



YOUR FOOD SCENE MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)



HEALTH H CHALLENGE

Try 1 change to make your food scene healthier.

ROLL CALL

Name a place where you eat.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Take a Tour of Your Food Scene

GIVE OUT FAMILY HANDOUTS

"Your Food Scene"

NUTRITIOUS SNACK

Apples



REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.

REPLACE FOOD SCENE PITFALLS WITH HEALTHY CHOICES

I don't like school lunch.

HC: Keep healthy snacks in your backpack or locker.

TV commercials make me hungry.

HC: Take an exercise break during commercials.

My buddy's candy jar is tempting.

HC: Ask your buddy for a piece of fruit instead.

On car trips we buy sodas to drink.

HC: Take along bottles of your favorite juice.

INSTANT ACTIVITY STEP BY STEP

TAKE A TOUR OF YOUR FOOD SCENE



- *Introduce the topic.*
 - Our environment or “food scene” plays a big role in living the Health H. Things all around us affect our food decisions. Think about how you make food choices based on where you eat. For example, if your neighbor always has soda pop, ask for water or juice.
- *Have Fun – Take a Tour of Your Food Scene*
 - Sit in a circle. I'll describe a food scene. (See box on left for examples.) If it is true for you, tag a buddy. Tell them what you could do to change your food scene.
 - After you share your healthy change idea, both of you find another place to sit down – not in the same place you were before!
 - Now, let's take a tour of your food scene . . .
 1. My family eats at fast-food restaurants a lot. Is this true for you? (Tag a buddy. Share an idea on how you can make this food scene healthier.)
 2. At my friend's house, we grab cookies or chips. Is this true for you?
 3. I eat when I feel bored or stressed. Is this true for you?
 4. On school mornings, I skip breakfast. Is this true for you?
 5. I would like to eat more family meals together. Is this true for you?
 6. When my family is in the car and we get thirsty, we choose to drink soda pop. Is this true for you?
- *Talk About It*
 - What ideas did you hear? What changes would make your food scene healthier for:
 - **What you eat** – Are healthy foods handy? What can you keep ready at home or in your backpack when you're ready for a snack? Slow down on fast-foods.
 - **When you eat** – Eat when your body tells you.
 - **Reasons why you eat** – Handle your moods and foods. Listen to your body's fullness clues.
 - **How much you eat** – Eat the “just right” portions.

SUMMARIZE THE MAIN POINTS

1. Control your food scene. Small changes make healthy eating easy.
2. Talk to friends and family about changes you're making.





FAMILY HEALTH HANDOUT: EATING HEALTHY YOUR FOOD SCENE



HEALTH H CHALLENGE

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healthier.

WHAT IS YOUR FAMILY'S FOOD SCENE?

Your home and other places where you make your eating choices. People and things influence your decisions, taste personalities, and attitudes. Check out your food scene. You may find surprises.

Remember, we decide **where** to eat and drink, as well as **when** to eat, **what** to eat, **how much** to eat, and **with whom** we eat.

Take a few minutes as a family to “map” your family’s food scene.

MAP IT

1. Gather your family together.
2. Get materials for this activity: paper, pencils, markers, or paint.
3. As a family – or individually – make a map of your food scene. Art talent is not necessary!
 - Start by outlining the main **places** in your home where you eat. (You might include other homes if you eat there often.) Draw a simple map of your home itself or a more complicated map that includes your relatives’ homes, too. It’s up to you and your family members to decide what goes on the map.
 - Think of your daily routine and **what** you eat and drink. Fill in words or pictures on the map – foods and drinks you keep on the counter, in cabinets, in the refrigerator, the dinner table, TV, garden, at the computer. Are there others?
 - **Who** affects your choices? Who buys the food? Who prepares it? Who do you eat with? Draw or name these people who are part of your food scene.
4. Talk about it. Name the healthiest parts of your family’s food scene. Are there places, people, or things that make it difficult to eat nutritious foods in “right-size” portions?
5. As a family, pick some small changes that would make healthy choices easier at home. Talk about how and when you will make that small change.

4-H FAMILIES ONLINE

At www.choosemyplate.gov/videos, watch videos about families who find healthy eating solutions.



Act out your own family’s story!

CUT HERE

