

Youth Workshop Descriptions

Kitchen Hacks - *Sydney Johnson - FCS Agent Duplin/Sampson County and Morgan McKnight - FCS Agent Brunswick County*

Youth will learn a variety of cooking techniques, or “kitchen hacks,” to help save time during cooking preparation. This includes but is not limited to: egg hacks, speedy garlic peeling, chopping foods efficiently, quick homemade products, and more. During this workshop youth will prepare foods using safe food handling instructions and basic cooking skills.

Grow Good Health: Gardening for Tasty + Fun Food - *Liz Driscoll - Extension Specialist*

Fresh fruit and vegetables grown from the garden are a labor of love that can lead to good health! Join Liz Driscoll for a lively and hands-on gardening session where youth will make their own edible container garden, explore the idea that “food is medicine,” and craft their own scrumptious salad that would start a dance party anywhere.

The Movement Prescription - Janice Roberts - *FCS Agent Richmond/Moore County*

Dress up as a doctor (white coat and stethoscope) and hand out “diagnoses,” then give different prescriptions with exercises to help “treat” them, and lastly show which ailments are caused by sedentary behavior. Explore all the benefits of exercise on health, demonstrate all the ways the science of exercise can help others be healthy, and learn the different career paths that studying exercise science can lead to.

Talk It Out - *Jim Van Hecke - Deputy Director of the ABC Commission*

This workshop will empower students through role playing on how to talk with their parents about underage drinking. Youth will point out facts on the Talk It Out website and use examples of how alcohol affects the teenage brain - and share the consequences of getting caught.

Mindful Eating as an Integral Part of Success - *Chef Kabui*

Youth will learn the difference between organic food and non-organic foods. The session will also cover the importance of local, healthy food and some of the ways in which youth can actively engage in increasing their access to health food. The lecture and the cooking demonstration will go hand in hand. The students will get a chance to taste the food and also ask questions. The class will cover some of the careers in culinary arts beyond just working in a restaurant.

The First Tee - *The First Tee of the Sandhills*

The First Tee is a youth golf organization that teaches character education through the game of golf. Workshop participants will receive an introduction to the game of golf and practice driving and putting through games and other skill development activities.

Don't Get it Twisted, Yoga is For More Than Stretching - *Olivia Jones - FCS Agent Currituck County*

Yoga is a fun way to increase physical activity, destress, and improve focus and flexibility. Learn to harness these benefits and apply them to your everyday life. Try new breathing techniques to clear your head and focus your mind. Then, practice the breath and moment together with a simple yoga routine you can replicate at home, school, or anywhere.

Adult Workshop Descriptions

The Power of Data - *Autumn Guin*

Data is very effective when communicated properly. Agents will learn how to understand data reports better and how to utilize NC 4-H Healthy Living data reports to start conversations and open doors. The data tells a story. Learn how to retell that story and communicate the impact that your county programming is making with the youth in your county.

TiLT: Empowering 4-H Teens to Stand Tall - *Angie Lawrence*

This workshop will help you learn to build sustainability with your 4-H teen programs through community club delivery and effective ways to develop young youth leaders. Agents will have the opportunity to share successes and tips they have had with their teen and leadership development programs.

Healthy Living Summit Guest Speakers

Opening Speaker: *Addy Battel*

Addy Battel is a homeschooled high school Sophomore in Cass City, Michigan. She is very active in 4-H and FFA through which she enjoys raising and showing livestock and poultry. Through 4-H, Addy enjoys taking every opportunity possible to advocate for youth voice.

Addy is a competitive swimmer and rower, and acts in community theater. In the spring, Addy makes maple syrup in her family's sugarbush where she is a 6th generation sugar maker. Along with some of her closest friends, Addy started a nationally recognized hunger relief project in their community after it became a food desert. She is passionate about encouraging youth to make a difference while doing the things they love.



Closing Speaker: *Oakley Perry*

Oakley G. Perry is a senior at the University of Tennessee in Knoxville studying Agricultural Leadership, Education, and Communications. A native of South Georgia, Oakley was an active 4-H'er in Jeff Davis County serving in multiple capacities before he was elected as the State 4-H President. Oakley continued his 4-H work after high school and served for two years on the National 4-H Healthy Living Management team where he worked in the area of social and emotional health.

Today Oakley serves as one of 11 young alumni on National 4-H Council's Youth Advisory Committee helping to progress the mission of 4-H, engage young alumni, and gain support for 4-H programs around the country. After graduation, Oakley plans on going to graduate school to obtain a master degree and then work as a 4-H agent where he hopes to positively impact young people's lives like his 4-H agent did for him.

