

## 4-H Materials and Resources in Spanish

### 4-H (Penn State)

#### Marketing 4-H:

S8004S Letter to 4-H Parents  
S8010S Take a Look At Us Now brochure

#### 4-H Materials:

B0980AS 4-H Plant Fun  
J0535AS On My Own And Okay – Youth  
J0535BS On My Own And Okay – Parents  
J0535CS On My Own And Okay – Leaders Guide

links from: <http://paipm.cas.psu.edu/pestpatrol.html> Join Our Pest Patrol (cover and member guide; Teachers Guide only available in English)

#### Resources:

S2010S Children and Youth – Their Growth and Development  
101S (EFNEP youth materials order number) Food Planner (Spanish)

### 4-H (other sources)

links from: [http://www.ohio4h.org/youth/cloverbud/resource\\_spanish.html](http://www.ohio4h.org/youth/cloverbud/resource_spanish.html) Cloverbud Series 1

links from: [http://www.national4-hheadquarters.gov/spanish\\_curriculum/subindex.html](http://www.national4-hheadquarters.gov/spanish_curriculum/subindex.html) includes marketing materials; ag & natural resources projects; clothing and textile projects; economics and employment projects; personal, parenting & family projects; nutrition and health; science and technology

links from: [http://oregon.4h.oregonstate.edu/oregonoutreach/resources/spanish\\_pubs/puerto-national.html](http://oregon.4h.oregonstate.edu/oregonoutreach/resources/spanish_pubs/puerto-national.html)  
Oregon Outreach

links from: <http://www.uwex.edu/ces/latino/4h/pubs4h.html> University of Wisconsin 4-H curricula

links from: <http://texas4-h.tamu.edu/publications/> University of Texas

links from: <http://expo.unl.edu/cyberfair/home.php?p=18&cat=E> University of Nebraska

links from: <http://eesc.orst.edu/agcomwebfile/edmat/EdmatIndex4H.html> Oregon State University

links from: <http://anrcatalog.ucdavis.edu/merchant.ihtml> University of California

links from: <http://www.ces.ncsu.edu/depts/fourh/sacc/curriculum.html> North Carolina State University

<http://www.nj4h.rutgers.edu/volunteering/e223.html> Leader training from Rutgers, New Jersey

links from: <http://utah4-h.org/forms/other.cfm> Utah State

<http://ca4h.org/4hinfo/proginfo/pledge.asp> 4-H pledge in Spanish and other languages, University of California

<http://www.volunteermatch.org/orgs/org31234.html> 4-H Web Wizards is a mentoring program for Spanish speaking high school youth with goals of school retention, computer literacy and service learning.

## Family Living

<http://lebanon.extension.psu.edu/Family/SpanishFamily.htm> English/Spanish Family Living Resources, including: Busy Families at Mealtime, Family Talk, Healthy Food Can Be Fun, Good Eating Habits, Facts About Raising Children, Nine Practical Points for Parents

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/video01.html#Hispanic> Resource List of Current Food and Nutrition Audiovisuals – Hispanic & Spanish Language Resources

[http://wellpoint.com/healthy\\_parenting/index\\_es.html](http://wellpoint.com/healthy_parenting/index_es.html) Healthy Habits for Healthy Kids booklet by the American Dietetic Association

<http://www.fsis.usda.gov/OA/thermy/foodservice.htm> Thermy for Food Service, downloadable and ordering information, including some Spanish items

Food Guide Pyramid for **Latinos** of **Mexican** descent. *Piramide del dia con el sabor popular mexicano: Guia para la leccion/A Food Guide Pyramid with a Mexican Flavor Lesson Plan*. Helzer J., Kaiser L. and Lopez M. Publication 3390 1999. *Piramide del dia con el sabor popular mexicano/A Food Guide Pyramid with a Mexican Flavor* (poster 21566 and video V97-B) Lopez M. 1997. For purchasing information contact the University of California Division of Agriculture and Natural Resources Communications Service: 1-800/994-8849, e-mail: [danrcs@ucdavis.edu](mailto:danrcs@ucdavis.edu).

Information available in **English, Spanish, Chinese, Vietnamese, Laotian, Khmer (Cambodian), and Russian**. Single copy free, multiple copies on a sliding scale. For purchasing information contact Lorraine Matthers: 215/685-5263, e-mail: [lorraine.matthews@phila.gov](mailto:lorraine.matthews@phila.gov).

"Healthy Snack Shopping List" 50 sheets per pad.

"I Love Healthy (Yummy) Snacks!" (poster).

"Lead Poisoning Prevention Cookbook." 1999.

"Let's Get Moving with Healthy Snacks and Play" brochure and poster, 1999.

"Some Questions and Answers about Food." 50 sheets per pad.

