

Winning with Nutrition

4-H Sports Nutrition Program Teacher In-Service Training



Welcome to the teacher in-service training on “Winning with Nutrition – a 4-H Sports Nutrition Program. We are excited about the partnership that your school and Texas AgriLife Extension is establishing to offer an educational program targeted at teaching youth athletes the importance of proper nutrition and health in order to maximize their athletic performance.

Overview of Training

- **What is Texas AgriLife Extension and 4-H?**
- **Why this curriculum?**
- **What is Winning with Nutrition?**
- **Sample Activities from Curriculum**
- **Implementation of Program**
- **Program Evaluation**



Throughout today's training, we'll explain what is Texas AgriLife Extension and the youth development program we call "4-H."

Next, we will take a look at the curriculum – why we chose to develop a sports nutrition curriculum, dive into each of the lessons and then try out some activities that are included in the curriculum lessons.

Finally, we will wrap up with what you can do to implement the program in your school/classroom or with your student athletes – in collaboration with your county Extension office.

Texas AgriLife Extension Service

- **Offers practical, how-to education**
- **Based on university research**
- **A presence in each county**
- **Engages volunteers**
- **Funded through a three-way cooperation**



The Texas AgriLife Extension Service offers practical, how-to education based on university research. Created by the Smith-Lever Act of 1914, the mission of Extension is to improve the lives of Texans by providing quality, relevant educational programs to the citizens of Texans. Extension leads change and helps communities stay on the cutting edge by applying the research-based information on a local level. Extension is located in all 254 counties and involves more than 104,000 volunteers to help deliver the research-based educational programs. Extension is funded through a three-way cooperation between USDA, the state of Texas and County Commissioners' Courts of Texas.

Extension's Program Areas

- **Agriculture & Natural Resources**
- **Family & Consumer Sciences**
- **Community & Economic Development**
- **4-H & Youth Development**



Extension's expertise lies in four broad program areas, which are:

- Agriculture and Natural Resources,
- Family & Consumer Sciences,
- Community & Economic Development, and
- 4-H & Youth Development – Extension impacts youth by offering a youth development program that focuses on leadership, citizenship and life skills and working with youth to be the leaders of the future in their communities.

Texas 4-H Mission

- **Prepare youth to meet the challenges of childhood, adolescence, and adulthood, through a coordinated, long-term progressive series of educational experiences that enhance life skills and develop social, emotional, physical, and cognitive competencies.**



How many of you have heard of 4-H? How many were a 4-H member growing up? What did you gain from 4-H that you still utilize today? What is your greatest memory from being a 4-H member?

Today's 4-H program looks a little different than it did 100 years ago when the organization centered around teaching youth new technology and strategies for better crop production because adults would not adopt the practices. Today, 4-H still values the deep agriculture roots and teaches youth cutting edge technology; however, our focus has been fine tuned to address developing the whole child and helping them develop into product members of our community and beyond.

4-H Vision

- **The Texas 4-H & Youth Development Program will continue to be a recognized leader in developing life skills, empowering youth and volunteers, and facilitating effective partnerships to create capable and responsible citizens.**



Every organization has a vision for where they want to go, and the Texas 4-H & Youth Development Program is no exception. Our vision is focused on life skill development through hands-on learning experiences. We are also committed to empowering youth and adults by involving them in leadership roles in 4-H. Last, Texas 4-H is a leader in developing partnerships with other like-minded youth organizations and agencies to prepare youth for the future. Schools are just one example of a partnership that helps us to deliver the 4-H program to youth.

What is enrichment curriculum?

- Curriculum/activity takes place in school classroom.
- Curriculum/activity is led by school personnel or an Extension volunteer.
- Consists of 5 sequential learning experiences, at least 30 minutes each.
- Designed to **ENHANCE/ENRICH** the required school curriculum, not replace it.
- Promotes 4-H and extends invitation to participants to join 4-H.



The way that Texas 4-H partners with schools is through enrichment curriculum programs. We fully understand that it is getting more and more challenging for teachers to be able to bring in new and creative curriculum because of the emphasis on the TEKS and TAKS tests. Texas 4-H is committed to developing enrichment curriculum resources that are designed to support the TEKS and enrich the required curriculum.

Enrichment curriculum takes place in the classroom and is led by the teacher and sometimes an Extension volunteer or agent. Sometimes, curriculum enrichment may involve a tour or fair for the students. The activities will depend on the curriculum being offered. Many schools participate in Ag Fairs, Water Fairs or Farm Safety Fairs that involve a field trip with learning stations for youth. Teachers receive a packet of materials and lessons that supplement what was learned at the fair.

