

## 4-H Youth Development Trends for County Plan of Work 2016-2020

(Updated 9-15-2016)

### **Core Curriculum: Family and Consumer Sciences** (PAC Code: 410)

**Major Issue:** Acquiring basic life skills in family and consumer sciences.

#### **Specific situation/trend description:**

How we live life is ever-changing but learning basic life skills is still as important as ever. Learning to practice healthy habits, select clothing to emphasize one's best appearance, create and live within a budget, prepare nutritious meals safely, nurture children, create a safe and pleasant home environment, practice common courtesies, and form relationships with others—all of these skills are basic to everyday life. Many schools no longer include family and consumer sciences classes in the curriculum. Reality is that today's youth and adults are busier than ever. Many of these basic life skills are not consistently taught to youth at home or at school. 4-H family and consumer sciences projects equip youth with these skills.

As with any other Kentucky 4-H Core Curriculum area, when it comes to development of life skills, a strong case can be made for the need to go beyond mere transfer of knowledge to giving youth the opportunity for a variety of supportive, related learning experiences to significantly increase the program's influence.

4-H often offers basic learning activities on a topic of interest to youth but the addition of activities which support that interest (such as fair exhibits, related subject matter workshops or day camps, field trips, and decision-making judging contests) significantly increase the development of life skills in youth. In a study by Olson, Croymans and Ji (2014), 4-Hers reported that participating in 1 or 2 educational opportunities influenced the development of critical thinking and decision making skills, and participating in 6 to 8 opportunities significantly increased the program's influence by adding development of life skills in leadership, planning/organization, wise use of resources, useful/marketable skills and accepting differences.

While many FCS skills can be learned through self-directed projects or school enrichment, it's beneficial for youth to have the added experience and guidance of a trusted adult and the opportunity to form relationships with caring mentors. For many adults, long-term volunteering is not always possible but shorter-term volunteer roles create doable opportunities for more people to tuck volunteering into busy schedules. Special interest clubs and groups that meet for a few weeks or months broaden the possibilities. The volunteer efforts of multiple adults may be required to take the 4-H experience from club meetings alone to also include exhibits, field trips and more.

**Long Term goals/outcomes:** *Long term goals, specifically addressing the Social, Economic and Environmental outcomes.*

Youth will:

- Be responsible and contributing individuals and family members.
- Gain and maintain employment through life skill development.
- Contribute to a safe pleasant and productive home and family.

**Intermediate goals/outcomes:** *Intermediate goals are expected behaviors and practices that youth/adults will do differently as a result of participating in the 4-H program.*

Youth will:

- Utilize and practice life skills in projects and life situations
- Project a positive image and self-confidence
- Practice responsible consumer and financial decision-making
- Practice healthy eating choices
- Make choices that lead to responsible and beneficial results
- Adopt habits and skills that contribute toward employability in the future

**Short-term goals/outcomes:** **As a result of participating in the program...**

Youth will:

- Gain knowledge and develop skills in Family & Consumer Sciences projects and programs
- Understand the decision-making process
- Gain skills in setting a goal and developing a plan of action
- Learn to read and follow instructions

#### **Evaluation Measures/Impact Indicators**

Use the Family & Consumer Sciences evaluation template. Insert 2 or more statements about the specific topic taught into the top section of the form.

#### **Impact indicators:**

- Number of youth who reported that they followed instructions step-by-step to do or make things themselves
- Number of youth who reported that they followed safe practices
- Number of youth who reported that they showed another person how to do what they learned to do for themselves
- Number of youth who reported that they set a goal and accomplished it
- Number of youth who demonstrate increased or routine use of life skills learned through 4-H in daily life

**Role of 4-H Youth Development Program-Inputs-** *What are the existing and new resources related to this issue that can be used at the county level.*

**New efforts on the horizon planned for next Four Year Plan of Work-***Base this on situation/trends, new material available or to be completed and/or completing efforts from current Plan of Work.*

- **Family Life: Kentucky 4-H Babysitting Basics 4 Fun and 4 Profit:** added to core in PY 2015-16
- **Consumer & Financial Education:** looking for a replacement for **Consumer Savvy** series
- **Fashion/Grooming/Image:** Revision of **Fashion Magic** as **Project Fashion Forward**—to be available for PY 2016-17
- **Fashion/Grooming/Image:** Addition of **Laundry Knowhow**—expected to be available in PY 2017-18
- **Food Preparation & Nutrition:** added to core curriculum in PY 2015-16
  - **Food Science: What's on Your Plate**
  - **Cooking 101-401**
  - **Teen Cuisine**

- **Put It Up!**
- **Home Environment:** revised versions available by PY 2017-18
  - **Manners lesson plans:** added to core curriculum in PY 2016-17
- **Textile Science—*STEAM Clothing: Beyond the Needle***—added to core in PY 2016-17
- **Workforce Preparation**—to be revised in PY 2016-17

## Existing resources from Core Curriculum—*Take from Core Curriculum Catalog.*

### Consumer & Financial Education:

State Contacts: Kimberly Leger, Dr. Bob Flashman (UK), Dr. Joanne Bankston (KSU), Dr. Jennifer Hunter (UK)

#### 4-H Build a Million

This curriculum is designed to help youth develop an understanding of personal finance and basic investing. Intended user: volunteers working with a group of youth ages 14-18. It can be adapted for use with younger youth.

