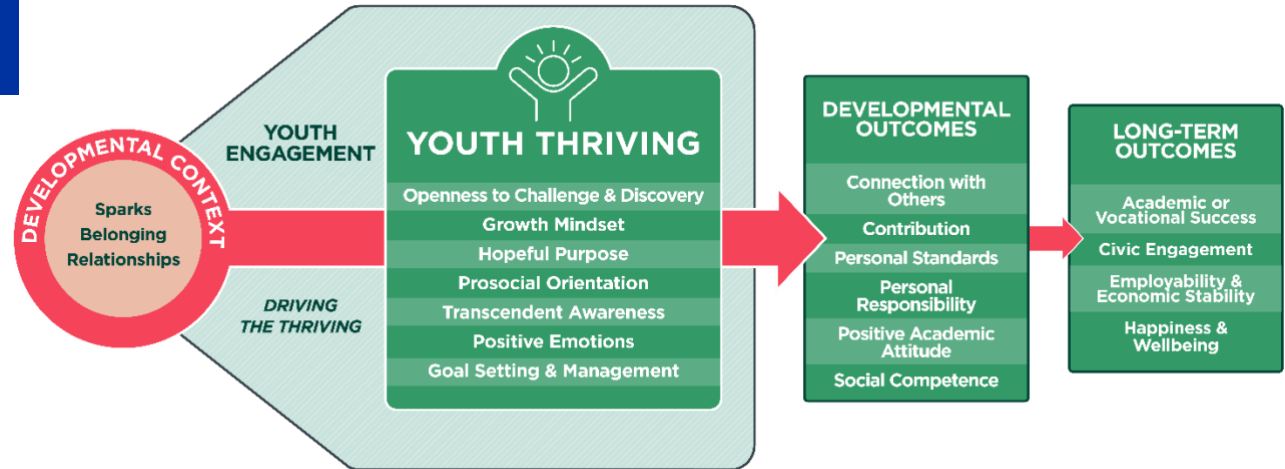


Kentucky 4-H: Thriving in Foods and Nutrition Programming

Positive youth development in 4-H doesn't just happen, the 4-H Thriving Model is used to predict the way that 4-H has its positive impact on youth development. This worksheet focuses on the developmental context and youth thriving portions of the 4-H Thriving Model. This resource is intended for agents and volunteers to use when intentionally designing programs to promote high quality positive youth development experiences in Foods and Nutrition Programming.



Developmental Context

Foundation of 4-H Programming

Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p>How will you foster sparks? <i>A spark is a passion for a self-identified interest or skill, or a capacity that metaphorically lights a fire in a young person's life, providing energy, joy, purpose, and direction.</i></p>	<ul style="list-style-type: none"> Ask youth questions about their interest in foods programming. Show enthusiasm about their passion and follow up based on their interests. Help them find their path into your county cooking and foods program. 	<ul style="list-style-type: none"> "Do you have a memory of cooking?" "What do you like about cooking?" Determine what county specific opportunities meet the youth's interest. 	



Developmental Context			
Foundation of 4-H Programming			
Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p>How will you promote belonging? <i>Feeling of inclusion regardless of gender, ethnicity, sexual orientation, or ability. Youth should have opportunities to share their culture and heritage with others and to forge a positive identity.</i></p>	<ul style="list-style-type: none"> • Provide a club and/or team experience in cooking and foods. • Ensure all appropriate club management guidelines are used to ensure inclusivity. • Include accessibility for those who cannot read a recipe, reach appliances etc. • Be sure to ask youth parent/guardians what accommodations need to be met. 	<ul style="list-style-type: none"> • Promote teamwork in opportunities like: Culinary Challenge, Chopped Challenge, and Cupcake Wars. 	
<p>How will you support developmental relationships? <i>DRs begin by creating a secure attachment between the 4-H member and the adult, reflected in mutual warmth, respect and trust.</i></p>	<ul style="list-style-type: none"> • Include youth in deciding what will be made in cooking and food programs. • Ensure that the leadership of the group engages with each youth and shows care and support. • Encourage leadership positions for high school youth to work with younger members. Foster relationships with the younger youth. 	<ul style="list-style-type: none"> • For younger groups, have them pick from a group of recipes you've chosen. • Have older youth plan a menu. • Have Jr Chef Positions for older youth. 	





Developmental Context
Foundation of 4-H Programming

Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p>How will you encourage engagement or youth voice within programming? <i>Ability to contribute in a meaningful way on subjects of importance to them.</i></p>	<ul style="list-style-type: none"> • Incorporate Older youth as “Junior Chefs” and trust them with responsibilities. • Implement a process at the end of each meeting with open ended questions to encourage youth to share ideas/opinions etc. • Encourage youth to give feedback and tailor programs to what their feedback reveals. 	<ul style="list-style-type: none"> • Have a job description for them, including things like small group leader, etc. • Utilize Processing questions from Do, Reflect, Apply model. 	

