

# South Dakota Team Nutrition: Farmers Grow MyPlate & Power Chef Challenge

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## PROJECT: Power Chef Challenge

Schools and Outside of School Time (OST) programs have implemented the Power Chef Challenge (PCC) to increase National School Lunch Program participation or OST program snack participation by educating students, parents, and community members about meal program requirements. This challenge couples school nutrition personnel training in conjunction with a middle school curriculum that focuses not only on nutrition education, but also on the development of skills and behaviors related to areas such as food preparation & safety.



## CONCLUSIONS

Two pilot locations have completed PCC, one classroom & one OST program. Pre/post results are being analyzed but implementers reported positive feedback on student interest, participant retention, & appropriateness of materials. One location used the PCCafeteria component & reached over 200 visitors with school breakfast menu samples & information on School Wellness Policy. Additional implementers are contracted for summer & fall of 2017.



- Goal: to provide culinary & nutrition education training to school nutrition professionals, elementary & middle school students in schools & OST programs.
- PCC was adapted from Oregon Extension/4H "Iron Chef in the Nutrition Kitchen", Missouri Extension's "Kids in the Kitchen" & USDA Team Nutrition Dig in! posters
- An evaluation of knowledge change & a scoring rubric for the culminating team cook-off activity was designed with an exit report for program leaders.
- PCC activity can be paired with the Power Chef in the Cafeteria (PCCafeteria) event for caregivers to observe a lesson or culminating contest & celebrate student learning.
- PCCafeteria events guide includes directions for chef demonstrations, tasting new food service menu items, & educational displays to learn about the school/agency child feeding programs.

## METHODS

Program leaders & teachers provide a series of 8 lessons on nutrition & cooking skills to groups of youth ages 3<sup>rd</sup>-8<sup>th</sup> grade. Lesson components include introduction to the Dig in! posters; food & food preparation safety; & culinary skills such as measuring, chopping, peeling, skillet cooking, baking, & serving. Recipes with three varying levels of difficulty & handouts on skills & safe use tips are included. Sub-grants support the cost of food, copies, & small equipment. The cafeteria component enhances the caregiver awareness with a celebration event that includes displays & discussion about USDA child feeding programs.