**Latino** nutrition education programs and resources from the **Hispanic** Health Council, Inc. (HHC). HHC is a community-based research, direct service, training and advocacy organization dedicated to improving the health, mental health, nutrition and economic well-being of Latinos and low-income populations in and around the city of Hartford, CT. [www.hispanichealth.com/pana.htm](http://www.hispanichealth.com/pana.htm).

[http://multiculturalhealth.org/index/Handouts/Spanish/Spanish\\_food\\_pyramid.pdf](http://multiculturalhealth.org/index/Handouts/Spanish/Spanish_food_pyramid.pdf) Bilingual Food Guide Pyramid

<http://franklin.extension.psu.edu/Nutrition/NutritionNewsletter.htm#Spanish> Nutrition Links Newsletters

<http://www.extension.iastate.edu/efnep/curriculum.html> Iowa/Kansas EFNEP (English, Spanish)

<http://www.cfsan.fda.gov/~mow/sinterna.html> U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition fact sheets

<http://www.betterkidcare.psu.edu/page10b.html> Parents Count, publication of Better Kid Care

<http://nirc.cas.psu.edu/index.cfm> - search for Spanish; will find links to additional resources, resources to borrow, and downloadable materials like:

Combata a BAC! (Spanish) (1998) *Partnership for Food Safety Education* Brochure (in Spanish) describing four tools to fight bacteria: washing hands and surfaces often, avoiding cross-contamination, cooking to proper temperatures, and refrigerating promptly.

Spanish-language, full-color flyer. It is a visually appealing, basic introduction to the Food Guide Pyramid. This guide covers prevention principles in children and adolescents, risk and protective factors, preventing drug abuse in the community, and drug abuse prevention programs.

Provided are four guides to sports nutrition for high school athletes: Don't Let Your Diet Let You Down, The Pregame Meal Planner, Keeping Energy Levels Up, and Keeping Fluid Levels Up.

Washington State Dairy Council 1-800-470-1222:

*Pyramid Sticker Activity Master*. Teaches the Food Guide Pyramid, serving sizes and includes a diet history and nutrition quiz. Item #DC32M \$.25 each.

*Pyramid Stickers*. Item #DC32 \$3.00/pkg of 100 stickers.

*Growing Up Healthy*. Colorful brochure offers parents practical tips for healthy eating for toddlers 18 months to 3 years. Item #DC525 \$.20 each.

From NEAT Solutions 1-888-577-6328

*Five Senses*. Expressive real life children and their cartoon character friends. Illustrate the five senses. 27" x 34" display poster. Item #T-8012 \$8.99.

*Mis Cinco Sentidos (My Five Senses)*. Sight, smell, taste, hearing, and touch – our senses teach us about our world. Soft cover, 32 pages, for ages 3-6. Item #HC-4450SP \$5.95.

*The Magic School Bus Explains the Human Body*. 40-page, soft cover story book for ages 4-8. Item #SB-0258SP \$3.50.

*Hola, Doctor (Hello Doctor)*. Rookie Reader Level A story of a young boy's trip to the doctor. Item #Cp-7092 \$4.95.

[http://foodsafety.cas.psu.edu/listeria\\_video.html](http://foodsafety.cas.psu.edu/listeria_video.html) information on "Control of Listeria monocytogenes in small meat and poultry establishments" video and booklet

## Home

UI321 or <http://pubs.cas.psu.edu/freepubs/pdfs/ui321.pdf> Debugging Your Home

UI291 Household Hazardous Waste: Paint—Spanish Version (1993)

UI292 Household Hazardous Waste: Car Care Items—Spanish Version (1993)

UI293 Household Hazardous Waste: Household Cleaners—Spanish Version (1993)

UI294 Household Hazardous Waste: What Is Household Hazardous Waste?—Spanish Version (1993)

UI320 Alternative Household Cleaning Solutions—Spanish Version (1995)

UI301 The Fudge-It Budget—Spanish Version (1994)

UI307 Managing Resources: Cleaning Your Gas Stove—Spanish Version (1995)

UI308 Managing Resources: Cleaning Your Refrigerator—Spanish Version (1995)

UI309 Managing Resources: Cleaning the Bathroom—Spanish Version (1995)

UI310 Managing Resources: Cleaning Your Electric Stove—Spanish Version (1995)

UI311 Managing Resources: Cleaning Dishes—Spanish Version (1995)

UI318 Managing Resources: Rent-to-Own Shopping—Spanish Version (1995)

## **Insects**

<http://www.pested.psu.edu/resources/spanish/> Links to Pesticide Education resources in Spanish, including Department of Entomology pest sheets

<http://lebanon.extension.psu.edu/4-H/Spanish4HTP.htm> links to Controlling Fleas and Controlling Ticks

