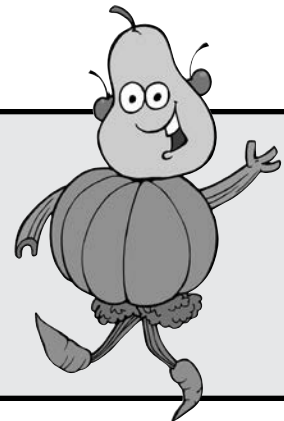




MY TASTE PERSONALITY MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)



HEALTH H CHALLENGE

Discover healthy food choices that fit your taste personality.

ROLL CALL

Name a favorite food that begins with the same letter as one of your initials.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Me, Myself, and Taste!

GIVE OUT FAMILY HANDOUTS

"Your Family's Taste
Personalities"

NUTRITIOUS SNACK

Apple slices with peanut butter dip



REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



GETTING READY

- **Note to the 4-H Health Officer: This is a very important meeting!**
For the first time, you will introduce and explain the following to your club members:
 - Your 4-H Health Officer Job
 - The 4-H Club Health Activities
- Read “Introducing the 4-H Health H Program Step by Step.”
- Have a Family Handout for each 4-H family.

INTRODUCING THE HEALTH H PROGRAM STEP BY STEP

Hi! I’m _____, your 4-H Health Officer. This year we are going to add the Health H and some fun into every club meeting!

FAMILY HANDOUT

Please make enough copies of the Family Handout to give to each club member. Ask your club leader if you need help.

The Family Handout will be given to each club member to take home. It has information about the month’s health topic. Share this with your parents. Let parents know what we discovered about health at our 4-H meeting.

4-H CLUB HEALTH ACTIVITIES

Roll Call: During Roll Call, you will be asked to tell something about yourself related to the topic, like naming a favorite food. This is easy and another way to get to know a little about each other.

Instant Activity: This quick game or learning activity gets us moving around and reinforces the monthly message.

Health H Challenge: Each month, we will talk about a new challenge and ways to try the challenge “your way.”

Nutritious Snack: Another way to practice the Health H is having a nutritious snack. Check the snack listed under Nutritious Snack in the Guide-At-A-Glance on page 7.

CONCLUSION

THE HEALTH H IS AN IMPORTANT PART OF YOUR LIFESTYLE.

**DOES ANYBODY
HAVE ANY QUESTIONS?
LET’S MOVE ON TO OUR
FIRST MONTH.**



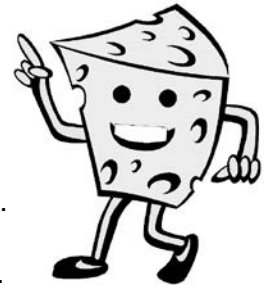


GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Arrange meeting space so there is enough room for the activity.

INSTANT ACTIVITY STEP BY STEP

ME, MYSELF, AND TASTE!



- *Introduce the topic.*
 - Healthy eating is this year’s 4-H Health topic. It’s *not* about “eat this and don’t eat that.” It’s all about *you*. Each of us is a unique person. To have healthy eating habits, we need to understand ourselves – food attitudes, habits, and environments. (You might call it “our inner foodie.”)
 - One researcher found that people who prefer fruits have certain food personality traits – they tend to avoid new recipes, spend little time cooking, and often eat dessert with dinner. People who prefer vegetables have different traits – they are likely to try new recipes, enjoy spicy foods, and cook with health in mind. Do you agree with this research? Why or why not?
- *Have Fun – Play “Me, Myself, and Taste!”*

Form a big circle. Read the statements below. If it is true for a 4-H’er, he or she says, “Me, myself, and taste!” and comes to the center of the circle. They can dance or make silly movements for fun.

