrition and Physical Activity at all times



TEACHER INFORMATION & AGREEMENT

I, _____, have read the information which has been made available to me about the New Mexico State University Food Stamp Nutrition Education program, and have been informed about what the program can offer my students.

I am willing to allow the NMSU Cooperative Extension Service ICAN Nutrition Education kIdsCAN program to be conducted in my classroom during the 20__ - 20__ school year.

I agree to support the Nutrition Educators by being present in the classroom at all times while the Nutrition lessons are being conducted, and assist when necessary.

I understand that there needs to be adequate documentation of time and effort submitted to the Nutrition Educator. This documentation is necessary in order to receive match funding for the grant which supports this program.

I understand that an appropriate location for the lessons to be presented will be made available for each lesson and an appropriate schedule for the lessons will be worked out between myself and the Nutrition Educator. In order to complete the kIdsCAN program a series of 4-6 lessons are required.

I also understand that the kIdsCAN program will be provided at no cost to my school and will include food activities, lessons and handouts.

CONTACT INFORMATION:

First Name: _____ Last Name: _____

School: _____ Grade Level: _____

School Address: _____

School Telephone #: _____ Email: _____

Home Telephone#: (if possible) _____ Fax: _____

Signature _____ Date _____

Beginning Program Date: _____

Ending Program Date: _____

Total # of Hours With Program: _____ (Signed documentation of dates, times & lessons attached)



STUDENT PERMISSION INFORMATION

The following information is being provided for informational purposes only to the New Mexico State University Cooperative Extension Service, who will be providing a series of Nutrition lessons.

Name of Student: _____

Name of School: _____ Grade Level: _____

Name of Teacher: _____

IMAGE/VOICE PERMISSION:

I give my permission to allow the image/voice of my son/daughter to be used by New Mexico State Extension for educational purposes. I understand that their image/voice may be used to help illustrate and explain educational programs of New Mexico State University Extension. Please sign below if you are granting permission for your child to be included in any pictures or recordings of class sessions.

HEALTH INFORMATION/FOOD ALLERGIES

The following information relates to my child's current health referencing any food allergy that may exist to prevent any medical reaction that may be caused by the foods that may be prepared during the lessons. This information MUST be on file prior to any food consumption during the class sessions.

_____ my child has food allergies. Please list: _____

_____ my child does not have any known food allergies.

Signature of Parent/Guardian if person named above is a minor:

_____ Address: _____

Date: _____

Thank you for your cooperation.



CERTIFICATE OF OUTSTANDING ACHIEVEMENT

Presented To

in the Eat Smart. Play Hard.™
"Connections" Nutrition Program

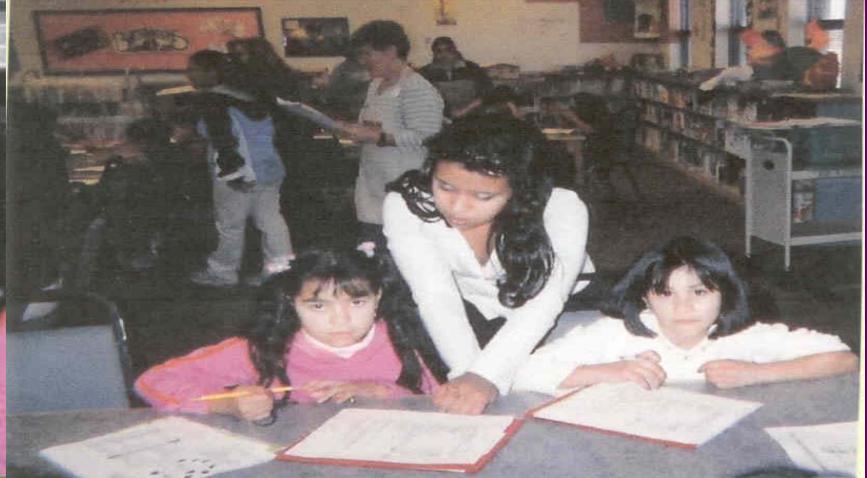
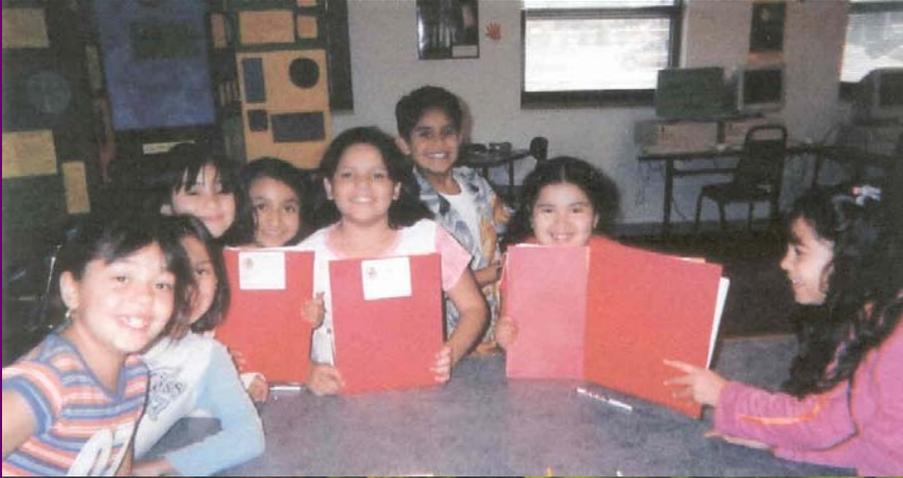
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ICAN Program Coordinator