Other enrichment curriculum programs are lesson plans with hands on activities and other resources. The minimum requirement for any curriculum enrichment program is at least 5 sequential learning experiences, at least 30 minutes each. Research tells us that children learn more through a series of learning experiences centered around a concept than through just a one time experience. Through providing a sequential series of learning experiences, the impact on learning increases.

By offering enrichment curriculum in the school, we also expose students to 4-H and the opportunity to join a 4-H club. Enrichment curriculum is a 4-H activity and our hope is that the experience they have through enrichment curriculum will spark their interest in 4-H!

Why sports nutrition curriculum?

- **Enhances 4-H food & nutrition project**
- **Developed in response to requests for nutrition programs for youth athletes**
- **Variety of UIL athletic activities offered attracting over one million student athletes**
- **Youth are participating in unsafe practices to lose weight, while obesity rates are on the rise**



More than 120,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. Learning experiences within the food and nutrition project are focused on nutrition, menu planning, food purchasing, food preparation, food safety, careers and cultural influences.

Over the past few years, county Extension agents have received requests to provide nutritional information to student athletes, so they began developing lessons focused on nutrition for youth athletes! Even though this curriculum targets youth athletes, it can also be a great teaching tool for any youth – as they try to remain physically active in order to maintain a healthy lifestyle.

We also know that the University Interscholastic League (UIL) offers 23 athletic activities in which more than one million student athletes participate.

According to the 2007 Youth Risk Behavior Survey, conducted by the Centers for Disease Control and Prevention (CDC), more than 45% of young people were trying to lose weight. Almost 12% reported that during the 30 days before the survey, they had gone without eating for 24 hours or more to lose weight or to keep from gaining weight.

What is Winning with Nutrition?

- **Purpose:**

- Engage youth athletes in learning the importance of proper nutrition and hydration for maximum athletic performance and for general health and well-being.
- Explore habits and temptations that can negatively affect an athlete's performance.

- **Target Age:**

- 7th – 9th grade students



The purpose of the Winning with Nutrition program is to engage youth athletes in learning the importance of proper nutrition and hydration for maximum athletic performance and for general health and well-being. The curriculum also explores the habits and temptations that can negatively affect an athlete's performance.

Winning with Nutrition Lessons

- **Eating for Excellence**
- **Hydration Station**
- **Game Day Dining**
- **Performance Robbers**
- **Fads and Facts**
- **Plus:**
 - **Glossary of Key Terms**
 - **Background information on Supplements**



There are five lessons that are included in the Winning with Nutrition Curriculum. They are:

- Eating for Excellence
- Hydration Station
- Game Day Dining
- Performance Robbers
- Fads and Facts

-The curriculum also has a glossary of terms for the instructor and background information on supplements, which tends to be a common topic among youth. This information will help you answer questions that may come up about supplements.

Winning with Nutrition Lessons

- **Each lesson contains:**

- **Objectives**
- **Materials Needed**
- **Background Information for Instruction**
- **Activity**
- **Worksheet**
- **Handout**
- **Media presentation**



Each of the five lessons includes the following components:

- Objectives
- Materials needed to implement the lesson
- Background information on the lesson topic – to be shared with the students
- Activity – some lessons have one activity while others have multiple activities. This gives you the option to choose among the activities to implement in your classroom.
- Worksheets and Handouts are available in the lessons to reinforce what has been covered and taught in the lesson.
- Each lesson also has a media (powerpoint) presentation that the instructor can use, if he/she chooses, while teaching the lesson.

Eating for Excellence

- **Examine MyPyramid, identifying foods that belong in each group**
- **Explore macronutrients:**
 - Carbohydrates, protein and lipids
- **Explore micronutrients:**
 - Calcium, Iron, Vitamins C and B
- **Activities:**
 - Calculation scenarios
 - Matching food to MyPyramid
 - Purple Cow Smoothies



Now, let's take a closer look at each of the lessons in the Winning with Nutrition curriculum.

The Eating for Excellence lesson:

- Examines My Pyramid, teaching youth to identify foods that belong in each group of the pyramid.
- Explores macronutrients, which are carbohydrates, protein and lipids – teaching athletes the benefits of getting adequate amounts of these nutrients.
- Explores micronutrients, which are calcium, iron, Vitamin C and B Vitamins – again, teaching athletes the importance of getting the right amount of nutrients to enhance and maximize their athletic performance.

