



# 4-H NUTRITION, HEALTH & FITNESS ACTIVITY PAGE

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Beginning

## Your 4-H NUTRITION, HEALTH & FITNESS Project

To have a healthy lifestyle, it's important to make good choices about what foods you eat and how much you exercise. This 4-H project can help you make those positive choices. Some of the skills you can learn in this project are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan of what you want to do and learn this year.



- Learn to use the food guide pyramid daily.
- Build cooking skills.
- Learn how to better plan healthy menus for your family's meals.
- Learn the importance of good personal hygiene.
- Learn the significance of quality exercise.
- Understand the importance of staying free from substance abuse.
- Understand the need for essential vitamins and what they do for the human body.
- Other \_\_\_\_\_



**Life Skill**  
Healthy Lifestyle Choices



**Remember:** Many youth your age are beginning to experiment with tobacco, alcohol and other things that are dangerous to their health. It is up to you to make healthy lifestyle choices so your friends will see you setting the example.

### My Diet

Make a list of all of the items you eat in one week. Place those items in the correct place in the food guide pyramid. Discuss your diet with your parents/guardian or someone else who understands good nutrition. Are you eating the right amount of each food group? How can you make your diet healthier?

### My Health Scorecard

How is your health? Check yourself on the following areas. Then ask your parents or another adult to rate your health. What things about you are great? What can you work on and make it better?

	Rate Yourself			Ask Another to Rate You		
	Great!	OK	Can Improve	Great!	OK	Can Improve
<b>Outward Signs of Good Health</b>						
<b>Appetite:</b> good appetite and willing to try new foods						
<b>Attitude:</b> willing and eager to take part in activities						
<b>Muscles:</b> firm and strong for enjoying both work and play						
<b>Posture:</b> sit and stand straight and tall						
<b>Skin:</b> smooth and clear						
<b>Teeth:</b> clean and even and any defects corrected						
<b>Weight:</b> right for height, age and body type						

### That's Food for Thought:

Vitamins and minerals are found in the foods you eat. For example, oranges have vitamin C and carrots have vitamin A. These vitamins and minerals help your body stay healthy so you can go to school, play and have fun. Look on the Internet or in books to find which foods have these nutrients. Share what you learn in a 4-H meeting. Here is a closer look at some nutrients:

- **Protein:** builds and maintains all tissues
- **Calcium:** builds strong bones and teeth
- **Iron:** helps cells use oxygen
- **Iodine:** helps the thyroid gland to work properly
- **Vitamin A:** helps eyes
- **Thiamine:** helps body cells obtain energy from food
- **Ascorbic Acid (also known as Vitamin C):** helps in healing wounds; helps tooth and bone formation
- **Riboflavin:** helps keep skin healthy

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### Food Find

Making good food choices is an important part of a healthy lifestyle. Listed below are several foods. Where do they go on the food guide pyramid? Draw a pyramid with each of these foods in the correct place. Share your drawing with your 4-H friends and keep it in your 4-H project folder.

Then, search for the words in the puzzle.

APPLE	O T A O H G F L A S A G N A E
BEANS	C X E T B O O D Z L P P J C L
BREAD	Q M Q I N K R A N A M U V O P
BROCCOLI	C O B R N F T C U E H D B C P
BURRITO	J A V R Y I I O H R V D D O A
COCONUT	T S D U B N F P M E T I Q N B
FORTIFIED	O R T B A R I N U C U N H U R
JUICE	P S U C U Z E K B T Z G H T O
HOT CEREAL	N O H G Z Y D A H O K L I M C
ICE CREAM	Y O I A O U J P D H U T Y E C
LASAGNA	S H Y O V Y U E L F F A W Z O
MACARONI	E S E E H C I N O R A C A M L
CHEESE	Z B Q S J N C M A E R C E C I
MILK	R N T N S Z E B U L X Q V B E
MILKSHAKE	M I L K S H A K E B E A N S Y
NACHOS	
PIZZA	
PUDDING	
WAFFLE	
YOGURT	

### Career Scavenger Hunt

By asking others, researching on the Internet, or reading a book or magazine—search for a job that uses nutrition, health & fitness skills and knowledge. Here's what you are looking for.

1. Job Title \_\_\_\_\_
2. Job Description \_\_\_\_\_  
\_\_\_\_\_
3. Education Required \_\_\_\_\_

#### Did you know . . .

- Nearly 97% of the earth's water is salt water.
- 75% of the human brain is water.
- A person can live up to one week without water.
- A person uses an average of 50 gallons of water per day.



**Don't Sit!**  
**"Get Fit"**  
for  
**Strength**  
**Endurance**  
**Flexibility**

#### Service Ideas

- Conduct an educational lesson about the food guide pyramid.
- Prepare healthy snack packs and deliver them to a local nursing home. (Remember to check with the nursing home staff first!)
- Put together personal care kits for homeless people (use soap, toothbrushes and other toiletry items).



Don't forget to submit your project report to your 4-H leader.

#### Demonstration Ideas

- How to make a healthy snack, such as trail mix
- How to read a food label
- The proper way to exercise
- How to properly brush your teeth
- How to make a first-aid kit
- How to set a table
- How to properly wash your hands

### Additional Resources

Making healthy lifestyle choices is an important skill to have. This activity sheet has given you the opportunity to explore things to think about as you make decisions about food, exercise and more. But this is just the beginning! Use the resources listed below to continue learning about nutrition, health & fitness.

- School & public libraries
- People who know about food, nutrition & health, such as nurses and doctors or workers at the health department or recreation center
- 4-H project groups
- The 4-H nutrition, health & fitness Web page:

[www.utextension.utk.edu/4h/projects/nutrition.htm](http://www.utextension.utk.edu/4h/projects/nutrition.htm)

For more ideas, contact your 4-H office.

#### Other 4-H Nutrition, Health & Fitness Activities

4-H Demonstrations  
4-H Exhibits  
LifeSmarts  
LifeSkills Skill-a-thon  
Breadbaking Contest

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