Martha Archuleta
Food and Nutrition Specialist

April 22, 2005

“Power” Pictures



Evaluation

- Pre/Post Program Evaluations
 - Knowledge gained
- Participant Evaluations
 - Personal comments
 - Pictures
 - Letters
 - Questionnaire
- Nutrition Educator/Teacher Evaluations
 - Questionnaire
 - Personal comments
- FCCLA Chapter Evaluation
 - Display
 - Notebooks
 - Oral presentations

Program “*Connections*”

Impact #1: Partnerships

- USDA Food Nutrition Services
- NMSU Cooperative Extension Service
- NMSU Family Consumer Sciences Dept.
- New Mexico State Public Education Dept.
- New Mexico Public Schools
- Communities
- Families
- Students

Program “*Connections*”

Impact #2: Opportunities

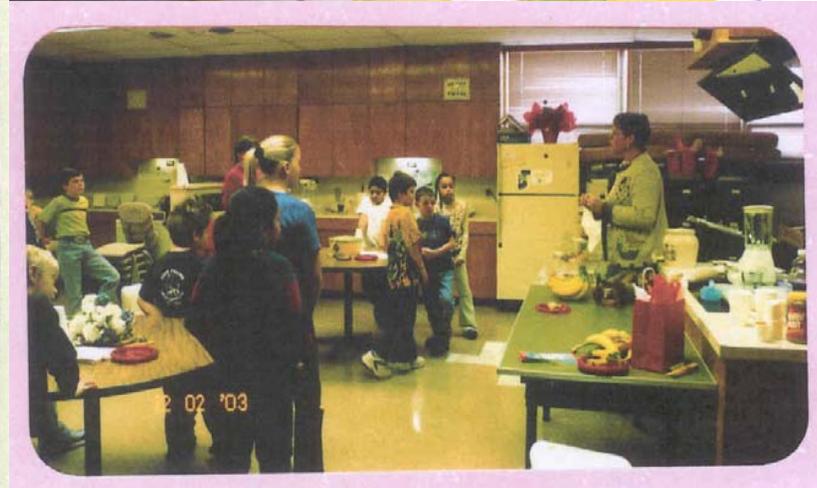
- Exposure and use of Eat Smart. Play Hard.TM program, resources, & materials
- Expansion of youth nutrition education
- Language & Literacy development
- Job Shadowing/Career Development
- Foster positive self-esteem
- FCCLA Chapter STAR Event participation
- Learning new life skills concepts
- Development of communication, problem-solving, creative thinking, leadership, responsibility, decision making and time management skills

Program “*Connections*”

Impact #3: Mentoring

- Linked generations in an atmosphere conducive to learning and growing
- Experienced newly acquired confidence and knowledge
- Big Brother/Big Sister relationships
- Older students helped younger students seek knowledge, truth, and success
- A role model takes a hand, opens a mind, touches a heart and shapes the future.

“Power” Pictures



Program “*Connections*”

Impact #4: Appreciation

CES NUTRITION EDUCATORS

- “The impact I saw with the 3rd Graders and the High School Students was very strong and beneficial.”
- The impact it had was very overwhelming, especially how the younger students look up to the High School Students.”
- “If we can plant the seed now of eating healthy and being active at this age and at the High School level that it was and is worth the time and effort put into the program.”
- “It was very educational and I learned a lot from working with all involved.”

Program “*Connections*”

Impact #4: Appreciation

FCS TEACHERS

- “The Eat Smart. Play Hard.TM program is the reason why Amber stayed in school after she became pregnant. She saw the real need for good nutrition, and she plans to continue her education and major in Elementary Education.”
- “My students enjoyed the experience. They were especially touched that students would recognize them and relay facts that they had learned.”
- “The program has had such a positive effect on our third graders. Not only are you having a positive impact on this future generation, but the hearing and the doing has reinforced good habits for yourself.”
- “I think it is a very good program. It was a very worthwhile experience for my students.”