Youth Thriving
Facilitating the Process of Growth Through the Seven Indicators

Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p>Growth Mindset <i>A growth mindset supports effort in learning over innate ability.</i></p>	<ul style="list-style-type: none"> • Volunteers/leaders encourage youth to practice in the kitchen, which will help them learn. • When mistakes are made, talk through what can make it better next time and the steps to get there. 	<ul style="list-style-type: none"> • Include in-between meeting challenges and have youth share with a leader or the whole group to encourage practice. • Use constructive criticism to help youth improve. 	





Youth Thriving			
Facilitating the Process of Growth Through the Seven Indicators			
Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p>Openness to Challenge & Discovery <i>Thriving youth have the desire and ability to try new things and challenges.</i></p>	<ul style="list-style-type: none"> Remind youth to be supportive of other groups in the kitchen. Break down clubs into manageable, achievable learning goals to help with success in mastery of a skill. (e.g., measuring, yeast doughs etc.) In the beginning of the year set a goal to try new things within the club. 	<ul style="list-style-type: none"> Include this in group rules. Have the entire group set some SMART Goals. 	
<p>Hopeful Purpose <i>Thriving youth have a sense of hope and purpose and see themselves on the way to a happy and successful future.</i></p>	<ul style="list-style-type: none"> Use SMART Goals at first meeting to help youth set personal and group goals for cooking and foods. Have something celebratory. 	<ul style="list-style-type: none"> County fair/state fair entry. Goal-den Spoon award for those who accomplish a goal. 	
<p>Prosocial Orientation <i>Thriving youth see helping others as a personal responsibility and live up to the values of respect, responsibility, honesty, kindness, and generosity. Thriving youth care about and give back to their communities.</i></p>	<ul style="list-style-type: none"> Include civic engagement in each cooking/foods experience. Allow youth to select their civic engagement opportunity, and ensure it is food -based. 	<ul style="list-style-type: none"> Food pantries, packing food boxes, cooking for those in need, helping with summer food programs, food drives. Process and reflect on experience after completion of foods related civic engagement. 	





Youth Thriving

Facilitating the Process of Growth Through the Seven Indicators

Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p>Transcendent Awareness <i>Thriving youth are aware of a reality bigger than themselves from which meaning and purpose are derived. This transcendent awareness shapes everyday thoughts and actions.</i></p>	<ul style="list-style-type: none"> • Allow for creative outlet in certain cooking projects such as decoration, or taking a basic recipe and adding your own twist, etc. • Work toward a team activity, to see themselves as an active participant beyond the club. 	<ul style="list-style-type: none"> • Place youth in teams so they can see they are part of the whole. • Recite the 4-H Pledge at each meeting. • Create a “Kitchen Creed” or rules by youth to review and recite at meetings to foster positive group experience. • 	
<p>Positive Emotions <i>Thriving youth are positive and optimistic and can manage emotions in a way that leads to health and well-being.</i></p>	<ul style="list-style-type: none"> • Ensure leader is watchful of youth and their emotions. • Have each young person state what they did well for the club meeting. • Hold youth to the created “Kitchen Creed.” 	<ul style="list-style-type: none"> • Discuss feelings about when a project in the kitchen may fail. How do we react to this? • Praise youth when they do well and work with them if they fall short on their goals. 	
<p>Goal Setting & Management <i>Thriving youth set goals and persevere in achieving their goals. They also make self-regulatory decisions that lead to better short-term and long-term success.</i></p>	<ul style="list-style-type: none"> • Encourage youth to participate in the achievement program. • Hold a club officer orientation utilizing the club officer manual. 	<ul style="list-style-type: none"> • Every month, three months, nine months evaluate youth goals. • Utilize the Club Officer Manual to track progress. • Elect Club officers, and ensure youth know of other leadership opportunities. 	





Cooperative
Extension Service

Kentucky 4-H
Youth Development



Resources:

4-H Thriving Model of PYD: Informed by Science – Grounded in Practice (2021). Retrieved: <https://helping-youth-thrive.extension.org/tip-sheets/>

Experiential Learning Cards. (2021) <https://store.extension.iastate.edu/product/Experiential-Learning-Cards>

Kentucky 4-H Culinary Challenge. (2022) <https://4-h.ca.uky.edu/content/kentucky-4-h-food-challenge>

SMART Goals for 4-H Members. (n.d). <https://4-h.org/about/blog/goal-setting-for-the-new-year-ask-a-4-h-member/>

4-H Club Officer Manual. (n.d.). <http://www2.ca.uky.edu/agcomm/pubs/4LC/4LC02MO/4LC02MO.pdf>

Prepared By: Kentucky 4-H Professional Learning Circle Members: Weaver, C., Easley, E., Ewing Jones, K., Farley, S., Guidugli, R., Hale, M., Hayes, R., Mallory, L., Reed, D., Schoonover, S., & Stamper, C. (2022).

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.