

# IMPACT

 University of Idaho  
Cooperative  
Extension System

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## Hispanic Girls and Their Families Learn About the 4-H Program

### *The Situation*

Few Hispanic youth get involved with 4-H in southeast Idaho. Parents of the Hispanic youth are unfamiliar with 4-H and feel that they do not have the skills to lead a club. Also leader's materials are not available in Spanish and so they do not understand the need or purpose of 4-H activities.

### *Our Response*

The 4-H Extension Nutrition Program (ENP) worked with two groups of Hispanic girls. A Nutrition Advisor lead the clubs and when the older girls finished their 4-H meeting they helped teach the younger girls giving them the opportunity to be teen leaders. Because there is such a big cultural difference in what they eat at home compared to what they eat at school, or what we usually cook in 4-H, we decided to use the project "Exploring Our Food Heritage". When doing this project it gave them a chance to explain and cook traditional Mexican foods and to also learn about other people that have come to the United States and their traditional foods.

The girl's favorite recipe was German Pancakes. They made them in class and then went home and made them for their families. One girl taught her mother how to make them, and when a relative came from Mexico to visit, the mother showed the relative how to make them.

### *Achievements*

By learning about other cultures and their foods, the girls were able to help their families learn more about the mix of people who live in the United States and to be proud of their own cultural foods. The older girls learned leadership skills by being teen leaders when working with the younger group. The girls also had the opportunity to teach their parents what they learned in 4-H and show them how important 4-H activities are for the youth.

### *The Future*

With these new experiences we expect the girls will continue to take additional 4-H projects and inform their Hispanic friends and families about 4-H. It will also help them spend their time away from school learning new things that will be useful all of their lives.

### *For More Information*

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