Source: eXtension-- <http://campus.extension.org/course/view.php?id=477>

Web Use online or download and print

#### Building a Healthy, Wealthy Future (approved for SNAP-ed programming)

This curriculum is designed to help youth understand the relationship between personal behaviors and health and financial success. It is designed for use with youth in grades 6 through 8. It includes a variety of activities and learning lessons that may be used in clubs, special interest groups, school enrichment, and theme camps. Intended user: volunteer working with a group of youth in grades 6-8

Source: KY Cooperative Extension. Download at:

<http://www2.ca.uky.edu/agc/pubs/fcs5/fcs5451/fcs5451.PDF>

Web Use online or download and print

#### Consumer Savvy Series:

##### The Consumer in Me (Level 1) (continue to use until a replacement is available)

Youth experience what it means to be a consumer through saving, spending and sharing. (40 pages)

Intended user: youth in grades 3-12 (beginning)

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx>

4-H Mall BU-08030 \$3.98 (printed) or \$3.99 digital download

##### Consumer Wise (Level 2) (continue to use until a replacement is available)

Youth realize the influence of peer pressure and the power of advertising as they learn to make independent decisions when shopping. (40 pages) Intended audience: youth in grades 3-12 (intermediate)

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx>

4-H Mall BU-08031 \$3.99 digital download

##### Consumer Roadmap (Level 3) (continue to use until a replacement is available)

Teens navigate the potholes in the marketplace en route to becoming savvy consumers. (40 pages)

Intended user: youth in grades 3-12 (advanced)

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx>

4-H Mall BU-08032 \$3.99 digital download

##### Consumer Savvy Helper's Guide (continue to use until a replacement is available)

This guide includes resources for helpers who facilitate learning for all ages of youth. Numerous group

activities help youth develop essential life skills as they pursue their interest in consumer education. (40 pages) Intended user: volunteers working with youth

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-consumer.aspx>  
4-H Mall BU-08033 \$3.99 digital download

#### Financial Champions Helper's Guide (being discontinued; will be replaced)

Youth participate in group experiences and financial activities. An interactive web-based game reinforces the concepts learned in this curriculum. (48 pages) Intended user: volunteers working with youth

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-financial.aspx>  
4-H Mall BU-07712 \$3.98

#### High School Financial Planning Student Workbook

The NEFE High School Financial Planning Program® (HSFPP) is a six-unit program which provides teens with a greater understanding of and ability to manage their personal finances in the areas of goal setting, budgeting, saving, credit, and risk management. (120 pages) Intended user: youth in grades 9-12

Source: National Endowment for Financial Education. Contact Bob Flashman at [rflashma@uky.edu](mailto:rflashma@uky.edu) for an information packet and order form.

NEFE HSFPP Workbook No charge

#### High School Financial Planning Instructor Manual

The NEFE High School Financial Planning Program® (HSFPP) is a six-unit program which provides teens with a greater understanding of and ability to manage their personal finances in the areas of goal setting, budgeting, saving, credit, and risk management. The Instructor's Manual includes unique games, simulations, case studies, and interactive exercises to provide hands-on experience for students to test and apply the financial principles and concepts being taught. (405 pages) Intended user: volunteers working with youth

Source: National Endowment for Financial Education. Contact Bob Flashman at [rflashma@uky.edu](mailto:rflashma@uky.edu) for an information and resources.

NEFE HSFPP Workbook No charge

#### High School Financial Planning Resources

A variety of additional educational resources are identified for each of the six units in the NEFE High School Financial Planning Program® (HSFPP). Includes "Weekly Updates" on hot topics currently in the news. Intended user: volunteers working with youth

Source: Contact Bob Flashman at [rflashma@uky.edu](mailto:rflashma@uky.edu) for an information and resources.

Web

#### It's Your Reality Introduced December 2014

**It's Your Reality** is a curriculum teaching financial management concepts. It's a combination of *Reality Store* and *Dollars and Sense* that's we've known in the past and lots more. Agents will be able to pick and choose from a variety of lesson plans to make up 6 hours of instruction appropriate to the age of the youth. The instruction will be followed by an event very similar to "*Dollars and Sense*" or "*Reality Store*" where youth put what they've learned about financial management into practice. ( pages)

Intended user: Instructor working with youth ages 9-18

Source: KY Cooperative Extension; Download at: Agent Resource Guide under "I"—It's Your Reality.

KYCES Download

#### **Entrepreneurship:**

State Contact: Kimberly Adams Leger

### American Private Enterprise

Using the APE curriculum, local business professionals and owners teach youth scholars about the American economy, where it fits in the global economy, and how Americans organize to form businesses. They learn about corporations, cooperatives, partnerships, and individual businesses. The local APE program may be done in 1-2 hour sessions over the course of 6-8 weeks or as a 3-day high impact workshop. Intended user: juniors in high school and volunteer instructors.

Source: UK Agriculture Economics Department, contact Quentin Tyler at [quentin.tyler@uky.edu](mailto:quentin.tyler@uky.edu) or call 859-257-3482. Download curriculum at: <http://www.uky.edu/Ag/apes/welcome.html> or from the Agent's Resource Guide under "American Private Enterprise System."

### Be the "E" Member

Youth learn business types, products and pricing, marketing, partnerships, agreements and contracts. The booklet guides youth through the process of creating a business plan and starting a business. They will do market surveys, budget forecasts, exit strategies, learn about ethics and more. ( pages) Target audience: middle & high school youth.

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx>

4-H Mall            08035            \$10.00

### Be the "E" Helper's Guide

This guide includes an extensive background on life skills, teaching using the Experiential Learning Model, background on entrepreneurship, and answers to questions in youth manual. Experiential activities are correlated to the national education standards. ( pages) Target audience: volunteers working with middle & high school youth.

Source: National 4-H Supply Service; <http://www.4-hmall.org/Category/4-hcurriculum-entrepreneurship.aspx>

4-H Mall            08036            \$4.95

### Be the "E" Lesson Plans

These lesson plans are for use with the Be the "e" materials. Target audience: volunteers working with middle & high school youth entrepreneurs.

