



Nutrition/Health/Fitness

FIT FOODS

Staying healthy means selecting foods that are nutrient-rich. While foods such as potato chips, sodas and candies may taste great, they provide a lot of calories and very few nutrients. There is nothing wrong having some of these fun foods on occasion. The food items listed below are "fit foods." Circle the ones that you like. Then place each of the foods, even the ones that you don't like, in the appropriate food group. Go to www.mypyramid.gov to learn more about the Food Guide Pyramid and food groups.

| | | |
|----------------|---------------|-------------------|
| Apple | Ham | Strawberries |
| Banana | Kiwi | Sunflower Seeds |
| Beef Jerky | Nuts | Sweet Potatoes |
| Blueberries | Oatmeal | Tomatoes |
| Broccoli | Orange | Tortillas |
| Brown Rice | Peanut Butter | Tuna |
| Carrots | Pretzels | Turkey |
| Cheese | Raisins | Whole Wheat Bread |
| Cheerios™ | Red Pepper | Yogurt |
| Chicken Breast | Roast Beef | |
| Eggs | Skim Milk | |
| Ground Beef | Spinach | |

DAIRY

Cheese, Skim Milk, Yogurt

GRAINS

Brown Rice, Cheerios™, Oatmeal, Pretzels, Tortillas, Whole Wheat Bread

FRUITS

Apple, Banana, Blueberries, Kiwi, Orange, Raisins, Strawberries

PROTEINS/MEATS

Beef Jerky, Chicken Breast, Eggs, Ham, Nuts, Peanut Butter, Roast Beef, Sunflower Seeds, Tuna, Turkey

VEGETABLES

Broccoli, Carrots, Red Pepper, Spinach, Sweet Potatoes, Tomatoes

FIRST AID FOR STRAINS, SPRAINS AND BRUISES

The four boxes below contain step-by-step information for treating strains, sprains and bruises. The process is not in the right order. Can you put the boxes in the correct order? Write the appropriate number -- 1, 2, 3, 4 -- in the boxes to the left of the procedures.

3

Wrap the sprained limb firmly, using an elastic bandage to apply a **compress**.

A compress reduces the chance of swelling. Once wrapped, you should apply the ice on top of the bandage.

4

Elevate your injured area by raising it above your heart. The elevation works to keep the swelling down.

2

Apply the **ice** pack to the injured area immediately to reduce swelling... but do not apply it directly to the skin. Wrap ice in a washcloth or put it in a plastic bag. If you don't have ice, a bucket of ice water, bag of frozen vegetables, or an ice-cold can of soda will work. Can you find other items around your house that could also serve as an ice pack? List them here: _____

1

Stop immediately and **rest** the injured area as soon as it hurts. Resting the injury reduces the chances of further injury.

An acronym is a word in which each letter stands for something specific. For example, MADD is an acronym for Mothers Against Drunk Drivers. In the four first-aid procedures above, there is one key word highlighted in a different font. Write the words, in order, in the spaces below. Can you figure out the acronym? Write in the circle.

Rest

Ice

Compress

Elevate

RICE

Service Ideas

Share your knowledge with others! Give a project demonstration about one aspect of health, nutrition and fitness.

Organize a fitness program for residents of a local assisted living facility.

Put together a health fair in your community.

Plan a week of healthy meals and exercise programs for your family.

Do a first aid safety check around your home.

Resources

School and public libraries
Nutrition/Health/Fitness manual
4-H project leader/groups

The following Website was used to create this activity sheet. To learn more nutrition/health/fitness skills visit:

www.n4hccs.org

Don't forget! For more ideas and info, contact your local 4-H office.

Other Activities

4-H demonstration

4-H Skill-a-thon

Create a first aid instruction book for different types of injuries such as cuts and scrapes, choking, sprains and strains, nosebleeds, bites, poisons, broken bones and burns. Be sure to include the supplies you will need and the important steps to take.

Design a personal fitness plan.

Keep a journal. Record what you eat and your activities for the next month.

WORD PUZZLE WORKOUT

There are many benefits to exercise. Some activities are designed to specifically elevate your heart rate. Other exercises help to improve overall flexibility and strength or to train a specific muscle group or body part. Look at the list of activities below. Fill in the word puzzle using the clues provided and words at the bottom.

The word puzzle grid contains the following words:

- BASKETBALL
- HOCKEY
- SWIMMING
- AEROBICS
- WRESTLING
- INLINESKATING
- WEIGHTLIFTING
- RUNNING

- | | | | |
|------------|----------------|--------------|----------------|
| AEROBICS | DANCE | LACROSSE | SOCCER |
| BALLET | HIKING | MARTIAL ARTS | SWIMMING |
| BASKETBALL | HOCKEY | ROWING | WEIGHT LIFTING |
| BIKING | INLINE SKATING | RUNNING | YOGA |

DID YOU KNOW . . . ?

Your heart is a muscle. As with other parts of your body, the heart also benefits from exercise. Exercise makes your heart stronger. Each heartbeat needs blood pumping to all parts of your body. The blood carries oxygen and nutrients. Each day, about 2,000 gallons of blood are pumped through about 60,000 miles of blood vessels.