 1. I like crunchy foods.
 2. When I want a snack, I look for something salty.
 3. I like spicy-hot foods.
 4. I like to eat the same thing for breakfast every morning.
 5. I eat slowly.
 6. I prefer smooth and soft foods.
 7. Trying new foods is exciting.
 8. Tart foods I like are pickles and sauerkraut.
 9. I eat the same foods as my friends eat.
 10. I often choose sweet foods like desserts.
- *Talk About It*
 - What is *your* taste personality?
 - Can you name examples of healthy foods that match each personality type?

Crunchy – nuts, whole-grain crackers and cereals, baked chips, raw veggies, granola bars, animal crackers

– continued on next page –

MONTH #1



4-H CLUB HEALTH ACTIVITIES AT A GLANCE

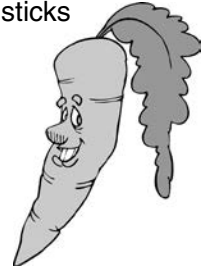
Soft – low-fat yogurt, pudding, low-fat dip, applesauce, cottage cheese, boiled eggs, cheese cubes or sticks

Tart – Granny Smith apples, pickles

Sweet – grapes, fruit juice bars, fresh apples, dried fruits

Salty – popcorn, tuna, pretzels, nuts

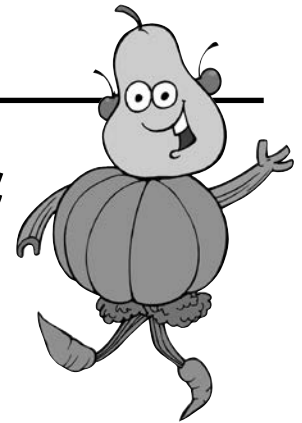
Spicy-hot – salsa, hot pepper cheese



SUMMARIZE THE MAIN POINTS

1. Your taste personality keeps developing as you get older.
2. You can decide what kind of taste personality you will have.
You can also decide which types of foods you eat.
3. What will you decide?
 - Will you choose foods that make your body healthy?
 - Will you try new foods?
 - Will you learn to prepare and choose the best foods?
 - Will you make your own decisions or have others affect your decisions?
4. Take the monthly health challenge.





FAMILY HEALTH HANDOUT: EATING HEALTHY YOUR FAMILY'S TASTE PERSONALITIES



HEALTH H CHALLENGE

Discover healthy food choices that fit your taste personality.

4-H FAMILIES ONLINE

Look up easy recipes for your family to make together at: www.fruitsandveggiesmorematters.org

FAMILY MIXER



What are the taste personalities of your family members? Each member's "food personality" is unique. Some prefer foods that are crunchy. Others may go for soft foods. There are also tart, sweet, salty, and spicy-hot taste personalities. Discover the tastes your family members like the most by making a snack together.

Make-at-home snacks are fun. They can save money, too. Ask each family member to check 2 or 3 ingredients on the chart that they would like in the family snack mix. Buy them on your next shopping trip.

CRUNCHY	SOFT	TART	SWEET	SALTY	SPICY-HOT
Popcorn	Raisins	Swiss Cheese Cubes	Dried Banana Chips	Ranch Dressing Mix	Mustard Pretzels
Pretzels	Dried Apricots	Dried Cranberries	Licorice Bits	Salted Nuts or Seeds	Spiced or Flavored Nuts
Unsweetened Dry Cereal			Animal Crackers	Mini Rice Cakes	Baked BBQ Chips
Unsalted Nuts or Seeds			Sweetened Dry Cereal	Monterey Jack Cheese Cubes	Pepper Jack Cheese Cubes

NOW, THE FUN BEGINS . . .

- Mix the ingredients together.
- Name your snack recipe. What about "Smith's Snackerooey" or "Jones' Bunch Crunch"? Silly or simple, your recipe name can match your family's own personality.
- Talk about your family's favorite foods. Do you share the same food taste personality or have different ones? What makes you like certain foods – the taste, smell, texture, or other reasons? How are family members' personal characteristics like their tastes in food?
- If your snack mix has cheese cubes, be sure to refrigerate any leftovers.

CUT HERE