Cornell Cooperative Extension 4-H Youth Development launched its “4-H Choose Health Action Teens “(CHAT) Nutrition & Health Program. The program sponsored by National 4-H Council & the Cocoa Cola Foundation is geared to stem the tide of childhood obesity and chronic disease by allowing children to play again. Engaging children in fun activities, healthy meal preparation and teaching basic nutrition & health concepts enable youth to make healthy life choices. The program goal is to reach 500 youth and runs from spring – summer 2014.

Helping youth achieve healthy lifestyles

The 4-H Choose Health Action Teens (CHAT) program integrates youth community action with efforts to encourage healthy lifestyles by engaging teens in teaching healthy eating and active living to younger youth in after-school programs, summer camps and other settings.

Training is provided by Cornell educators to recruit, train, and mentor local teens to be CHATs, who then teach or co-teach our nutrition curriculum, Choose Health: Food, Fun, and Fitness (CHFFF). The curriculum is aimed at 8-12 year olds and targets those behaviors research shows to be most important for preventing childhood obesity and chronic disease.

CHAT Teens
Fifty (50) 4-H teens from area high schools were selected for the program. Students learned fun games, youth development, prepared healthy meals and the CHFFF curriculum. Three cohorts of teens were trained as peer educators for the program, Cohort 1: Forrest Hills HS 4-H & the 4-H Youth Leadership Academy, Cohort 2: Midwood HS 4-H & Cohort 3: Dewitt Clinton HS. The students worked in pairs to deliver a series of six workshops to In school & afterschool programs citywide, including:

- Association to Benefit Children (Manhattan)
- Foundations for Life @ PS 156Q (Queens)
- Foundations for Life (Wingate HS) (Brooklyn)
- Grand St Settlement (Brooklyn)
- Kings College School PS 94 (Bronx)
- PAL Duncan Center,
- Roosevelt Island Beacon (Manhattan)
- St Marks Day School (Brooklyn)

The Youth Voice, Youth Choice Choose Health Action Teen Project is sponsored by:

Newsletter created by: Lucinda Randolph-Benjamin
4-H students participated in Roosevelt Island Day, Manhattan NY. In collaboration with the Cornell Tech Campus and CCE Energy Departments, 4-H CHAT introduced approx. 500 residents to a variety of healthy and good for the earth options ie. “Water with a twist”: drink naturally flavored water by adding fresh fruits. CHATs used alternative energy, to increase the consumption of “whole grains”, by popping popcorn on a biofuel stove. Others “got their skinny on” by riding a bicycle that powered a blender to make fruit smoothies. Students from this fair were invited to participate in the Floating Hospital Back to School fair in August.

CHAT Teens, 4-H staff & volunteers collaborate with" TAG HEALTH SWAG TEEN ENGAGEMENT CONFERENCE" sponsored by Alliance For a Healthier Generation held at Restoration Plaza Brooklyn to get local businesses, bodegas and restaurants to promote healthier communities and products in their stores. CHAT teens canvass stores in downtown Brooklyn, including the famous Junior’s restaurant.

In August DeWitt Clinton CHAT teens participated in the Greater Faith Temple Church Annual Back to School Rally in Bronx NY. The students performed so well they were asked to participate in the Morrisania Health Clinic Health Fair later that month.
WATER WITH A “TWIST”

**Ingredients:**
- 1 small can pears in 100% juice
- 1 small can pineapple in 100% pineapple juice
- 1 small can peaches in 100 juice
- 1 gal cold tap water & Ice

*Note:* Any fruit or combination fruits may be used (fresh, frozen, or canned).

**Directions:**
1. Pour the juice from each can into a bowl.
2. Cut fruit into cubes or half slices and place in the juice bowl.
3. Scoop about 1/4 cup of the fruit mixture into a 10 ounce glass. Then fill glass with ice cold water. Serve and enjoy!

Yields about 16 - 10 ounce servings

Choose fruits canned in fruit juices or in extra light syrup. If your canned fruit is packed in heavy syrup, drain and rinse your fruit before placing in a bowl, and discard the heavy syrup.

For a "citrus twist" try using lemons, limes, and oranges.

Use seltzer in place of water to create a sparkling drink.

**Source:**
- Cornell University Cooperative Extension
  New York City
CHAT TEENS IN ACTION

For more Information about CHAT, NYC 4-H Youth Development Programs &/or general info about Cornell University Cooperative Ext.

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