



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

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To: Youth Program Summer Site Coordinators
From: Linda E. Wegner, 4-H Program Leader, Fulton & Montgomery Counties

During the period of July 2-August 17, Cornell Cooperative Extension in Fulton and Montgomery Counties is pleased to offer a menu of two lessons to summer youth programming sites including libraries. **Each 45 to 60-minute, hands-on lesson is geared for youth ages 5-12.** We need to have a minimum of 5 youth participants to schedule a lesson at your site and we can accommodate a maximum of 25 youth for each lesson. *If children under age 5 or above age 12 accompany siblings/friends to one of our lessons, it is up to your staff/volunteers to oversee activities for them separate from our lesson. Also, please make note that our staff are not responsible for disciplining youth participants at your site.*

Due to *significantly reduced organizational operating funds and staffing* for Cornell Cooperative Extension in Fulton and Montgomery Counties, **there is a limit of one lesson topic per programming site.**

What's on Your Plate?

Using the book Gregory, the Terrible Eater by Mitchell Sharmat and/or The Edible Pyramid by Loreen Leedy and the USDA's MyPlate materials, youth will learn about the importance of eating food from all five food groups and making healthy choices. Youth will explore examples of nutrient dense and calorie dense foods in each food group. Depending on the ages of youth, participants will play "MyPlate Bingo" or a "Healthy Meals" relay.

Are You Energy Smart at Home?

Using the book Why Should I Save Energy? by Jen Green and/or Our Earth: Saving Energy by Peggy Hock, youth will learn about energy use at home, how to make wise energy decisions and how to protect the environment. Each youth will complete a household energy report card for his/her family. Depending on the ages of youth, participants will play "Active Energy Sources", "Energy Detective" and/or "Energy I.Q.".

If you would like to schedule one of the lessons listed above, please contact Linda Wegner **no later than June 22nd** at 673-5525, ext. 114 or lew9@cornell.edu.