Skills to Live on Your Own
Objectives

• Identify life skills.
• Differentiate among various methods for teaching youth life skills.
• Explore lessons designed to teach life skills.
Objective 1

Identify life skills.
Life Skills

• Competencies that help people function well in their environments
• Learned in sequential steps appropriate to development
• Typically acquired through “learn-by-doing” activities
Targeting Life Skills Model
Objective 2

Differentiate among various methods for teaching youth life skills.
Methods for teaching life skills in 4-H

- 4-H projects
- Activity manuals
- Demonstrations/Public Speaking
- Judging events
- Skill-a-thons
- Project workshops
- Educational trips
- Resume building
- Work as camp counselors
Most Learning

- 90% Actual experience
- 90% 4-H projects
- 70% Models, simulations, games
- 70% Judging, skits, role plays
- 50% Discussions
- 50% Demonstrations
- 30% Field trips, tours
- 30% Exhibits, displays
- 30% Movies, charts, graphs
- 10% Posters, maps
- 10% Printed matter

Least Learning
Objective 3

Explore lessons designed to teach life skills.
Childhood Obesity Facts

• The United States is ranked #1 among the heaviest nations.
• Across the United States, childhood obesity is rising.
• 10% of the states report that 33.75-38% of their 10-17-year-old youth are overweight.
• Overweight children have a 70% chance of becoming obese adults.
• The number of overweight children has doubled in the last 20-30 years.
• Kids need to understand the benefits of proper nutrition and physical activity.
Overview of “Ignition Nutrition” Lessons

Lesson 1  Defines nutrition and exercise and encourages record keeping

Lesson 2  Focuses on label reading and sugar in drinks

Lesson 3  Teaches the food guide pyramid

Lesson 4  Explores the fat in fast foods

Lesson 5  Encourages 4-H members to move with dance

Lesson 6  Focuses on combination foods

For more info, visit: http://www.ces.purdue.edu/vigo
Why teach nutrition and physical fitness together?

Good nutrition + Physical activity = A healthy lifestyle
Physical Fitness and Exercise

• Children and adolescents age 6-17 should do one hour of physical exercise every day.

• Most exercise should be of either moderate or vigorous intensity.

• Muscle-strengthening and bone-strengthening activity should be done 3 days per week.
Evaluating Food Using Product Labels

Raise a finger if the food has:
- 10% or more Vitamin A
- 10% or more Vitamin C
- 10% or more Calcium
- 10% or more Iron
- 10% or more Protein
- 10% or more Fiber

Lower a finger if the food has:
- 10% or more Total Fat
- 200 or more Calories

If any fingers remain up, the food can be considered nutritious.
Healthy Eating-Out

Healthy food selections include:

• Foods that are fat-free or lower in fat
• Grilled, broiled, steamed, or baked food
• Plain chicken or fish instead of breaded
• Catsup or mustard instead of sauces
• Fat-free or low-fat salad dressings
• Small fries instead of large
• Regular or plain hamburger
• Burritos or tacos with just salsa
• Juice, water, or low-fat milk to drink
• Frozen yogurt or low-fat ice cream
Fast Food Choices Game

- This lesson will help you choose foods with less fat when eating out, especially at fast-food restaurants.
- Pretend that you are eating at a pizza place for dinner.
- Select a meal that would be typical for you, including your side orders and drinks, using the “Fast Food” cards provided.
- Look only at the fronts of the cards until instructed to turn them over.
- Once you have made your selection, turn the cards over and add up the amount of fat in your selected meal using the Fast Food Worksheet.
Fast Food Choices Game

• Select alternatives for reducing fat in your previous meal. Consider choices that you might actually make when you visit your favorite pizza place.

• After you have made your selections, look on the backs of the cards and add up the amount of fat in this meal.

• Subtract this number from the number in the first meal using the “Fast Food Worksheet.”

• How much were you able to reduce your fat intake with the second meal?
Manners & Etiquette

A sample of the topics covered include:

– Table manners
– Classroom manners
– Magic words
– Thank-you notes
– Cell phone etiquette
– Holiday manners

The Emily Post Institute: [http://www.emilypost.com/](http://www.emilypost.com/)
Cell Phone Etiquette

• Be the master of your phone, not a slave to it!
• Speak softly and use appropriate language.
• Be courteous to others; don’t interrupt.
• Use the silent or vibrate ring mode and move away to talk.
• Don’t make calls in a library, theater, or church or from your table in a restaurant.
• Don’t text during class or a meeting at your job.
Group Discussion

• What other skills are important for 4-H Club members to learn that will help them to become more independent?
• What are some activities that could be led in a 4-H Club that would help members develop skills to live on their own?
Resources


Resources


Resources
