



Thirty-nine youth participated in the F3 ENERGY! project either in the class series or one day training events. They were from varying zip code areas (11- 49046, 10-49058, 6-49073 and 3- 49333).

As a result of 21 interactive educational sessions and four field trips;

youth increased their knowledge and awareness of healthy food choices through interactive activities by learning about:

- The importance of fruits and vegetables in a healthy diet and how they are grown. The youth were encouraged to try new fruits and vegetables each meeting time in which we had more than 87% participation. These foods came in the form of smoothies, vegetable wraps and vegetable soup.
- The importance of milk products and calcium and through taste testing calcium-rich foods such as making yogurt parfaits and participating in a tour of Moo-Ville Creamery where the students learned about milk, butter and ice cream and how it was made starting from the cow to the table.
- The grains group and the importance of whole grains and fiber in the diet. Students tasted vegetable wraps made with whole wheat tortilla shells.
- Different birds and the type of eggs they lay with a lesson in how to cook those eggs (goose, turkey, different chicken varieties) and tasting each type. One youth stating that they did not like eggs, stated wanting eggs for breakfast in the mornings after tasting the different eggs.
- Comparing the nutritional value of fair foods and deciding which foods would be healthier choices.



Youth were exposed to and tried multiple physical activities including:

- Attempting to work the practice erg at MSU' Jenison field house.
- Meeting and talking to the gymnastics team at MSU
- Working with weight machines and using rubber balls for strength control at the YMCA in Dewitt.
- Parents involved also tried these new physical activities with their children.
- Youth incorporated gardening as another physical activity and included their parents.



Delicioso! Taste-testing

Results of taste-testing different fruits and vegetables included 87% of youth trying the offered foods, 52% of youth liking the offered food and wanting to eat it again and 49% of youth stated that they would eat the food at home.

- 88% of youth stated that they eat vegetables almost everyday at the beginning of the program. By the end of the program, 100% of youth stated that they eat vegetables almost everyday.
- 75% of youth stated that they think about which foods are good for them at the beginning of the program which increased to 88% of the youth thinking about foods good for them.
- 25% of youth showed an increase in being physically active everyday with 75% of youth already stating being physically active everyday.

Increasing vegetable intake with the youth was accomplished through:

- Sending vegetables home with youth from the garden.
- Offering vegetables during class and speaking with parents. We had 100% participation with vegetable tasting from youth.
- Taste testing vegetables grown by the youth straight from the garden.



Students demonstrated multiple business and leadership skills throughout the program including:

- Creating a marketing poster for the Barry County fair which included information about their garden and the vegetables growing in it. Youth were interviewed by judges to explain their projects which included talking about the nutritional value of vegetables. Each youth that participated received an award with two of the youth receiving Best of Show awards.
- Some of the youth submitted more than one project at fair for judging. All of the projects being judged involved an interview process and all of the projects received some form of award.
- Youth presented their posters publicly to other groups of people including Kellogg's scientists, the MSU Extension state director and associate director along with the regional director, community members including businesses, funders and officials at the year-end program celebration.
- Youth met the director and associate director of MSU Extension along with the regional director and director of Barry County and spoke about their gardens.
- Youth learned proper eye contact with a person and how to shake their hand. This was practiced with each meeting. By the end of the program, youth were initiating a hand shake with someone and introduce themselves with eye contact.



Students demonstrated entrepreneurial skills through many ways including:

- Youth made the decision to be a sole proprietor or form a partnership for their garden. They also had a corporate corn plot.
- Youth decided what they wanted to plant in their garden and were responsible for the layout of the garden, as well as the upkeep and management of it.
- Setting up a farm market to sell produce from their gardens at Mooville. Youth even sold some of their produce as they were picking it.
- Meeting with restaurant owners to sell their produce. Youth were exposed to the process of meeting with restaurant owners and making arrangements to sell fresh produce for the restaurant's to use in their menus. Youth sold to four area restaurants including Good Time Pizza in Nashville, The Cracked Pepper in Middleville, Mills Landing and Mexican Connection in Hastings.
- Youth were able to sell their produce to a farmer that took the vegetables to sell at a larger market.
- Two of the youth were able to participate in the 4-H Exploration Days which give youth opportunities to learn about topics of interest. The youth attended a farm market session that

taught the youth about how to have a successful farm market. They came back with a third place for this overall state competition.



Youth received food safety training

- Participants received two hours of food safety training in preparation for a cooking competition held at fair
- Youth demonstrated their knowledge of safe food handling during a poultry cooking competition held at fair

Youth participated in running a mock business

- Participants formed companies and ran a jewelry making business; they made all decisions including product prototype, name, logo, advertising, insurance, target market, financial decisions. Their decisions went into the computer and they received immediate results for the quarter, they then had to adjust their decisions for the next quarter. The simulated business went through a full years cycle.



Students attended multiple field trips which included:

- A trip to MSU to the Children's 4-H gardens, Jenison Field House, Sweetie-Licious entrepreneurial restaurant and the YMCA.
- A trip to KBS to learn about a career as a food scientist at Kellogg's Company, a tour of an organic garden and a bio-energy garden.
- A tour of Moo-Ville creamery to learn about how milk is processed from the cow to the table and what foods can be made with it.
- A trip to the Barry County Fair to participate as a 4-H member and practice leadership skills, entrepreneur presentation from past 4-H member, garden tour

- A trip involving a local foods tour where students learned about what area people are doing with foods such as maple syrup production, making flour with different types of grain, organic gardening and Moo-ville creamery.
- Exposure to experiences outside of Barry County



F3ENERGY! Participants with the Director, Associate Director and Regional Director of Extension at their fair booth.