Source: KY Cooperative Extension; Download from Agent's Resource Guide under "entrepreneurship."  
KY CES                            Download from Agent's Resource Guide

### **Family Life (previously Child Care):**

State Contact: Interim Martha Welch

### Kentucky 4-H Babysitting Basics 4 Fun and 4 Profit Member Manual

This member's manual is made up of eight chapters and includes the topics: qualities of an effective babysitter; basic care of infants and children; child development; play and activities; emotional development; caring for a sick or injured child; safety consciousness; and setting up your business. (68 pages) Intended user: youth in grades 6-12.

Source: KY Cooperative Extension; Download at: [http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/final\\_pdf\\_ky\\_4-h\\_babysitting\\_member\\_manual\\_9-16-15.pdf](http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/final_pdf_ky_4-h_babysitting_member_manual_9-16-15.pdf)

KY CES Web                            Download & print

### Kentucky 4-H Babysitting Basics 4 Fun and 4 Profit Leader's Guide

This guide outlines eight one-hour sessions and one optional session. The topics are aligned with the member's manual. The topics include: qualities of an effective babysitter; basic care of infants and children; child development; play and activities; emotional development; caring for a sick or injured

child; safety consciousness; and setting up a babysitting business. (118 pages) Intended user: volunteers working with a group of youth in grades 6-12.

Source: KY Cooperative Extension; Download at: [http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/final\\_combined\\_pdf\\_babysitting\\_curriculum\\_leaders\\_guide.pdf](http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/final_combined_pdf_babysitting_curriculum_leaders_guide.pdf)

KY CES Web

Download & print

#### FRED (Fathers Reading Every Day) Father's/Family Guide

FRED is a 4-week program designed to encourage fathers to read to their children every day. This guide explains the process and provides tips and a list of quality books available at local libraries. (27 pages)

Intended user: fathers, father figures or family members of children. Additional resources are available online at this address: <https://extension-fine-arts.ca.uky.edu/special%20projects>

Source: KY Cooperative Extension; Download at: [https://extension-fine-arts.ca.uky.edu/sites/extension-fine-arts.ca.uky.edu/files/2013\\_fred\\_family\\_guide\\_0.pdf](https://extension-fine-arts.ca.uky.edu/sites/extension-fine-arts.ca.uky.edu/files/2013_fred_family_guide_0.pdf)

KY CES Web

Download & print

#### FRED (Fathers Reading Every Day) Facilitator's Guide

FRED is a 4-week program designed to encourage fathers to read to their children every day. This guide outlines the program for an agent or volunteer working with a group of fathers/parents. (27 pages)

Intended user: facilitator for a group of parents. Additional resources are available online at this address: <https://extension-fine-arts.ca.uky.edu/special%20projects>

Source: KY Cooperative Extension; Download at: [https://extension-fine-arts.ca.uky.edu/sites/extension-fine-arts.ca.uky.edu/files/2013\\_fred\\_facilitator\\_guide.pdf](https://extension-fine-arts.ca.uky.edu/sites/extension-fine-arts.ca.uky.edu/files/2013_fred_facilitator_guide.pdf)

KY CES Web

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### **Fashion/Grooming/Image:**

State Contact: Marjorie Baker

#### Looking Good, Feeling Great: Fashion Magic Facilitator's Lesson Plans

These lesson plans are to be used with the Fashion Magic series. The lessons include: What is Your Body Image?, Body Image and the Media, Getting to Know Yourself, Color is Magic, and Personal Clothing Style. Each lesson takes approximately 45 minutes to complete. Intended user: volunteer working with a group of youth in grades 6-12.

Source: KY Cooperative Extension; Download at: Agent Resource Guide under "F"—Fashion/Grooming/Image. See "Lesson Plans."

KYCES

Download & print

#### Fashion Magic: Wardrobe Planning **Being updated—use until new curriculum is available**

Guys and girls learn to select clothing which fits his/her unique personal style, lifestyle, and body type.

They learn to determine clothing "needs" in relation to other garments already in their closet. Youth complete several activities getting to know him/herself better and conduct an inventory of garments already in the closet. Youth are to complete this project before doing either of the other projects in this series. (32 pages) Intended user: youth in grades 6-12 (Beginning)

Source: KY Cooperative Extension, Ag Distribution Services; Download at:

<http://www.ca.uky.edu/agc/pubs/4jd/4jd10pa/4jd10pa.pdf>

KY CES 4JD-10PA

Order at no charge or download

#### Fashion Magic: In the Marketplace **Being updated—use until new curriculum is available**

In this project, guys and girls build on what they learned "Wardrobe Planning". They learn to make the most of clothing dollars through sound shopping skills and marketplace savvy. Looking cool doesn't have to be expensive. (24 pages) Intended user: youth in grades 6-12 (Advanced Option A)

Source: KY Cooperative Extension, Ag Distribution Services; download at:

<http://www.ca.uky.edu/agc/pubs/4jd/4jd11po/4jd11po.pdf>

KY CES 4JD-11PO Download and print

Fashion Magic: Clothing Coordination **Being updated—use until new curriculum is available**

After completing the wardrobe inventory and get-to-know yourself activities in "Wardrobe Planning", youth may begin work on this project. Guys and girls learn to mix and match garments in the wardrobe for a variety of looks and occasions. (24 pages) Intended user: youth in grades 6-12 (Advanced Option B)

Source: KY Cooperative Extension, Ag Distribution Services

KY CES 4JD-12PO Order at no charge

**Food Preparation & Nutrition:**

State Contacts: Dr. Sandra Bastin, Debbie Clouthier, Debra Cotterill, Jackie Walters, and Brooke Jenkins-Howard

Super Star Chef (Basic Preparation Skills) (approved for SNAP-ed programming)

This curriculum teaches basic food preparation skills to youth with little or no previous kitchen experience. Sessions include: 1) It's All in the Recipe, 2) A Feast for Your Eyes, 3) It's a Wash, 4) Portion Distortion, 5) Counting on You, 6) Measuring Savvy, 7) Spoiled Rotten—Play It Safe, 8) What's Behind a Label, and 9) Flavor Calculations. Sessions may be done as a series or as a one-day cooking school.

