

Making a Difference

2016 Stephens County Food Challenge In-Depth plan *Sumer Shortes Burns: Family and Consumer Science Agent*

Relevance

Texas is ranked 14th as the most obese state in the nation, with adult obesity at 28% and child obesity at 20%. The percentage of young people who are overweight has more than doubled in the last 20 years. Sixty-one and a half percent of children aged 9 to 13 years do not participate in any organized physical activity during their non-school hours and 22.6% do not engage in any free-time physical activity. Research also indicates that only 48% of adults and 25% of high school students get regular, moderate exercise while 29% of American adults are not physically active at all. Furthermore, children spend an average of 4.5 hours in front of a screen during a typical day, indicating a greater risk for overweight and obesity. Texas youth are in need of a food and nutrition activity that helps them learn more about My Plate, nutrients provided from different food sources, food safety and correct cooking temperatures. In the past, 4-H has always offered Food Show for youth to participate in. Food Show is an opportunity for youth to participate and learn on an individual basis. A need arose to have an activity where youth could learn in a team setting.

Response

Texas A&M AgriLife Extension Agents were looking for a way to give Texas youth a “highly-charged” food experience, where youth could work as a team, learn about nutrition, learn how to prepare healthy recipes, and encourage physical activity. The Texas A&M AgriLife Extension Service Family and Consumer Science Extension Agents formed the competition now known as Food Challenge. Food Challenge was modeled after competitions such as the Food Network’s Iron Chef. This event allowed 4-Hers to compete in teams ranging from 3 to 5 people. The team is given a predetermined group of ingredients and is asked to create a dish using those items. They are then asked to identify, prepare and present information related to the preparation process, nutrient value, serving size and cost of the dish.

In order to get new youth and 4-Hers involved, the agent in Stephens County implemented a Kitchen Bootcamp to introduce new youth to the activity.

- 4 day; hands on event



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

- 20 participants
- mini food-challenge, “My Plate” stations, hands on cooking techniques, etiquette awareness & garnishing 101
- practices to prepare teams for the County Food Challenge
- practices to prepare teams advancing to District.

Results

At the Stephens County Kitchen Bootcamp, youth were given a survey to complete. The survey included 7 pre/post questions, 20 youth participated in the survey. All surveys were process in the State office. They are an excellent way to determine the knowledge gained from participating in the activities.


Each question showed that the participants gained knowledge on each subject area following the activities. The surveys also included 9 Behavior Changes questions. The results indicated to agents which areas could be covered more in depth. A sample of the results is below:

- **94.0%** of the participants said their understanding of nutrients found in fats had increased.
- **90%** of the participants said they will eat more fruits and vegetables.
- **77.8%** of the participants said their knowledge gained on nutrients found in minerals had increased.
- **75%** of the participants said they will eat less chips, candy, and/or cookies as after-school snacks.

Acknowledgements

Thank you to Courtney Dodd and her agent team for the development of Food Challenge and for acquiring the resource, Food Challenge 4-H Explore Project book to go with the program. Also, thanks to the Stephens County 4-H Food & Nutrition Group Leader and parents for the countless hours or preparation for the kitchen boot camp and practices.

For More Information Contact:
Sumer Shortes Burns
Stephens County FCS Agent
200 W. Walker
Breckenridge, TX 76424
(254)559-2313

VALUE	
Obesity Prevention and Reduction	
	<p>The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.</p>

EXTENDING KNOWLEDGE
Providing Solutions