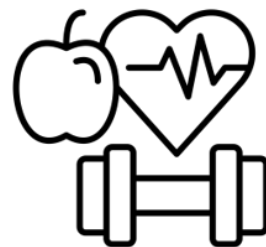


NUTRITION, HEALTH, & FITNESS



Did you know...

Nutrition, health, and fitness are just a few topics for 4-H members to learn about through this project area. Making healthy food choices, being active and staying healthy are ways members can participate in this project area.

What can I do...

- Give a demonstration on how to make a healthy smoothie
- Join a 4-H Outdoor Meat Cookery team
- Develop a physical activity plan for your family
- Conduct a canned food drive for the local food bank with your 4-H club

Check this out...

This activity gives you a glimpse of what this project is about.

In the 4-H Nutrition, Health & Fitness project, you can explore proper nutrition by learning the parts of a food label.

Directions:

Can you match the parts to the food label?

- Protein
- Cholesterol
- Fats
- Total Calories
- Vitamins & Nutrients
- Serving Size
- Total Carbohydrates
- Sodium

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g 5%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g 14%	
Total Sugars 12g	
Includes 10g Added Sugars 20%	
Protein 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 235mg 6%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Answer: 7, 4, 3, 2, 8, 1, 6, 5



Future Thoughts...

What kind of career would someone in the 4-H Nutrition, Health, & Fitness project want to pursue?

- Physical Therapist
- Registered Dietitian Nutritionist
- Sports Medicine Physician
- Mental Health Counselor

Do you know what all of these professions do in their job? If not, do some research and dig a little deeper. Search nsag.org/careers-in-allied-health/.

Work on this...

Create a Physical Activity Plan

Physical activity can improve your health and reduce the risk of developing chronic diseases. Work with your family to create a physical activity plan that works with your schedules. Start with something simple such as walking together three times per week for 10-20 minutes. Record your observations about how you feel over the next month. After a month of walking together, create a new physical activity goal that is more challenging.

What's Next?

Contact your local 4-H Agent on other ways you can get involved with this project and with 4-H.

- 4-H Project Showcase
- Junior High 4-H Academic Conference
- 4-H Outdoor Meat Cookery
- 4-H FCS Skillathon Contest
- Start preparing to submit a portfolio in this project area
- Begin taking action photos of your activities in this project area