WEST VIRGINIA 4-H CLUB HEALTH ACTIVITY GUIDE: EATING HEALTHY

HELPING EACH 4-H’ER TAKE A STAND FOR “HEALTHIER LIVING”

A Program of the West Virginia University Extension Service Families and Health and 4-H Youth Development Programs

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• WVU Extension Service
4-H CLUB HEALTH ACTIVITY GUIDE: EATING HEALTHY

CONTACTS

Name: __________________________________________
Your Club: _______________________________________
Your County: _____________________________________

CLUB OFFICERS:

President: _______________________________________
Vice President: _________________________________
Secretary: _______________________________________
Treasurer: _______________________________________
Reporter: _______________________________________
Health Officer: _________________________________
Recreation Leader: _______________________________
Song Leader: ___________________________________
Adult Leaders: _________________________________

FOR LOCAL SUPPORT, CONTACT:

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4-H HEALTH OFFICER
JOB DESCRIPTION

Education, family and peer support, and a community environment that promotes healthy behaviors may help prevent a lifetime of health problems. My efforts can make a real difference to improve the health of West Virginians!

In this office, I lead the Health “H.” I am responsible for educating, inspiring, and leading club members in “HEALTH FOR BETTER LIVING.”

I will carry out the following duties:

1. Serve as chair of the 4-H Club Health Committee.
2. Work with other club officers and leaders to develop a yearly plan for health activities at each 4-H club meeting.
3. Use the 4-H Club Health Activity Guide to carry out one or more activity at each meeting. This may include:
   • Giving the club secretary roll call ideas related to health
   • Conducting an Instant Activity
   • Challenging club members to practice the Health H by making a plan to meet the monthly health challenge
   • Giving nutritious snack ideas to the person(s) responsible for club refreshments
   • Working with the adult leader to have copies of the 4-H Family Handouts ready for club members to take home after each meeting
   • Gaining support from members and leaders to do a community service project related to health
4. Report activities and accomplishments to the club reporter and complete reports as requested.

HELP IMPROVE THE HEALTH H OF YOUR 4-H CLUB.
REMEMBER THESE 10 TIPS:

1. Involve the whole family, the whole neighborhood, and the whole community.
2. Create an encouraging environment.
4. Focus on practical day-to-day behaviors, skills, and choices.
5. Give clear and simple messages (examples: be active; eat more fruits and vegetables).
6. Focus on the positive behaviors rather than on the negative ones.
7. Encourage youths to take the monthly health challenges and create a personal plan to make small, realistic changes in health.
8. Point out that the healthy choices can be easy choices.
9. Have fun.
10. Be creative and spontaneous.
4-H CLUB HEALTH ACTIVITY GUIDE: EATING HEALTHY

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INTRODUCTION

This program supports one of the important components of 4-H – the Health H. It helps 4-H members and their families improve health habits. It begins in the 4-H club with the selection of the 4-H Health Officer – YOU! At county 4-H Officer Training School, you will receive a 4-H Club Health Activity Guide and training to effectively carry out the activities. As a trained 4-H Health Officer, you will lead games, challenges, and discovery activities at 4-H club meetings or events. The 4-H Club Health Activity Guide will change from year to year. Eating healthy is this year’s focus.

PURPOSE AND OBJECTIVES

The purpose of this program is to increase health knowledge and motivate 4-H’ers and families to try new health habits and to improve others. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- discover your taste personality
- identify eating decisions
- listen to your body’s fullness signals
- learn about moods and foods
- eat “right-size” portions
- choose healthy options when eating out
- improve your food scene

4-H CLUB ACTIVITY GUIDE CONTENTS

Life is all about choices. This guide provides ideas and information to help 4-H Health Officers with their duties. This guide has the following:

- Health H Challenge – Goals for 4-H youths and family members to improve daily health practices
- Roll Call – Ideas to help youths start thinking about the health topic
- Instant Activities – Quick and easy learning-by-doing activities
- Nutritious Snack – Foods and drinks to go along with the health activity
- 4-H Family Handout – Copy and have 4-H’ers take the matching handout home to their parents each month

4-H FAMILY HANDOUTS: EATING HEALTHY

Family Handouts help family members learn about and practice good health habits along with their 4-H member.

- They have additional information about the monthly health topics.
- They help 4-H members share what they are learning in their club meetings with their families.

PRACTICE THE HEALTH H EVERY DAY.
• More than $\frac{1}{3}$ of 10 to 17 year olds in West Virginia are overweight or obese. It is the most common medical condition of childhood. It may lead to serious problems all through life.

• Spending a lot of time watching TV and playing computer games leads to weight gain and poor health. The average high school graduate will have spent approximately 15,000 to 18,000 hours watching television, compared with spending about 12,000 hours in school.

• Youths in West Virginia are less active than those living in other states and countries.

• Experts recommend all youths have at least 60 minutes of physical activity every day. West Virginia youths do not get enough exercise for good health.

• Eating out (fast foods) is linked to diets higher in fat and sugar and lower in nutrients, as well as higher body weights.

• States with more fast-food restaurants per square mile have higher rates of obesity.

• Consumption of soda pop has increased and milk consumption has decreased. Many Americans get 13 percent or more of their calories from soda pop and other sugar-added drinks. These trends add to the problems of overweight and osteoporosis (weakened bones).

• Warning signs of chronic disease are already seen in West Virginia youths. A study of 5th-graders found that 20 percent had high blood pressure and 17 percent had high cholesterol.

• Tobacco use is the single most important preventable cause of death in West Virginia. One of every 5 deaths, or more than 400,000 deaths each year, are attributable to tobacco use.