Intended user: volunteers who work with youth and youth ages 9-18.

Source: KY Cooperative Extension. CD/DVD was distributed to every county in 2008. Also available in Agent's Resource Guide for download under "S" or "F"—"Food Preparation".

KY CES order # TBA DVD or download for free

Super Star Chef Goes to Farmers Market (approved for SNAP-ed programming)

This curriculum is the second part of the Super Star Chef. The curriculum highlights the selection, storage, cooking, and nutritional value of fruits and vegetables purchased from the local farmers market. Session titles include: 1) A Visit to Farmers Market, 2) Safe Harvest, 3) The Edible Rainbow, 4) Versatile Vegetables, 5) Healthful Beginnings, 6) The Thrill of the Grill, and 7) Cooking with Herbs.

Sessions may be done as a series or one-day cooking school. Intended user: volunteers working with youth and youth ages 9-18.

Source: KY Cooperative Extension. CD/DVD was distributed to every county in 2008. Also available in Agent's Resource Guide for download under "S" or "F"—"Food Preparation".

KY CES order # TBA DVD or download for free

Super Star Chef Kneads a Little Dough (approved for SNAP-ed programming)

This curriculum is the third part of the Super Star Chef series. This curriculum helps youth develop skills in making a variety of bread products—cookies, quick bread, cakes, pies/cobblers, yeast bread and bread machines. Sessions may be done as a series of meetings or a cooking school.

Intended user: volunteers working with youth and youth ages 9-18.

Source: KY Cooperative Extension. DVD was distributed to every county in December 2011. Also available in Agent's Resource Guide for download under "S" or "F"—"Food Preparation".

KY CES order # TBA DVD or download for free

Teen Cuisine (approved for SNAP-ed programming)

Teens learn basic cooking and meal planning skills through hands-on activities. They learn cooking terms, measuring, food budgeting and nutrition based on MyPlate. (34 pages) Intended user: youth in grades 6-12

Source: Virginia Cooperative Extension; print from Agent's Resource Guide, "F"—Food.

Teen Cuisine Leader's Guide (approved for SNAP-ed programming)

This publication is a guide for volunteers working with a group of youth on "Teen Cuisine." (67 pages)

Intended user: facilitators working with youth in grades 6-12

Source: Virginia Cooperative Extension; print from Agent's Resource Guide, "F"—Food.

VA CES

Print from Resource Guide

*4-H Cooking series:*Cooking 101 (approved for SNAP-ed programming)

This publication helps youth develop the basic food preparation skills, kitchen and food safety, and measurements. Includes 30 pages of recipes. (83 pages) Intended user: youth learning beginning skills

Source: 4-H Mall at: <http://www.4-hmall.org/Product/all-cooking/cooking-101/01512Y.aspx>

4-HMall

01512Y

\$9.95

Cooking 201 (approved for SNAP-ed programming)

This publication builds on the skills learned in Cooking 101. Youth focus on whole grains, quick breads, handling and preparing meat, food safety, preparing sauces, cream soups, and gravy, and understanding food labels. Includes 60 pages of recipes. (96 pages) Intended user: youth learning intermediate skills or who have completed Cooking 101.

Source: 4-H Mall at: <http://www.4-hmall.org/Product/all-cooking/cooking-201/01513Y.aspx>

4-HMall

01513Y

\$9.95

Cooking 301 (approved for SNAP-ed programming)

This publication builds on the skills learned in Cooking 101 and 201. Youth plan and prepare food on a grill, plan and prepare food for a party, learn to make yeast breads and cakes, use a slow cooker and conduct a variety of food experiments. Includes 80 pages of recipes. (128 pages) Intended user: youth learning intermediate to advanced cooking skills or have completed Cooking 101 and 201.

Source: 4-H Mall at: <http://www.4-hmall.org/Product/all-cooking/cooking-301/01514Y.aspx>

4-HMall

01514Y

\$9.95

Cooking 401 (approved for SNAP-ed programming)

This publication builds on the skills learned in Cooking 101, 201 and 301. Youth develop skills related to: using spices/herbs, how to prepare celebration meals, make candy, bake pastries and foam cakes, use dry- and moist-heat cooking methods and conduct a variety of food experiments. Includes recipes throughout the book. (128 pages) Intended user: youth learning advanced skills or who have completed Cooking 101, 201, and 301.

Source: 4-H Mall at: <http://www.4-hmall.org/Product/all-cooking/cooking-401/01515Y.aspx>

4-HMall

01515Y

\$9.95

4-H Cooking Helper's Guide (approved for SNAP-ed programming)

This publication prepares volunteers to work with a group of youth on 4-H Cooking 101-401 projects. (24 pages) Intended user: volunteers working with a group of youth.

Source: 4-H Mall at: <http://www.4-hmall.org/Product/all-cooking/cooking-helpers-guide/01516F.aspx>

4-HMall

01516Y

\$9.95

Put It Up! Series

This series includes youth publications and a leader's guide. Youth learn the six methods of preserving food: boiling water canning, making jam, pickling, freezing, drying and pressure canning. Intended user: volunteers working with a group of youth and youth ages 9-18. Includes a series of posters.

Source: National Center for Home Food Processing and Preservation, go to: <http://nchfp.uga.edu/>. Look for **Put It Up!** Youth curriculum. Group leader must register group at this website to use the materials.



