

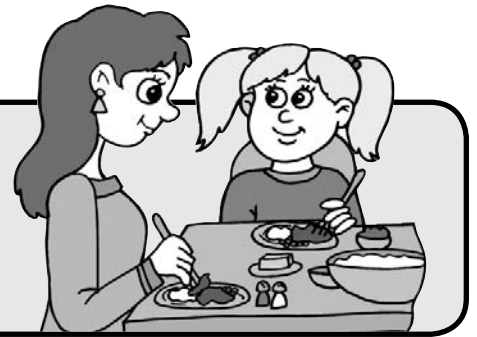
MONTH #2



4-H CLUB HEALTH ACTIVITIES AT A GLANCE

6,000 CHOICES MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)



HEALTH H CHALLENGE

Discover the eating choices you have each day.

ROLL CALL

Name a favorite food and what influences you to eat it.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Power to Choose

GIVE OUT FAMILY HANDOUTS

"200 Family Food Choices a Day"

NUTRITIOUS SNACK

Popcorn

(Hard to resist the smell!)



REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Have a chalkboard, sticky notes or big paper and marker. Use this for members to list AJ’s eating choices.

INSTANT ACTIVITY STEP BY STEP

POWER TO CHOOSE



- *Introduce the topic*
 - Did you know most people make more than 200 food decisions every day? This adds up to 6,000 choices this month! What food decisions do **you** make? Breakfast or no breakfast? Juice or milk? Lettuce on your sandwich? Have an after-school snack? Share a snack with a friend? etc.
- *Have fun – Power to Choose*
 - Ask a member to read the following story out loud. The members act out the story of my friend AJ. When an eating choice is made, raise your arms and shout “Power to Choose!” (Hint: Choices are in **BOLD**.)

Let me tell you about my friend, AJ. He gets up in the morning, stretches, and yawns. He doesn’t have much time. So, for breakfast, his dad makes a **carrot smoothie**. Sounds strange, but it is AJ’s favorite breakfast.

At school, AJ hangs out with his best friends. They like the salad bar for lunch. He chooses his **favorite salads**, a **little dressing**, and some extras like **sunflower seeds** and **cheese**.

After school, AJ has track team practice. Some kids offer him a **candy bar**. But he knows it’s not good for his teeth and braces. He takes the track coach’s advice and brings a **water bottle** and a snack like a cut up **apple** or a **granola bar**.

After track, AJ rushes home and **passes by the fast-food restaurants**. Instead, he and his brother fix dinner. That probably saves a lot of money. It’s a family tradition to **make their own pizza** every Friday night. You ought to hear what he puts on pizza – **tomatoes and peppers** from the garden and – you guessed it – **chopped carrots!** The pizza smells great! They put on some fun music, talk, and enjoy their **family meal together**. He **eats two slices**. Yum. It tastes so good, he thinks about eating a third slice but **decides not to** because he doesn’t want to feel stuffed.

AJ’s family just chills out and plays games the rest of the evening. Well, that’s the story about my friend, AJ, his eating choices, and unusual food personality.

- *Talk about it*
 - What choices did AJ make? List them. Does he make 200 choices?
 - What choices do **you** make on a typical day? What influences your choices? Feelings? People? Food smells? How foods look? Food packages? Mealtime habits? Commercials? Family traditions? Other factors?
 - Will this monthly challenge change your habits and choices? Why or why not?

SUMMARIZE THE MAIN POINTS

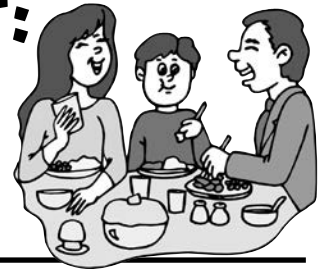
1. Every day, eating choices are all around us.
2. Be aware of choices you make – big choices and little choices.
3. You have power to control what, how, how much, when, and why you eat.





FAMILY HEALTH HANDOUT: EATING HEALTHY

200 FAMILY EATING CHOICES A DAY



HEALTH H CHALLENGE

Discover the eating choices you have every day.

A person makes more than 200 eating choices. One important choice for parents and children is to eat together often.

FAMILY MEALTIME STRENGTHENS FAMILIES!

EAT TOGETHER OFTEN!

Plan to eat 5 or more meals together each week. One breakfast, another dinner, or even weekend lunch and dinner! You will find that the more times you eat together:

- kids do better in school
- food dollars are saved
- family communication improves
- everyone has fun

FAMILY EATING CHOICE TRACKER

Busy families can make time to enjoy meals together. One day this month, eat dinner or an evening snack together. Talk about the eating choices each member made. Use this form to track your discoveries.

TODAY'S DATE: _____	Family Member Name					
What meals did each family member eat (note all) (B) Breakfast (L) Lunch (D) Dinner (S) Snack						
Where did each member eat (list all)? (K) Kitchen (DR) Dining Room (R) Restaurant (P) Park (O) Other: _____						
Who ate before breakfast?						
Who ate after 6 p.m.?						
Who ate more than 4 different vegetables?						
Who ate a second portion of food? (Tell each other why.)						
Who tried a new food? (Tell about the new food.)						
Who did not drink any soda?						
Who shared foods or snacks with a friend?						
Who stopped eating because they felt full?						
Who stopped eating because the food was gone?						
Who prepared food?						
Who bought food to prepare at home?						
Who bought food to eat out?						
Who saw food ads that tried to influence their eating?						
What "extras" did you add to foods (list all)? (M) Mustard (K) Ketchup (Ma) Margarine (D) Dressing (P) Pepper (S) Salt (O) Other: _____						
Our family food tradition is: _____ Who followed it?						
Cast your vote – who makes the most healthy eating decisions in the family?						

CUT HERE

