

Cornell's *Choose Health: Food, Fun, and Fitness* youth curriculum

Six Hands-On, Interactive Healthy Eating and Active Living Lessons for 8-15 Year-Olds

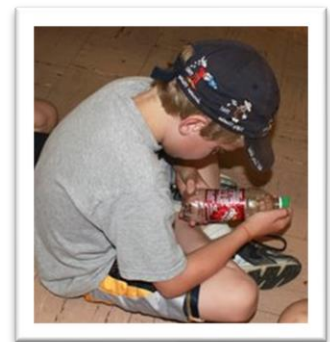
Choose Health: Food, Fun, and Fitness (CHFFF) is an award-winning, evidence-based nutrition and fitness curriculum composed of six hands-on lessons for 8-12-year-olds (3rd-6th graders). Developed by Cornell University's Division of Nutritional Sciences in collaboration with Cornell Cooperative Extension's 4-H Youth Development Program, CHFFF engages children in interactive nutrition experiences to promote research-based behaviors to prevent obesity and chronic disease:

- More vegetables, fruits and whole grains
- Less sugar-sweetened beverages, high-fat and high-sugar foods
- Increased physical activity

Lessons include real food packages, active games, food preparation and tasting, goal setting, and a family newsletter. CHFFF supports the 2015 Dietary Guidelines for Americans and USDA's MyPlate, and uses a dialogue approach for more effective retention and application of information and skills.

Evaluation using a quasi-experimental design with delayed intervention in a sample of 561 youth in NYS EFNEP demonstrated positive behavior change (J Sch Health 2021). Following *CHFFF*, children improved significantly compared to their no-intervention control period in:

- Overall diet quality
- Fruit and vegetable intake
- Sweetened beverages (SSB) and fast food intake
- Intent to make healthier SSB/fast food choices
- Frequency of reading Nutrition Facts labels
- Frequency of sharing about healthy eating with their family
- Frequency of trying a new food



Choose Health Action Teens: A unique characteristic of CHFFF is that it was also designed to be taught by teens in our companion program, *CHAT*, in which teens are trained to co-teach CHFFF to younger youth in after-school programs, summer camps, schools, and other settings. The CHAT Facilitator Guide includes background information, implementation tips, recruitment materials, a structured 11-hour teen training, and evaluation forms. Evaluation suggests that participating teens gain leadership and facilitation skills, and also change their own eating and physical activity habits.

To purchase CHFFF: <https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum>

To access other CHFFF resources (webinar, training resources, Spanish version, etc.) and the new virtual version of the lessons: <http://fnec.cornell.edu/for-partners/curricula/chfff/>

To access CHAT: <https://fnec.cornell.edu/for-partners/programs/chat/>

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