NCHFP

Download and print

### International Foods

Youth study customs and prepare foods typical of families living in Mexico, Germany, Italy, and Japan. (20 pages) Intended user: youth ages 12-18

Source: Kentucky Cooperative Extension Service, Ag Distribution Services; Download at

<http://www.ca.uky.edu/agc/pubs/4jg/4jg07pb/4jg07pb.pdf> (Link)

KY CES                      4JG-07PB                      Order at no charge or download

### Exploring MyPlate with Professor Popcorn—(Approved for SNAP-ed programming) Updated 2013

This curriculum has been revised to include MyPlate. Professor Popcorn specifically teaches youth about MyPlate and how to use it as a guide to healthy eating. It also emphasizes the need for food safety and physical activity for grades 1-6. The curriculum is a series of 5 lesson plans for each grade. Lesson 1: MyPlate; Lesson 2: Grains; Lesson 3: Vegetables; Lesson 4: Milk; Lesson 5: Meat and Beans. While the general focus for each grade is the same, the learning activities and topics included are different. Pre- and post-tests are included. While this curriculum can be used in multiple settings, it fits very well in school settings. Pick and choose from a variety of learning activities to fit the time available. Intended user: Volunteers leading groups of youth in grades 1-6.

Source: Kentucky CES; Available in Agent's Resource Guide for download under "F"—"Food Preparation".

KY CES    Download and print your own

### Kentucky Farm 2 School (approved for SNAP-ed programming)

The Kentucky Farm 2 School (KF2S) Curriculum is a series of eight lessons to teach youth to: 1) Recognize the source of their foods; 2) Explain the relationship of local production to improved food quality and nutrition; 3) Understand the importance of thriving agricultural businesses to healthy communities; 4) Identify the skills and knowledge individuals need to succeed in the farming industry; 5) Increase consumption of locally produced food and agricultural products; 6) Increase consumption of fruits and vegetables. This research-based curriculum provides: curriculum overview, Kentucky core academic standards, curriculum matrix, planning guide, tips for delivery, evaluation tools, additional resources, and references. The curriculum includes an introductory unit, one unit for each food/commodity group, a unit on oils and sugars, and a summary unit. Each interactive unit contains a facilitator's guide/lesson plan and handouts and/or activity sheets. Intended User: volunteers working with high school aged youth

**Source:** Kentucky Cooperative Extension, hard copies available from Jackie Walters (859-257-2948);

Download from the Kentucky Department of Agriculture site at:

[http://www.kyagr.com/consumer/documents/FD\\_FS\\_Curriculum.pdf](http://www.kyagr.com/consumer/documents/FD_FS_Curriculum.pdf)

KY CES    Download and print

### Wellness in Kentucky (WIN) (approved for SNAP-ed programming)

WIN is a 10-part curriculum targeting youth ages 10-13 years old. The goal is improved health status for Kentucky youth and their families. The objectives for youth include: Eating a variety of food in moderation; Balancing calorie intake with calories used; Increasing fruit and vegetable consumption; and Being active daily. Lesson plans are included for 30-40 minute sessions on the following topics: Variety, Balance, and Moderation; Focus on Flavor; B.O.N.E.S. (Calcium for bone strength); Physical activity; Fruits and Vegetables; Portion sizes; Fiber; Fat; and Added sugar. Handouts are camera-ready.

**Intended User:** youth ages 10-13 years old, volunteers working with youth ages 10-13

Source: Kentucky Cooperative Extension; Available in Agent's Resource Guide for download under "F"—"Food Preparation."

KY CES    Download and print

*What's on Your Plate series:*

**What's on Your Plate: The Secrets of Baking—Youth Journal (Unit 1) (approved for SNAP-ed programming)**

The Youth Science Journal leads learners through the experiments and provides them with use-at-home information. Unit 1 uncovers "The Secrets of Baking" with activities to understand the science of baked goods—gluten, leavening and proper mixing—and the best methods for making these foods. Youth learn the building blocks of food science using chemistry, biology, and physics in a “kitchen laboratory” setting. (pages) Intended user: Youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01411Y \$9.95

**What's on Your Plate: The Secrets of Baking—Facilitator's Guide (Unit 1) (approved for SNAP-ed programming)**

Unit 1 uncovers "The Secrets of Baking" with activities to understand the science of baked goods—gluten, leavening and proper mixing—and the best methods for making these foods. The Facilitator Guide provides tips and photos for successfully doing the activities. Each unit contains three activities for beginner through advanced learners. Short, online tutorial videos show exactly what you need to know and explain the science behind the experiments. (pages) Intended user: Volunteers working with group of youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01415F \$12.95

**What's on Your Plate: The Power of Protein Chemistry—Youth Journal (Unit 2) (approved for SNAP-ed programming)**

The Youth Science Journal leads learners through the experiments and provides them with use-at-home information. Unit 2, “The Power of Protein Chemistry,” explores the many ways eggs are used in foods, and how milk turns into cheese. Youth learn the building blocks of food science using chemistry, biology, and physics in a “kitchen laboratory” setting. (pages) Intended user: Youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01412Y \$9.95

**What's on Your Plate: The Power of Protein Chemistry—Facilitator's Guide (Unit 2) (approved for SNAP-ed programming)**

This Facilitator Guide provides tips for success for teaching “The Power of Protein Chemistry.” Each unit contains three activities for beginner through advanced learners. Step-by-step guide with instructions, pictures and explanations includes pages from the Youth Science Journals along with answer key. Short online tutorial videos provide science explanations and demonstrations for doing the activities. (pages) Intended user: Volunteers working with group of youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01416F \$12.95

**What's on Your Plate: The Inner Mysteries of Fruits & Vegetables—Youth Journal (Unit 3) (approved for SNAP-ed programming)**

