Michigan State University Extension

Challenge U 4-H FunFest

When and where:
March 11, 2017 - March 12, 2017
Kettunen Center, 14901 4-H Drive, Tustin, MI 49688

Who:
Any youth age 9-13 (as of January 1st) and chaperones.

What:
Are you ready to accept the challenge? Youth and adults who attend Challenge U 4-H FunFest will spend 2 days learning about food science and healthy living while meeting youth from around the state. Challenge U 4-H FunFest will challenge participants and chaperones in hands-on sessions that range from physical fitness, snack making, dancing, and more.

Cost:
- 4-H Members and Volunteers—$70.00
- Non 4-H Members and Volunteers—$119.00
- Registration fee includes meals, lodging and resources. Persons canceling without a replacement by Friday, February 24, 2017, will be charged a $40.00 cancellation fee. Persons who do not cancel within 48 hours prior to the start of workshop will be billed the full amount.
- Not a 4-H member? Contact your county MSU Extension office today!

Registration information:
- The deadline to register for this event is Friday, February 24, 2017
- To register, visit https://events.anr.msu.edu/challengeu17/

Find out more...
Visit the registration site for additional details. For more information, contact your county MSU Extension office or call Michelle Neff at 989-539-7805 or hydemich@msu.edu. Accommodations for persons with disabilities may be requested on your registration form.
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Agenda:

Saturday, March 11, 2017

9:30 – 10:30 a.m. Registration (Main Lobby)
10:45 – 11 a.m. Welcome and Overview (Lakeview)
11 a.m. – 12 p.m. Group Activity
  • Youth (Lakeview)
  • Chaperones (Lower Cedar)
12 – 12:45 p.m. Lunch (Main Lodge-Dining Hall)
1 – 2:30 p.m. Workshop #1
  ▪ Jr Chef In The Making
  ▪ Healthy Living Around the Globe
  ▪ Relaxation for the Soul
  ▪ Healthy Plants-Healthy You!
  ▪ Put It Up!-Food Preservation
  ▪ Unsolved Cooking Mysteries

2:45 – 4:15 p.m. Workshop #2
  ▪ Jr Chef In The Making
  ▪ Healthy Living Around the Globe
  ▪ Relaxation for the Soul
  ▪ Healthy Plants-Healthy You!
  ▪ Put It Up!-Food Preservation
  ▪ Unsolved Cooking Mysteries

4:30 – 5:30 p.m. Outdoor Activities - Get your snow clothes on and come outside!
5:30 – 6:30 p.m. Dinner
6:45 – 8:15 p.m. Workshop #3
  ▪ Boot Scootin Boogie Around the World
  ▪ Who wants to be a millionaire?
  ▪ Good Food for Outdoor Survival
  ▪ Smoothie Challenge - Drink this not this
  ▪ Spartan Performance: Sports and Nutrition

8:30 – 10:15 p.m. Recreation Time (Lakeview)
10:15 – 10:30 p.m. Get Ready for Bed
10:30 p.m. Lights Out!

Sunday, March 12, 2017

7:30 – 8:15 a.m. Breakfast
8:30 – 10 a.m.  Workshop #4
- Boot Scootin Boogie Around the World
- Who wants to be a millionaire?
- Good Food for Outdoor Survival
- Smoothie Challenge - Drink this not this
- Spartan Performance: Sports and Nutrition

10:15 – 11 a.m.  Group Activity (Lakeview)
11 - 11:15 a.m.  Clean rooms and final pack-up
11:15 – 11:30 a.m.  Snack and Wrap-up
11:30 a.m.  Pick-up (Youth must be picked up by 11:45 a.m.)

Session Descriptions:

Sessions 1 and 2
Jr Chef In The Making
Want to learn the foundational skills to becoming a Jr Chef. This workshop will include: knife safety, basic cooking terms and equipment, then putting all those skills together in a hands on cooking experience and taste testing.

Healthy Living Around the Globe
Travel around the globe to learn how youth are physically active and eat healthy. Enjoy healthy food from around the world and participate in physical activities from other countries.

Relaxation for the Soul
Youth attending this workshop will discover and practice how mindful activities such as; mindful breathing, eating, thought surfing and meditation can become part of a daily routine resulting in skills to deal with difficulty focusing and strong emotions.

Healthy Plants-Healthy You! - Learn How Plants Make You a Stronger, Healthier and Happier
In this crazy fun workshop, learn about a variety of edible plants, learn how to grow some, learn how to eat some, and learn how they can make you a stronger, healthier and happier person. This hands-on session will teach you about the different varieties of edibles, how to grow them, how to use them, and the potential health benefits of incorporating more plants into your diet. Participants will take home starters for their very own garden.

Put It Up!-Food Preservation
Do you like to preserve your own foods? Join us for this great session. Participants will practice preserving foods and get to take something home.

 Unsolved Cooking Mysteries
Join in the fun to uncover the truth about what cooking is all about! This fun, hands-on session will bring out the detective in everyone through a serious of kitchen experiments.

Sessions 3 and 4
Boot Scootin Boogie Around the World
Learn a variety of simple folk and line dances from around the world. After learning dance, then discuss on world map where the dance originated from. Also, incorporate the healthy fitness aspect of keeping active and the importance of movement by having a fun time.

**Who wants to be a millionaire?**
Healthy money habits are important for young people to develop. Learning to save will help you set and reach your goals whether you want to buy a new bike, go to college, or be a millionaire. This session will give you skills to set you on the path to success.

**Survival Cooking**
Outdoor food doesn’t need to be difficult or tasteless. It should be high energy, easy to make and taste good! Be prepared to be outside with some easy tips on food preparation and survival.

**Smoothie Challenge - Drink this not this**
In this session, we will explore the high sugar levels of pop, juice and energy drinks and discuss ways to increase more healthy beverage options. During the session youth will participate in a smoothie challenge where teams work together to develop a tasty smoothie recipe which includes fresh fruits and vegetables. Taste tasters needed :-)  

**Spartan Performance: Sports and Nutrition**
Spartan Performance: Soccer players, swimmers, football players, basketball players, volleyball players, baseball players... this is for YOU! Find out what “Premium fuel” has to do with reaching your peak performance goals in sports. It’s all about FOOD--timing, quality, and quantity for maximum energy. The more you know the better you can do!