Recognize a Volunteer

South Carolina 4-H celebrates outstanding volunteers with the Glen Krohn Excellence in Volunteerism Award

National Volunteers Week is April 15-21, 2018. Thank you for your constant service and dedication to the youth of South Carolina and the next generation of #TrueLeaders.

Nominate an outstanding volunteer today!! Email applications are due to Ashley Burns (taberp@clemson.edu) by Tuesday, May 1st. The Glen Krohn Award recognizes outstanding volunteer leadership in the 4-H program. It is named for the late Dr. Glen Krohn, retired Assistant Director, Family and Youth Development. Dr. Krohn was a strong believer in volunteers throughout his career.

For the Glen Krohn Award application and more details, visit: Application Information

Upcoming Statewide Programs:

- **Small Garden Project**
  - April - July, 2018
  - statewide, independent-study project about gardening (for all age divisions)
  - Register by April 13th

- **Poultry Cookoff**
  - Saturday, April 28, 2018
  - statewide BBQ contest at Sparkleberry Fair at Sandhills REC (for ages 9-18)
  - Register by April 13th

- **Pinckney Leadership Conference/Camps**
  - Several dates in summer 2018
  - premier leadership conference for youth (for rising 7th/8th and 10th/11th graders)
  - Register by April 18th

- **Sporting Clays Tournament Fundraiser**
  - Friday, June 1, 2018
  - our primary statewide fundraiser for SC 4-H programs (for adults & youth)
  - Register by May 23rd

- **State 4-H Congress**
  - July 11-14, 2018
  - premier 4-H event for senior age division youth (ages 14-18)
  - Register by June 25th

“To make the best better” 4-H Motto

In April, 4-H’ers across the nation will participate in the Tractor Supply Company (TSC) Paper Clover campaign to raise money for local 4-H programs to support youth leadership opportunities. Participation can be anything from setting up a display table and project boards inside the store to having clubs encourage customers to donate. Clubs and volunteers will also have the opportunity to enter the Paper Clover Participation Sweepstakes, where 75 clubs will win a $100 TSC gift card.
Monthly 4-H Club Activity Idea
by Mallory Dailey, Oconee County 4-H Agent

Grocery Games

Objective: To gain skills in reading nutrition labels and increase healthy living practices.

Age Range: all ages.

Hands-on Activity: Use common grocery items to gain an appreciation of energy components listed on nutrition labels and make informed decisions about common products in the grocery store to consume.

Life Skills: HEAD –critical thinking, decision making;
            HEART –sharing;
            HANDS – marketable skills, self-motivation;
            HEALTH – healthy lifestyle choices, disease prevention.

Introduction

Energy present in foods is listed on nutrition labels as Calories. A “Calorie” on a nutrition label is actually a kilocalorie that is equivalent to 4184 joules or the amount of energy it would take to raise 1 kg of water 1 degree Celsius. Energy in our diets can come from three difference sources: fats, carbohydrates, and protein. Each of these energy sources is listed on the Nutrition Facts label present on all commercially packaged foods sold in the US, as mandated by the Food and Drug Administration (FDA). Fat is the most Calorie-dense source of energy; there are 9 Calories per gram of fat. Protein and carbohydrates provide 4 Calories per gram. Have youth fill out the blank table on page 4 to use math skills to calculate the amount of Calories from each energy source.

You may notice some things about the label on the right that look different than what you are used to seeing. In May 2016, the FDA announced a plan to implement a new design and layout to more accurately represent the nutrition present in quantities that Americans consume. The new labels are currently being implemented over time. (Can you find an example of each in your pantry to compare?!) Other nutrients present in a food can help you determine whether a food is Calorie dense or nutrient dense. Additional vitamins and minerals make certain foods healthier choices compared to their calorie-dense, nutrient-free counterparts.

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Activity Instructions

This activity can either be done in a store or with items purchased in advance. (If you choose to go to a store, contact the manager in advance to let them know of your plans and see if anyone would be available to speak to the group and expand upon the learning experience.) Choose a food item with several varieties available, ideally containing a high level of at least one energy source, for youth to be able to compare nutrition labels. (For instance, peanut butter is high in protein and some varieties are high in fat and sugar too. Also, syrup and bread are items high in carbohydrates, but some varieties might be “healthier” choices than others.) Allow youth time to review the nutrition labels from 3 to 5 of the varieties. Discuss and repeat the exercise 2 or 3 more times with different food items. Discuss the benefits of fiber, vitamins, and minerals present on the nutrition label as well. Have youth choose a food item and complete the Grocery Games Worksheet.

Reflective questions

- What did you like about this activity?
- Can you see yourself using this skill to make decisions about what food to purchase in your household (or future household)?
- Is the nutritional quality of foods reflected in their price?

Additional Resources:

What is a Calorie? video. TED-Ed. https://www.youtube.com/watch?v=VEQaH4LruUo


Clemson HGIC Fact Sheets. https://hgic.clemson.edu/?s=nutrition+calories

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### Grocery Games Worksheet

Use the table below to calculate the amount of Calories from each energy source listed on the nutrition label.

- **Fat** provides 9 Calories per gram.
- **Carbohydrates** provide 4 Calories per gram.
- **Protein** provides 4 Calories per gram.

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories per gram</td>
<td>Grams on nutrition label</td>
<td>Calories from energy source: ( A \times B = C )</td>
<td>Percent of total Calories: ( \frac{C}{\text{Total}} \times 100 = D )</td>
</tr>
<tr>
<td>Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
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<td></td>
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</tr>
<tr>
<td>Protein</td>
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<tr>
<td>TOTAL</td>
<td>Add values in column C</td>
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1.) Which energy source contributed the most Calories? ________________________________

2.) If you subtracted the Calories from dietary fiber from the carbohydrate Calories, which energy source would contribute the most Calories? ________________________________

3.) From what food items did you compare nutrition labels? ________________________________

4.) Based on the nutrition labels, what brand/variety would you choose to eat? ____________

5.) Why did you choose that item (Think about whether it is nutrient dense or calorie dense.)?

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