The Youth Science Journal leads learners through the experiments and provides them with use-at-home information. Unit 3 dives into “The Inner Mysteries of Fruits and Vegetables.” Activities investigate how to prepare fruits and vegetables so they taste and look appealing in color and texture. Youth learn the building blocks of food science using chemistry, biology, and physics in a “kitchen laboratory” setting. (pages) Intended user: Youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01413Y \$9.95

**What's on Your Plate: The Inner Mysteries of Fruits & Vegetables—Facilitator's Guide (Unit 3) (approved for SNAP-ed programming)**

This Facilitator Guide provides tips for success for teaching “The Inner Mysteries of Fruits and Vegetables.” Each unit contains three activities for beginner through advanced learners. Step-by-step guide with instructions, pictures and explanations includes pages from the Youth Science Journals along with answer key. Short online tutorial videos provide science explanations and demonstrations for doing the activities. (pages) Intended user: Volunteers working with group of youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01417F \$12.95

#### What’s on Your Plate: Be a Food Scientist—Youth Journal (Unit 4) (approved for SNAP-ed programming)

The Youth Science Journal leads learners through the experiments and provides them with use-at-home information. Unit 4, “Be a Food Scientist,” lets learners look at a day in the life of a food scientist, as well as practice being one as they create a new beverage and learn a basic food science skill--

crystallization. Youth learn the building blocks of food science using chemistry, biology, and physics in a “kitchen laboratory” setting. (pages) Intended user: Youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01414Y \$9.95

#### What’s on Your Plate: Be a Food Scientist—Facilitator’s Guide (Unit 4) (approved for SNAP-ed programming)

This Facilitator Guide provides tips for success for teaching “Be a Food Scientist.” Each unit contains three activities for beginner through advanced learners. Step-by-step guide with instructions, pictures and explanations includes pages from the Youth Science Journals along with answer key. Short online tutorial videos provide science explanations and demonstrations for doing the activities. (pages)

Intended user: Volunteers working with group of youth

Source: 4-H Mall; <http://www.4-hmall.org/Category/food-sci.aspx>

4-H Mall 01418F \$12.95

### **Home Environment:**

State Contact: Kim Leger

#### Manners: Facilitator’s Lesson Plans

The lesson plans include: meeting & greeting; cell savvy; online etiquette; the “write” touch (thank you notes); set the table; mealtime manners; job seeking etiquette. Each lesson takes approximately 45-60 minutes to complete. Intended user: volunteer working with a group of youth in grades 4-12.

Source: KY Cooperative Extension; Download at: Agent Resource Guide under “M”—Manners. See “Lesson Plans.”

KYCES Download & print

#### Home Environment: Facilitator’s Lesson Plans

The lesson plans include: Texture as a design tool; Personalize your room with accessories—no sew pillow or picture frame; Let’s have a party; Saying thank you; Mealtime manners; Learn to set the table. Each lesson takes approximately 45 minutes to complete. Intended user: volunteer working with a group of youth in grades 4-8.

Source: KY Cooperative Extension; Download at: Agent Resource Guide under “H”—Home Environment. See “Lesson Plans.”

KYCES Download & print

#### Home Environment 1: Exploring Your Home

This unit introduces youth to a variety of activities designed to make their homes more attractive and functional. Activities include using color and texture as design tools, organizing and personalizing their room, making a simple cloth article or wastebasket and applying a finish to a small wood item for their

home. (20 pages) Intended user: youth ages 9-10  
Source: KY Cooperative Extension; Download at  
<http://www.ca.uky.edu/agc/pubs/4jb/4jb01po/4jb01po.pdf>  
KY CES                      4JB-01PO                      Download and print

#### Home Environment 2: Living with Others

Unit 2 builds on the skills and concepts introduced in Unit 1. Activities include caring for the home, applying the elements of design through learning experiences and in creating accessories for the home, making pillows, refinishing wood furniture, creating desk accessories and more. (20 pages) Intended User: youth ages 11-12  
Source: KY Cooperative Extension; Download at  
<http://www.ca.uky.edu/agc/pubs/4jb/4jb02po/4jb02po.pdf>  
KY CES                      4JB-02PO                      Download and print

#### Home Environment 3: Where I Live

This unit provides opportunities for applying elements and principles of design in the home, creating and arranging accessories, restoring and recycling furnishings, and storage. (24 pages) Intended User: youth ages 13-14  
Source: KY Cooperative Extension; Download at  
<http://www.ca.uky.edu/agc/pubs/4jb/4jb03po/4jb03po.pdf>  
KY CES                      4JB-03PO                      Download and print

#### Home Environment 4: In My Home

Youth will learn more about their heritage and home, applying the concepts of design, creating fabric furnishings, making major home improvements, creating original designs for furnishings, and making wise decisions in household purchases. Youth are encouraged to plan, create, evaluate, and expand their knowledge through various learning experiences. (24 pages) Intended user: youth ages 14 and older.  
Source: Kentucky Cooperative Extension Service; Download at  
<http://www.ca.uky.edu/agc/pubs/4jb/4jb04po/4jb04po.pdf>  
KY CES                      4JB-04PO                      Download and print

#### Home Energy Detectives

The 4-H Home Energy Detectives program will teach youth how they can be active participants in their home's energy management by learning how their home uses energy. Energy efficiency, energy conservation, home energy loads and phantom energy are program topics. An overview of the Home Energy Detectives program and how to access and use a free, online home energy self-assessment tool will be presented.

Intended user: volunteer working with a group of youth ages 9-18.

