Concern:

* Children have a growing need to be healthy, be challenged cognitively, serve others, and prepare for the future.

Objectives:

* Help children understand the mission of the 4H organization
* Encourage children to use whole wheat, problem solve, serve others in their community, remain physically active, and plan for the future

Methodology:

Who: BYU-Idaho Family and Consumer Science Majors teaching students involve in 4-H.

What: Help students have a greater appreciation and understanding about the four H’s in 4-H.

When: March 11, 9am-12pm

Where: Veteran’s Memorial Building in Rexburg, ID

Anticipated Cost: $10 per child

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **4-H** | **FCS Content** | **Project** | **Age Appropriate** | **Concern** | **Literacy/Numeracy** | **Analysis** |
| Head | Chemistry | Bottle Rockets | 8-13 years | be challenged cognitively | Numeracy | The children measured with dry and wet ingredients.Observed and analyzed the chemical reaction. |
| Heart | Sewing | Hero Books | 8-13 years | be challenged cognitively, prepare for the future | Literacy | Created books and a framework for setting and achieving goals. |
| Hands | Interpersonal Relationships | Thank You Cards and Cupcakes | 5-15 years | serve others, prepare for the future | Literacy | Created thank you cards for veterans or influential people within their lives. |
| Health | Nutrition | Whole Wheat Pancakes | 6-15 years | need to be healthy, prepare for the future | Numeracy and Literacy | Children experienced the benefits of whole wheat through touch, taste, sight by grinding their own wheat and cooking pancakes. |
| Games | Youth Development |  | 5-15 years | need to be healthy, be challenged cognitively | Numeracy | The children participated in a variety of physically active relay style games while using cognitive mechanisms to accomplish team oriented tasks. |

Needs more work and Ideas from the class of what we can put on it

**Implementation**: We contacted the local county extension 4H agent. The local VFW was contacted so that the building could be used for the day camp. A poster was created and sent to children who are part of the 4-H day camp. Invites were also extended to faculty family and friends.

On the day of the camp, we scheduled to arrive at the VFW an hour before the camp began to set up the space. Water bottles were packaged so that children could have a water bottle to match the theme. Each group was assigned a color: white, blue, green, red, and camo. Over each station was a sign advertising the group. When students registered, they were assigned a bandana with their group color as well as a packet. We began the activity with activities meant to break the ice between the participants. The Pledge of Allegiance and 4-H pledge were offered. The groups separated to go to their station. Every twenty minutes the groups rotated. Participants were instructed and then implemented what they had been taught. The rotations were health, hands, games, head, and heart. At the end of the camp, participants regathered. They filled out a paper explaining what they learned at the camp. They shared one event they really enjoyed at the camp. The camp ended with a 4-H chant.

**Observation**: Throughout the event we observed the changing attitudes of the children in regards to the different activities. Participants remarked that they enjoyed the whole wheat pancakes. They were delicious. They worked out problem thinking skills as they built their rockets. They were challenged to give the card they made to someone who needed a letter of encouragement. They were taught that physical exercise can be fun as they competed in events that encouraged them to work as a team to win the challenge they were given. The objectives were achieved. Students were set goals on how they could use whole wheat in their diets. They set goals on how they can serve.

Camper Feedback:
Jenna Moore: We learned the parts  of wheat and the parts of the berry. Then we made flour. Then we ate muffins and made pancakes.

Betty crocker has a lot of homemade recipes using wheat flour.

Whole wheat flour has all of the berry, but enriched flour only  has the middle part.

Chloe Portillo- We made bottle rockets, it was awesome.

Would you do another 4-H project in the future? YES!

Dominic

Three things I learned- Rockets exploding, decorating cupcakes, how to make a journal.

Alexander- We decorated cupcakes, with lots and lots of frosting, then pretzels, then put the marshmallows on a stick and ate it.