

# IMPACT

 University of Idaho  
Cooperative  
Extension System

University of Idaho, Twin Falls County, 246 3<sup>rd</sup> Ave. East, Twin Falls, Idaho 83301 208-734-9590 Fax 208-733-9645

## Limited Resource Youth Gain Valuable Calcium Information

### *The Situation*

Children and teens have the best opportunity to build defenses against osteoporosis, but instead of drinking milk, they're consuming soda pop and fruit-flavored drinks. In fact, kids are consuming twice as much soda as milk. As a result, 9 out of 10 teenage girls and 7 out of 10 teenage boys are not meeting their dietary calcium requirements. Nutrition education is critical for the health and well being of all children. Summer Migrant Programs in the Magic Valley provide Extension with an excellent opportunity to play a vital role in educating multicultural youth, particularly those of Hispanic, Bosnian and Portuguese origin, in our communities.

### *Our Response*

University of Idaho faculty modified "Got Calcium" lessons for use in Summer Migrant Programs. Lesson topics included the Food Guide Pyramid, Calcium, Your Skeleton and Hand Washing. A one-hour session was held weekly for four weeks and devoted to each topic. During each session, children were given a short lesson, experiential learning activity, exercise activity and a healthy snack. The snacks gave the children an opportunity to enjoy different calcium-rich foods that they may not have been familiar with. Snacks included: "Almost a Pyramid Snack," "Lemon Velvet Shake," string cheese, calcium enriched orange juice and ice cream.

The Food Guide Pyramid session included a lesson on the different food groups, portion sizes and the daily servings needed from each group. The calcium lesson taught the children the importance of calcium through the model "Death of a Bone" and showed examples of the amount of calcium in bones of different age groups. The "Your Skeleton" session taught children how to keep bones strong and healthy, and how to recognize the location of the major bones in their bodies. The final session on hand washing, taught children where germs hide by using a "glitter bug" lotion that fluoresces under an ultraviolet light.

### *Achievements*

The "Got Calcium" program involved a team of Extension Educators and Nutrition Advisors from Twin Falls County. The program reached 122 summer program participants ages 7 through 13 in eight different summer schools and day camps. "Got Calcium" was taught at day camps offered by the Boys and Girls Club, Salvation Army and the College of Southern Idaho, and at summer migrant school programs in Gooding, Wendell, Bliss, Twin Falls and Buhl. Half of the participants involved in the program were Hispanic youth.

The "Got Calcium" program for youth has received excellent reviews from both teachers and students. Student responses included "I learned that I need more milk to have strong bones and teeth," "Drink



To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and educational institution.

University of Idaho and U.S. Department of Agriculture Cooperating

All contents copyright and copy; 1999-2001. All rights reserved.

milk or you will get large holes in your bones,” “Helps bones, helps teeth” and “Calcium makes your body strong”. Pre and post tests showed that 84% of the students increased their knowledge about calcium and health. Teachers had many positive comments on how these lessons were a great learning experience for the kids and requested more information on upcoming classes.

## ***The Future***

University of Idaho Extension programs such as “Got Calcium” teach and enhance life skills for participants, which helps build a solid foundation for positive youth development. We hope to continue similar programs in the future in cooperation with summer migrant schools and other groups.

## ***For More Information***

Rhea Lanting – Extension Educator  
University of Idaho  
Twin Falls County Cooperative Extension System  
246 3<sup>rd</sup> Avenue East  
Twin Falls, ID 83301  
Phone: (208)-734-9590  
Fax: 208-733-9645  
E-mail: [rlanting@uidaho.edu](mailto:rlanting@uidaho.edu)

Cammie Jayo  
Extension Nutrition Program Coordinator  
Twin Falls County Cooperative Extension System  
246 3<sup>rd</sup> Avenue East  
Twin Falls, Id 83301  
Phone: (208)-734-9590  
Fax 208-733-9645  
E-mail: [cjayo@uidaho.edu](mailto:cjayo@uidaho.edu)

Gwen Ruggles  
Extension Nutrition Program  
Nutrition Advisor/Youth Coordinator  
246 3<sup>rd</sup> Avenue East  
Twin Falls, Id 83301  
Phone: 208-734-9590  
Fax: 208-733-9645  
E-mail: [ruggles@micron.net](mailto:ruggles@micron.net)

Kim Lanting  
University of Idaho Intern  
Student in Family and Consumer Sciences  
609 N. Almon #4036  
Moscow, Id 83843  
Phone: 208-882-9447  
E-mail: [lant7568@uidaho.edu](mailto:lant7568@uidaho.edu)

C:\My Documents\IMPACT\Impact 2000\LantingCalcium.doc 11/2000