Source: UK Biosystems and Agriculture Engineering; Available in the Agent Resource Guide, under "H" — Home Environment

UK CES    Print files

#### **Needlework:**

State Contact: Marjorie Baker

#### Kentucky 4-H Needlework Notebook

This notebook (or CD) includes overviews and project guides for knitting, crochet, embroidery, lacework (tatting), needlepoint, and quilting (machine quilting and hand quilting). "How to" instructions and practice projects are included for each needlework category, as well as patterns for projects and/or

suggested projects and resources. Information is provided on setting up successful project meetings and teaching needlework to young people. Notebooks were distributed during in-service training in 2004 and 2005.

A disk of all resources in the notebook is available from Marjorie Baker. Although the entire notebook is not available for download from the web, the following pieces are:

- **Needlework Member Project Book: Crochet** (10 pages)—KY CES 4JF-10PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf10pa/4jf10pa.pdf>
- **Needlework Member Project Book: Embroidery** (11pages)—KY CES 4JF-11PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf11pa/4jf11pa.pdf>
- **Needlework Member Project Book: Knitting** (11 pages)—KY CES 4JF-13PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf13pa/4jf13pa.pdf>
- **Needlework Member Project Book: Quilting** (18 pages)—KY CES 4JF-12PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf12pa/4jf12pa.pdf>
- **Needlework Member Project Book: Tatting** (8 pages)—KY CES 4JF-15PA; Download at <http://www.ca.uky.edu/agc/pubs/4jf/4jf15pa/4jf15pa.pdf>

Intended user: volunteers working with youth

Source: Kentucky Cooperative Extension Service. Download and print.

KY CES

Download

## **Sewing:**

State Contact: Marjorie Baker

### Style Engineers

This web based curriculum is a program designed for youth who love fashion. Science, technology, engineering and math are part of the process of fashion design. The activities are designed to explore the science and technology of fashion. Segments include: marvelous materials, movement improvement, pattern making, we the engineers, and smart clothing. Intended user: Activities for youth are located under the tab, "Young Designers." Resources for leaders working with youth are located under the tab, "Leaders."

Source: Cornell University and the University of Minnesota; Access at: <http://styleengineers.org/>

Web

Access online at: <http://styleengineers.org/>

### Keeping 4-H in Stitches: KY 4-H Sewing Project Notebook or CD

The notebook (or CD) includes the sewing curriculum updated in 2004. It contains overviews and project guides for five (5) junior sewing units and eight (8) senior sewing units. Youth may construct clothing and non-clothing items. Information sheets (files) include: patterns for practice projects and non-clothing items, tips on how to teach sewing, reproducible activity pages, forms required for sewing related events, and information on how to put on a fashion revue and sewing skill-a-thon, and evaluation forms used for judging. Every county received the CD in September 2004.

Although the entire notebook is not available for download from the web, the following pieces are:

- **4-H Sewing Leader's Guide** (Overview) (6 pages)—KY CES 4JD-01LA; Download at <http://www.ca.uky.edu/agc/pubs/4jd/4jd01lb/4jd01lb.pdf>
- **Sewing Series: Sewing Record** (2 pages)—KY CES 4JD-01RO; Download at <http://www.ca.uky.edu/agc/pubs/4jd/4jd01ro/4jd01ro.pdf>
- **Sewing Series: Skills to Learn-Junior Level** (2 pages)—KY CES 4JD-01SO; Download at <http://www.ca.uky.edu/agc/pubs/4jd/4jd01sa/4jd01sa.pdf>
- **Sewing Series: Skills to Learn-Senior Level** (4 pages)—KY CES 4JD-02SO; Download at

<http://www.ca.uky.edu/agc/pubs/4jd/4jd02so/4jd02so.pdf>

- **4-H Junior Sewing Project Book** (57 pages)—KY CES 4JD-01PB; Download at <http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf>
- **4-H Senior Sewing** (20 pages)---KY CES 4JD-02PA

Intended user: volunteers working with youth

Source: Kentucky Cooperative Extension Service; Download and print.

KY CES            CFH 0005            Download and print

### **Up Cycle It**

This project guide encourages youth to turn discarded or out of style garments into current fashions. (1 page) Target audience: youth, ages 9-18 who have already learned to sew

Source: Kentucky Cooperative Extension Service; Download at: [http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle\\_project\\_jr\\_and\\_sr.pdf](http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf)

KY CES    Download and print

### **Steam Clothing 1 FUNdamentals**

This curriculum is a combined leader/youth guide. The leader is permitted to copy the pages marked with **orange** corners and give them to youth to complete as part of the activities. In this project, youth will gather the tools they'll need to learn to sew, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and take their skills to the next level by investigating businesses, doing service learning projects, and modeling. The book introduces youth to the idea of a portfolio to document their work and track their progress as sewers by creating samples. (161 pages) Intended user: volunteers working with youth in roughly grades 3-5 who are learning to sew

Source: National 4-H Supply Service. Order online at: [www.4-hmall.org/](http://www.4-hmall.org/) or phone: (301) 961-2934

N4-HS                    #4H2210                    \$12.95

### **Steam Clothing 2 Simply Sewing**

This curriculum is a combined leader/youth guide. The leader is permitted to print/copy the pages marked with **blue** corners and give them to youth to complete as part of the activities. In this project, youth will prepare for more advanced sewing techniques and projects, conduct more advanced textile science experiments, focus on advanced engineering techniques, add finishing touches and style to garments, and market and calculate prices of products. Simply Sewing builds upon the skills learned in FUNdamentals and continues the development of the portfolio. (198 pages) Intended user: volunteers working with youth in roughly grades 5-7 who are learning to sew

Source: National 4-H Supply Service. Order online at: [www.4-hmall.org/](http://www.4-hmall.org/) or phone: (301) 961-2934

N4-HS                    #4H2220                    \$12.95

### **Steam Clothing 3 A Stitch Further**

This curriculum is a youth guide so each member should have a personal copy. In STEAM Clothing 3: A Stitch Further, youth will learn the advanced, couture techniques used by designers to create unique garments. Youth will take the science of textiles a step further, and learn to sew garments with challenging patterns and fabrics, couture sewing techniques, and how to sell your professional-looking garments and accessories. This curriculum is a youth guide, with pages for youth to complete as part of the activities. A Stitch Further builds upon the skills developed in Simply Sewing and FUNdamentals and continues the development of the portfolio. (172 pages) Intended user: youth in roughly grades 7-12 who are learning advanced sewing skills.

