Foods Project Leader
Pilot Project Webinar #3
February 21, 2012

Your Presenters
Diane Mack, 4-H Youth Development Specialist
Dr. Gary Gerhard, Professor and Extension Specialist, 4-H Youth Development

Any follow up questions from the second webinar?

Eating Disorders Prevention: Tips for Educators
Dianna Schalles, MS, RD, LD
Lafene Health Center, Kansas State University

Prevention Basics
• DO NOT focus solely on signs, symptoms and dangers of eating disorders.
• This can inadvertently encourage disordered eating rather than prevent it.

Common harmful mistakes
Don’t focus on graphic images or descriptions of the bodies of eating disorder sufferers. Research proves that coverage dramatizing dangerous thinness can provoke a “race to the bottom” among sufferers.

2004 National Eating Disorders Association
Don't play the numbers game!

"She ate only 400 calories a day."
"He took as many as ten laxatives at a time."

Watch out for "anorexia chic."
Eating disorders and their sufferers shouldn't be glamorized or, worse yet, presented as people with "astounding will-power" or "incredible self-control."

Don’t dwell on the negative.
– Strike a balance between “serious” and “hopeless.”
– Always encourage people to seek help for themselves or loved ones who are suffering.
– Recovery is long and often expensive, but it is achievable and there are many options available.

Always refer to appropriate resources!
• Include contact numbers, addresses, or web links to information and treatment resources.
• Toll-free Information & Referral Helpline: 800-931-2237
  www.NationalEatingDisorders.org

Nutrition Messages
• Health-centered approach -vs- weight centered
• Health at Every Size
• Should include parents

New Directions
• Provide facts about genetics, weight gain at puberty and during lifespan without focus on specific eating disorder symptoms.
• Media literacy training at appropriate ages to combat unrealistic societal messages
Resources
- Gurze Catalogs (www.bulimia.com)
- Girl Scouts
- American Girl
- Dove
- www.girlpower.gov
- www.girlzone.com
- The Dressing Room Project

Creating Age Appropriate 4-H Learning Experiences

Characteristics: 7 and 8 Year Olds
- Physical Growth is Slow and Steady
- “Active” Learning
- “Show and Tell”
- Eager to learn, but they have a short attention span

Characteristics: 7 and 8 Year Olds
- Leader is a Role Model
- Thinking is concrete
- Learning How to be Friends
- Cooperative Games and Activities

Characteristics: 9, 10, and 11 Year Olds
- Need Physical Activity
- “Hands-On” Involvement
- Role Model is Critical
- “Joiners”

Characteristics: 9, 10, and 11 Year Olds
- Self-reward is Important
- Can Take on More Responsibility
- Need Acceptance of Peers
Characteristics: 12, 13, and 14 Year-olds

- Variety of Physical Development – girls maturing faster than boys
- Moving from Concrete to More Abstract Thinking
- Small Group Interactions are the best

Characteristics: 12, 13, and 14 Year-olds

- Away-from-home Activities Help Develop Independence
- Opinions of Peers is Important
- Emotions are on a Rollercoaster Ride
- Avoid Comparing Young People with Each Other

Characteristics: 15 Years Old and Older

- Identifying Their Own Abilities and Talents
- Looking at Their Future
- Abstract Thinkers
- Need More Challenging Leadership Roles

Characteristics: 15 Years Old and Older

- Leader/Member = Advisor/Independent Worker
- “Self” is important
- Independence and Personal Identity is Important
- Developing Into Self-directed Learners

Presentations

Helping 4-H Members With Presentations


Value of Presentations

- The real value of a presentation is to the member who prepares and presents it.
- Poise, confidence and self-assurance grow each time a presentation is given.
Value of Presentations

- Learn new information and, consequently, learn a great deal more about the subject and project.
- Acquire the skill of speaking and performing more easily before groups.
- Learn to plan and organize their thoughts so they can transmit ideas more clearly.
- Tell others about things they are learning. Presentations emphasize the practical application of things they learn.

Presentations teach life skills

- How to organize thoughts in a logical manner
- How to find information and research a subject
- How to express ideas clearly and convincingly
- How to prepare visuals and use them to support the presentation
- How to listen to the opinions of others and accept feedback
- How to teach others

*Introduction to Presentations by Roberta Lundeberg, 4-H Program Coordinator, Oregon State University, 2009.

Presentation Opportunities

- Club Meetings
- Project Meetings
- 4-H Day
- For other groups

Share Session

Tammy Sheperd, Johnson County

*Mother’s Day Tea Party*

Sherry Seifert, Meadowlark Extension District

*Plan, Prepare, and Deliver Meals to Neighbors*

Donna Maskus, Ellis County

*Crazy Meal Event*
Jeannine Flory, Atchison County

Matching Foods Terms

Meeting #4

Next meeting will be **March 6 at 7:00pm**

— Karen will Focus on Baking

Thanks and have a good evening!