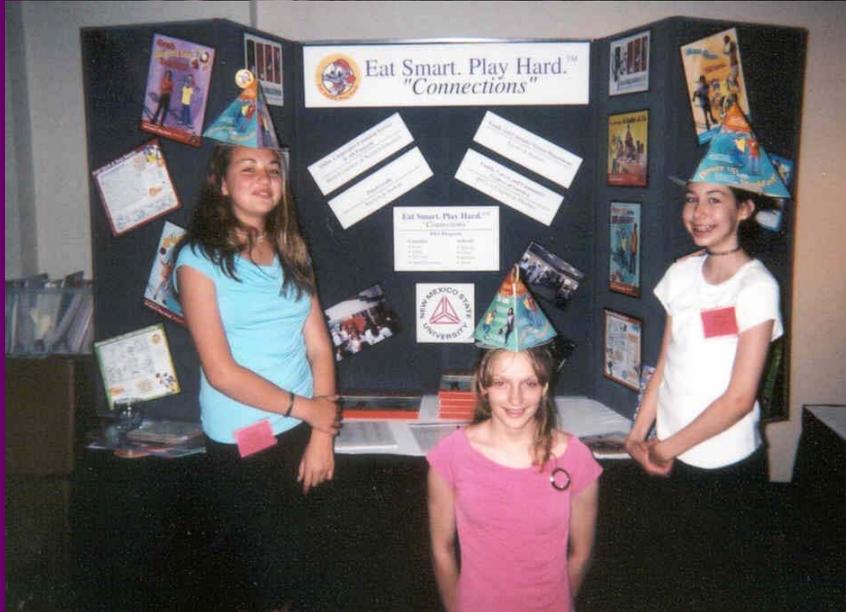
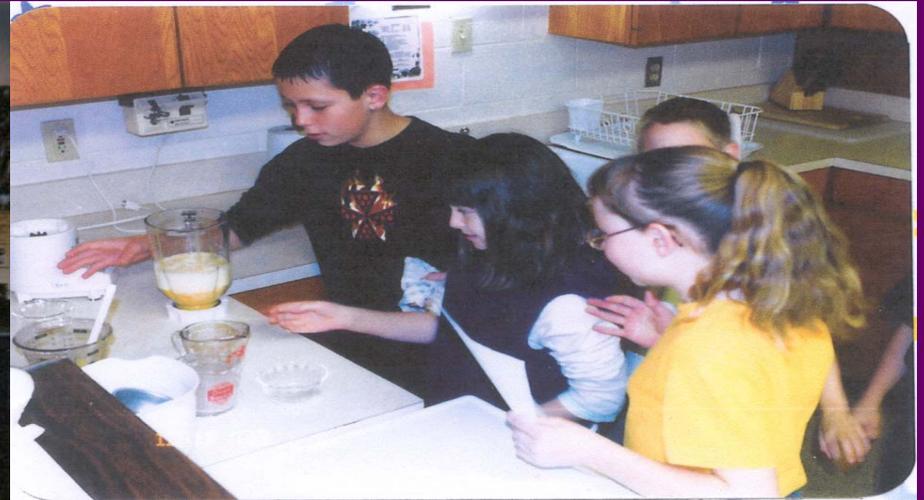
Program “*Connections*”

Impact #4: Appreciation

STUDENT NUTRITION AIDES

- “I liked doing this program and even though we are a small school, I hope that we get to do it again.”
- “I think that the curriculum is great and I hope there will be more lessons.”
- “I think that it is a good program because it makes kids think about what they eat.”
- “My feeling on this program were fun, excited, and very cool. Also I learned a lot as well.”
- “I really enjoyed the Eat Smart. Play Hard.TM program because it was very educational.”
- “I truly feel that this Nutrition Program has a lot of potential.”

“Power” Pictures



Program “*Connections*”

Impact #4: Appreciation

THIRD GRADE TEACHERS

- “The student materials were excellent. They all need to be aware of good nutrition. This is a great program.”
- “The classes were great and the students enjoyed them.”
- “The elementary students were much more willing to listen to the high school students than to us teachers.”
- “Students loved it. Look for you next year.”
- “I thought this was excellent—students rarely get more than the basics on nutrition. The students loved it. Thank you.”

Program “*Connections*”

Impact #4: Appreciation

THIRD GRADE STUDENTS

- “I loved doing Eat Smart. Play Hard.”
- “It was so fun.”
- Students felt... excited, fine, healthy, good, great, happy, proud, and hungry.
- “Thank you for all of the good advice about eating smart.”
- “I learned not to eat so much sweets and “junck” food.”
- “The best thing we did was make food.”

A letter from Cara...

Eat Smart, Play Hard

I learned that we need to eat
healthier food and that not to
watch T.V. as much and go run
and play.

my favorite part was making
and eating.

Thank you

thank you for letting me
help my body grow better.

Thank you!