Source: National 4-H Supply Service. Order online at: [www.4-hmall.org/](http://www.4-hmall.org/) or phone: (301) 961-2934

N4-HS                    #4H2230                    \$12.95

### **Steam Clothing: Maker's Guide to Sewing Stuff**

This curriculum is a youth guide so each member may want a personal copy. If youth are meeting in a group setting, be sure to have reference copies of this book, along with STEAM Clothing 1: FUNdamentals & STEAM Clothing 2: Simply Sewing. In A Maker's Guide to Sewing Stuff, youth will use the skills learned in STEAM Clothing 1 & 2 to make stuff! Youth will create items to use and wear while they practice their beginning sewing skills. Activities in this manual are for beginning and intermediate sewers looking to improve their skills before progressing into using patterns to make garments. Activities in this youth manual include step-by-step instructions to draw patterns, cut fabric, and sew simple items. There are helpful pictures and illustrations for each activity to guide youth as they make stuff. (75 pages) Intended user: youth in roughly grades 3-7 who are learning advanced sewing skills. Source: National 4-H Supply Service. Order online at: [www.4-hmall.org/](http://www.4-hmall.org/) or phone: (301) 961-2934  
N4-HS #4H2240 \$12.95

#### Steam Clothing Activity Manual: Beyond the Needle

In Beyond the Needle, youth will learn all about the 'A' in STEAM Clothing -- the Art! Youth will learn the design basics and create a portfolio to exhibit samples made to practice specific techniques. Then, youth will be able to create their own embellishments and treatments on garments. Activities allow youth to experiment with elements and principles of design on clothing, by learning to: stitch, paint, stamp, stencil, dye, tie dye, batik, ice-dye, oatmeal dye, rust dye, bleach, age, apply 3-D items, ruffle, smock, pleat, tangle, texture, applique, and bead. The manual is great for youth who love art! This manual includes activities for three skill levels: beginner, intermediate, and advanced. (138 pages) Intended user: youth in roughly grades 3-12 and volunteers working with a group of youth. Source: National 4-H Supply Service. Order online at: [www.4-hmall.org/](http://www.4-hmall.org/) or phone: (301) 961-2934  
N4-HS #4H2250 \$12.95

#### **Workforce Preparation & Career Exploration:**

State Contact: Chuck Stamper

#### Open Your Eyes to the World of Work

Youth explore careers in government, education, infrastructure, natural resources, and business/industry in their own community. They conduct a telephone interview with a person working in a field of interest to them. This Workbook may be completed by an individual member with the help of a mentor or in a group setting. (16 pages) Target audience: youth in grades 4 or 5  
Source: KY Cooperative Extension; Download at <http://www.ca.uky.edu/agc/pubs/4ec/4ec01pa/4ec01pa.pdf>  
KY CES 4EC-01PA Order at no charge or download\*

#### The World of Work: Scope It Out

Youth investigate skills used in specific jobs and use communication skills to make arrangements for and complete a shadowing experience. Youth examine foundation skills and competencies needed by workers and explore post-secondary education options in Kentucky. This Workbook may be completed by an individual member or in a group setting. The Reality Store simulation is a supplemental activity to this Workbook. (16 pages) Target audience: youth in middle school  
Source: KY Cooperative Extension; Download at <http://www.ca.uky.edu/agc/pubs/4ec/4ec02pa/4ec02pa.pdf>  
KY CES 4EC-02PA Order at no charge or download\*

#### Jump Start for Job Seekers

Youth learn to fill out a job application, write a letter of application and resume, practice basic interview skills and workplace etiquette. The Workbook offers practical advice on how to look for, find, and keep a job. This Workbook may be completed by an individual member with the help of a mentor or in a group setting. (24 pages) Target audience: youth in high school

Source: KY Cooperative Extension; Download at  
<http://www.ca.uky.edu/agc/pubs/4ec/4ec03pa/4ec03pa.pdf>

KY CES            4EC-03PA            Order at no charge or download\*

The World of Work: A Guide to 4-H Workforce Preparation WorkBooks

This leader guide provides background and a wide variety of ideas for volunteers working with a group of youth on the WorkBooks. For each activity, multiple hands-on ways of completing the activity are offered. KERA learning goals are identified at

<http://www.ca.uky.edu/agcollege/4H/resource/workprep.htm>. (16 pages) Intended user: volunteers working with youth

Source: KY Cooperative Extension; Download at

<http://www.ca.uky.edu/agc/pubs/4ec/4ec01la/4ec01la.pdf>

KY CES            4EC-01LA            Order at no charge or download\*

Reality Store **Check under “Consumer and Financial Education” for [It’s Your Reality](#).**

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**Contacts:**

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Kim Adams Leger, Extension Specialist for 4-H Youth Development

Marjorie Baker, Extension Associate

**Reference:**

Olson, C., Croymans, S., & Ji, K. (2014). Life Skill Influence on Consumer Decision Making Program: Intensity and Breadth. *Journal of Youth Development, 9*(3), 13-27. Retrieved April 4, 2015, from [https://nae4a.memberclicks.net/assets/documents/jyd/jyd\\_0903final.pdf](https://nae4a.memberclicks.net/assets/documents/jyd/jyd_0903final.pdf)