<http://paipm.cas.psu.edu/schools/schoolEduc.htm#spanish> links to Spanish language IPM resources, including: [The GreenSquad - Kids taking action for cleaner, healthier schools](#) - An interactive web site for kids to learn about applying IPM within their schools, from NRDC, [Just for Kids](#) - Educational web videos/programs on gardens, insects, soil and more, many available in Spanish, from Univ. of Illinois Extension Resources

## **Plants**

<http://extensionenespanol.net/pubinfo.cfm?pubid=38> Weed Identification: Using Plant Structures as a Key, from Extension en Espanol

## **Youth**

[http://betterkidcare.psu.edu/School%20Readiness/School\\_Readiness\\_esp.pdf](http://betterkidcare.psu.edu/School%20Readiness/School_Readiness_esp.pdf) Is Your Child Ready for Kindergarten? Tips to Help Your Child Succeed, by Better Kid Care

<http://betterkidcare.psu.edu/page04a.html> links to marked articles about child care, from Better Kid Care

American Dietetic Association's "Healthy Foods, Healthy Baby" brochure, 1999 and video (12 minutes). Available in **Spanish** and **English**, includes a leaders guide.

## **Other Curricula**

Access National Youth Service Day Materials - Visit:

[http://www.ysa.org/nysd/resource/nysd\\_resources\\_parent.cfm](http://www.ysa.org/nysd/resource/nysd_resources_parent.cfm) to access Planning Toolkits (English and Spanish), Service-Learning Curriculum Guides, posters (English and Spanish), brochures, tip sheets, Issue-Specific Curriculum Modules and more.

<http://www.urbanext.uiuc.edu/espanol/> The Spanish language Web site for The University of Illinois Extension Urban Programs Resources provides learning stimulation for students in home school and classroom programs as well as those on summer break. Several of the Urban Programs Resources site's most popular pages are also available on the new Spanish language site, including pages on helping kids succeed in school, a guide to babysitting, child development, urban horticulture and education-related pages.

<http://www.cas.psu.edu/docs/international/Spanish%20Publications.htm> International Programs, On-Line Educational Materials: FINPACK, Pesticide Education

<http://www.das.psu.edu/dcn/spanish/index.html> Spanish translations of Dairy Nutritional Articles

<http://pfa.cas.psu.edu/merchandise.PDF> Order form for forestry materials including *Let's Talk About Clearcutting* youth Spanish edition, and *Penn's Wood Today* Spanish edition

<http://extensionenespanol.net/pubinfo.cfm?pubid=166> Uncovering Local Assets, the Foundation for Building Stronger Communities, power point from Extension en Espanol

<http://lebanon.extension.psu.edu/Community/SpanishDisPrep.htm> links to English/Spanish Emergency Preparedness Resources

UI312 Sharing a Home with the Elderly (Spanish version 1994)

UI313 How a Mature Adult Helps His Aging Parents (Spanish version 1994)

UI314 How to Keep Young at Any Age (Spanish version 1994)

UI315 In-Home Care of Persons Suffering from Intellectual Loss, Dementia, or Alzheimer's Disease (Spanish version 1994)

UI316 Alcoholism in the Elderly (Spanish version 1994)

## Links

<http://www.extensionenespanol.net> – national clearinghouse for Spanish-language educational resources operated by and for Extension professionals

<http://www.ncrcrd.iastate.edu/spanishconf/index.htm> Enhancing Extension's Capacity to Work with Spanish Speaking populations; many Resources

<http://www.aces.edu/urban/spanishindex.html> Alabama Cooperative Extension System has over 400 research-based publications in Spanish and a list of topics and titles in English with links to the Spanish text publications and web sites. Topics include: Children & Youth, Civil Rights & Affirmative Action, Consumer Affairs, Family Affairs, Housing, Nutrition & Health, Urban Agriculture, Non-traditional Agriculture and Pets. These publications have been reviewed for cultural appropriateness, accurateness of translation and importance to the Hispanic population. Links to more than **1,300** research-based publications in Spanish, and a link to an **English**-friendly version of the site [English titles of the Spanish text publications], from Alabama Cooperative Extension

<http://www.cyfernet.org/> Search over 150 Spanish language resources

<http://agexted.cas.psu.edu/FCS/pi/OnLineDiversityResources.html#Spanish> Links to Spanish publications from California, Texas, Oregon, Florida, Wisconsin and Penn State Cooperative Extension, from Patreese Ingram

<http://www.leadingobject.com> for sale and free resources: Videos, Software, Web Sites, Educational, some in Spanish; by Leading Object Media and Cooperative Extension Service, New Mexico State University

<http://www.healthfinder.gov/espanol/> Healthfinder, your guide to reliable health information

<http://www.firstgov.gov/Espanol/index.shtml>

<http://www.pueblo.gsa.gov/spanish/>

[http://www.kidshealth.org/teen/en\\_espanol/](http://www.kidshealth.org/teen/en_espanol/)

Articles on Kids' Health in Spanish

compiled by Ev Simmons 5/04