Activities within this lesson include:

- Calculation scenarios – teaching how to calculate the amount of nutrients needed based upon the number of calories they intake each day.
- Matching food to My Pyramid – giving youth the opportunity to identify foods that belong to each group in the Pyramid
- Purple Cow Smoothies – a fun, tasty treat – youth can learn how to make a healthy snack and get to enjoy it!

Hydration Station

- **Identify signs and symptoms of dehydration**
- **Investigate the functions and importance of water to the body**
- **Analyze the athlete's need for water vs. sports drink**
- **Activities:**
 - **Make your own sports drink**
 - **How much sugar is in my drink?**
 - **Word find**



The Hydration Station Lesson teaches youth to:

- Identify signs and symptoms of dehydration
- Allows youth to investigate the functions and importance of water to the body
- Analyzes the athlete's need for water vs. sports drinks

Activities in the lesson include:

- Make your own sports drink – giving youth the opportunity to actually make a sports drink and then try it out!
- How much sugar is in my drink? – teaches youth to identify and realize the amount of sugar that is in drinks they commonly consume
- Word find – an individual activity that allows them to find key terms taught in the lesson

Game Day Dining

- **Review and prepare sample game-day menus**
- **Identify appropriate nutrient dense snacks**
- **Discover appropriate fast food selections**
- **Create a schedule for game-day dining**
- **Activities:**
 - **Calculate grams of carbohydrates, protein and fat**
 - **Create game day meals**
 - **Game Day Dining Jeopardy**



The Game Day Dining Lesson teaches youth to:

- Review and prepare sample game-day menus
- Identify appropriate nutrient-dense snacks
- Discover appropriate fast food selections
- Create a schedule for game-day dining

Activities in the lesson include:

- Calculating the grams of carbohydrates, protein and fat that athletes need based upon their daily calorie intake
- Create game-day meals to teach good options for game-day dining
- Game Day Dining Jeopardy – a jeopardy game that tests youths' knowledge of game day dining based upon what was taught in the lesson

Performance Robbers

- **Recognize the benefits of sleeping and its effect on athletic performance**
- **Discover the effects of alcohol and smoking on athletic performance**
- **Activities:**
 - **Ruler reaction time**
 - **Running with a smoker's lung**
 - **What's in the smoke?**



The Performance Robbers lesson teaches youth to:

- Recognize the benefits of sleeping and its effect on athletic performance
- Discover the effects of alcohol and smoking on athletic performance

Activities in the lesson include:

- Ruler reaction time – showing how lack of sleep can slow down a person's reaction time
- Running with a smoker's lung – teaches youth to realize the effects of smoking and how it can make breathing difficult
- What in the smoke? – Explores the dangerous and addictive chemicals in cigarettes.

Fads and Facts

- **Recognize fad diets**
- **Identify healthful ways to manage weight**
- **Discover the risks of fad diets**
- **Explore correct use of nutritional supplements**
- **Activities:**
 - **Explore common myths**
 - **Spotting a fad diet**



The Fads and Facts Lesson teaching youth to:

- Recognize fad diets
- Identify healthful ways to manage weight
- Discover the risks of fad diets
- Explore correct uses of nutritional supplements

Activities in the lesson include:

- Exploring common myths related to nutrition and dieting
- Spotting a fad diet – gives youth the opportunity to explore various diets and identify whether they are a fad or a good, healthy option

Student Evaluation

- **Each student completes after participating in all 5 lessons**
- **Forms are scannable; data will be returned to agent for interpretation**
- **Copy on white paper**
- **Keep evaluations flat, not folded**



After completion of the lessons, there is an evaluation for each student to complete.

It is important to remember that the evaluations are scannable forms and should be completed neatly! Please try to use pencils and erase all marks outside of the bubbles so that they will scan well. Do not fold the evaluations so that they will go through the machine easily.

Once the completed evaluation forms are turned in to your county Extension agent, they will have them scanned and be able to provide you with the data – so you can see the impact of the program implementation.

How can your school/class get involved?

- **Work with your local county Extension agent to:**
 - **Select grade/class to target**
 - **Train other teachers, if needed**
 - **Implement the curriculum with students**
 - **Have students complete the evaluation and turn in to the agent**
 - **Complete the group enrollment form and turn in to the agent**



Questions?

