NDSU EXTENSION SERVICE | Making a difference

NORTH DAKOTA STATE UNIVERSITY

Nutrition Education for English Language Learner Youth

The Situation

The New American population is growing in Grand Forks County. Many New Americans are not accustomed to the food safety, storage and purchasing recommendations for safe, low-cost food consumption in the United States. Our program goal was to educate the youth so they would bring the information home and share with family members.

Extension Response

Nutrition education was incorporated into the 2011 and 2012 English Language Learner (ELL) Summer School schedules at Red River High School (RRHS) and South Middle School.

The first summer, students learned about food safety tips, how to make nutritious meals and snacks, the USDA MyPlate, and how to read nutrition labels.

For the summer of 2012, ELL instructor Ivona Todorovic from RRHS specifically requested that we emphasize *The 4 Steps to Food Safety.* New American students host a Cultural Night at RRHS where they prepare and serve their traditional foods to a large crowd of people. Food safety needs to be a priority whether you are cooking for two or two hundred people. Relating it to a specific event helped make it a valuable and relevant learning experience.

Impacts

Forty-five youth participated in the 2011 program and fifty-seven attended the 2012 summer classes. A pre-test and post-test were given to students at both schools during the second year of the program.

Below is a sampling of the results:

- *What temperature should your refrigerator be set at?*
  - Pre-test: 66% answered 40°
    Post-test: 84 % answered 40°
- *When sugar is the first ingredient listed on the nutrition label, it means there is more sugar in the food than any other ingredient.*
  - Pre-test: 45% answered "true"
    Post-test: 80% answered "true"
- *What is the best way to make sure meat and poultry are cooked thoroughly?*
  - Pre-test: 58% answered "taste it" and 15% answered "use a food thermometer
    Post-test: 92% answered "use a food thermometer"

Feedback

Youth comments after attending classes:

- My favorite part of the lessons was how to adapt to new cooking.
- My favorite part of the lesson was learning if you leave your food outside to long your food will get a lot of bacteria.
- I learned how bacteria spread and how to prevent them.
- I learned that water is the most important than Coke and juice.

Contact

Carrie Knutson, Carrie.Knutson@ndsu.edu
Extension Agent, 4-H Youth Development

Linda Kuster, Linda.Kuster@ndsu.edu
Extension Assistant FNP

Jean Noland, Jean.Noland@ndsu.edu
Extension Agent, EFNEP

Donna Bernhardt, Donna.Bernhardt@ndsu.edu
Extension Agent, Nutrition, Food Safety and Health

Katie Johnke, Katie.C.Johnke@ndsu.edu
Extension Agent-in-Training

NDSU Extension Service Grand Forks County
151 South 4th St. S302, Grand Forks, ND 58201
701-780-8229

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, sex, sexual orientation, status as a U.S. veteran, race or religion. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708. This publication will be made available in alternative formats for people with disabilities upon request, (701) 231-7881. 2011-2012