## METHODS

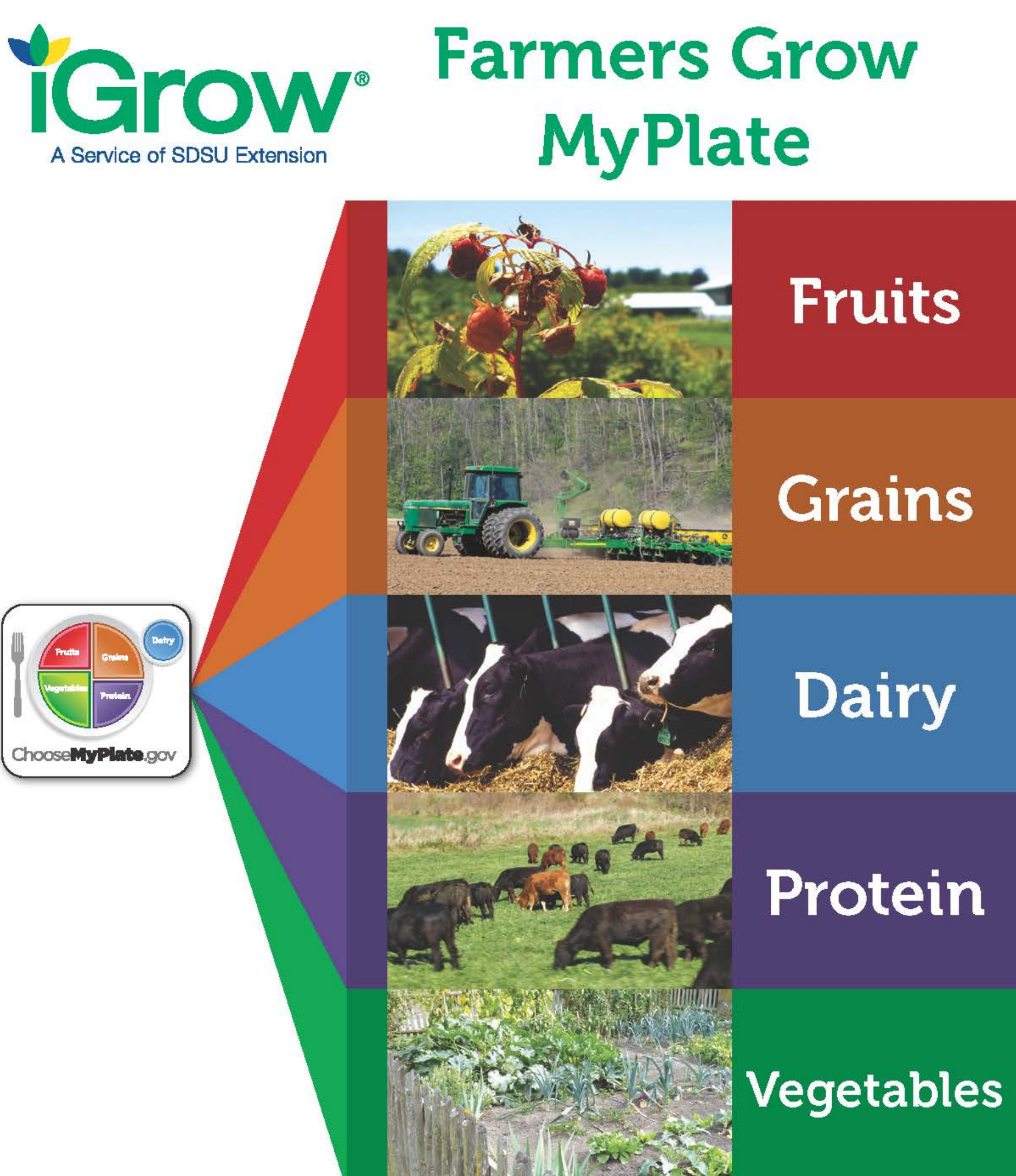
Classroom teachers, outside of school time staff, & 4H/Youth advisors used the 5 part set of lessons in a series with youth from Kindergarten to 4<sup>th</sup> grades. Over 1500 youth have participated & completed pre- & post-evaluations. The toolkits to have supplies close at hand have been a welcome component. Culminating field trips are a highlight of the implementation.

## CONCLUSIONS

FGMP curriculum can successfully be implemented in a variety of settings by teachers & lay leaders. Program directors report strong participation, high interest & staff/community support. Pre/post survey results indicate improvement in knowledge & behaviors on most questions about nutrition & physical activity. Site directors report more youth interest in & more conversation around MyPlate food groups. Educators welcome the local foods component where youth learn about how their food is produced & delivered.

## PROJECT: Farmers Grow MyPlate

MyPlate was designed by USDA to be a simple tool that even elementary school children can understand and follow in practice. The Farmers Grow MyPlate (FGMP) lesson series utilizes MyPlate as the center for theme-based lessons.



- Goal: to combine nutrition education with education on how food is grown and processed.
- Curriculum includes 5 units, one for each segment of MyPlate. Lessons in each unit on nutrition, food preparation, production/field trip, physical activity, craft activity, & review/ wrap up game.
- Field trips to farms or production facilities are required.
- For K-4th grades in a classroom, summer or after-school setting.
- Combined with a toolkit for implementers that includes posters, visual aids, cooking utensils and physical activity supplies.
- Sub-grant awards of up to \$600 to implement FGMP.
- FGMP lessons are available for free download

## 2015-2016 FGMP Summary – K-2<sup>nd</sup> Grade & 3<sup>rd</sup>-5<sup>th</sup> Grade

86% of all children improved their abilities to choose foods according to the Federal Dietary Recommendations. 58% of all children improved their physical activity practices or gain knowledge; 62% of all children use safe food handling practices more often or gain knowledge. However, an average of 79.4% of responses to the agriculture and food production based questions remained unchanged and an average of only 16.6% of responses to the agriculture based questions improved.