• Each day, more than 3,500 teens smoke their first cigarette. Most people do not smoke, and they live longer because of it.

• Millions of people are sickened, 100,000 are hospitalized, and 3,000 die each year from food poisoning. Almost $\frac{1}{2}$ of foodborne illness could be eliminated if people would wash their hands more often when preparing and handling food.

• Americans waste 38 million tons (or 76,000,000,000 pounds) of food every year. That is enough to feed 190 million adults for one year.

• In West Virginia, 275,280 people (1 in 7) struggle with hunger. Many families do not get healthy, nutritious foods often.
## 4-H Club Health Activity Guide: Eating Healthy

### Guide-at-a-Glance

**Use this chart to help you plan meetings. Start by filling in the first column with a date, time, and place. Then, review health activities. Work with others to plan activities for each monthly club meeting.**

<table>
<thead>
<tr>
<th>MONTH</th>
<th>Topic</th>
<th>Monthly Health H Challenge</th>
<th>Roll Call</th>
<th>Instant Activity</th>
<th>Family Handout</th>
<th>Nutritious Snack</th>
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<td>Discover healthy food choices that fit your taste personality.</td>
<td>Name a favorite food that begins with the same letter as one of your initials.</td>
<td>Me, Myself, and Taste!</td>
<td>Your Family’s Taste Personalities</td>
<td>Apple slices with peanut butter dip</td>
</tr>
<tr>
<td>#2</td>
<td>6,000 Choices Month</td>
<td>Discover the eating choices you have each day.</td>
<td>Name a favorite food and what influences you to eat it.</td>
<td>Power to Choose</td>
<td>200 Family Eating Choices a Day</td>
<td>Popcorn</td>
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<tr>
<td>#3</td>
<td>Need to Eat Clues Month</td>
<td>Discover your body’s fullness signals.</td>
<td>Name a time when you do not think of eating during the day.</td>
<td>Hungry Hip-hop</td>
<td>Need to Eat Clues</td>
<td>Low-fat vanilla or fruit yogurt</td>
</tr>
<tr>
<td>#4</td>
<td>Moods and Foods Month</td>
<td>Learn how your eating and moods affect each other.</td>
<td>Name a food and a “feeling” or “memory” word that comes to your mind.</td>
<td>Mood-food Scramble</td>
<td>Moods and Foods</td>
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<td>#5</td>
<td>“Just Right” Portions Month</td>
<td>Train your eyes to recognize when you eat a serving size.</td>
<td>Name a food you eat often and name an object of the same portion size.</td>
<td>Munchy Mix</td>
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<td>#6</td>
<td>Fast-food Slowdown Month</td>
<td>Choose healthy options when eating out.</td>
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<td>Fast-food Slowdown</td>
<td>Fast-food Slowdown</td>
<td>Frozen grapes or any fresh fruit or vegetables</td>
</tr>
<tr>
<td>#7</td>
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<td>Try 1 change to make your food scene healthier.</td>
<td>Name a place where you eat.</td>
<td>Take a Tour of Your Food Scene</td>
<td>Your Food Scene</td>
<td>Apples</td>
</tr>
</tbody>
</table>
MONTH #1  4-H CLUB HEALTH ACTIVITIES AT A GLANCE

MY TASTE PERSONALITY MONTH
(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

☐ HEALTH 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.
MONTH #1

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.
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.
  – 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.
MONTH #2

6,000 CHOICES MONTH
(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

☐ HEALTH 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.
MONTH #2

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?
  – 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.
NEED TO EAT CLUES MONTH
(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

☐ HEALTH CHALLENGE
   Discover your body’s fullness signals.

☐ ROLL CALL
   Name a time when you do not think of eating during the day.

☐ INSTANT ACTIVITIES
   (SEE “STEP BY STEP”)
   Hungry Hip-hop

☐ GIVE OUT
   FAMILY HANDOUTS
   “Need to Eat Clues”

☐ NUTRITIOUS SNACK
   Low-fat vanilla or fruit yogurt
   (this snack really satisfies hunger)

REMINDER TO REPORT?
Fill out the End-of-year Record Form.
INSTANT ACTIVITY
STEP BY STEP
HUNGRY HIP-HOP

• Introduce the topic.
  – Your stomach is empty. You may feel tired or dizzy. Sometimes your stomach sends out loud, growling reminders. Your body says “eat.” Listen to your body’s clues.
  – Thirsty or hungry? Sometimes all we really need is a drink of water.
  – Do you need someone to talk to, a hug, or something active to do? Sometimes we need to take care of these needs instead of eating.

• Have Fun – Play “Hungry Hip-hop”
  – Get in a big circle. Join hands. Take turns and name a favorite food or drink that satisfies their need to eat. Jump up and down as they name the food/drink. Keep jumping until everyone has a turn. Or, keep going around the circle until you run out of ideas.

• Talk About It
  – What happens when you are starved? Do you go for healthy foods? Do you grab what is easiest, even if it’s not the healthiest?
  – Eat small, healthy snacks when you are hungry. If you wait until you are really hungry, you may overeat.
  – Can you name healthy snacks? (Examples: water, low-fat yogurt, fruit, dried fruit, low-fat milk, carrots, celery sticks, apple slices, granola, low-fat cheese stick, trail mix, nuts, grapes, sweet peppers, air-popped popcorn, whole grain bagel)
  – What healthy snacks would satisfy your hunger? (Examples: fruit instead of sweet cookies, candy, or cake; yogurt instead of ice cream; pretzels instead of chips; water instead of soda pop) These satisfy hunger and improve your energy, skin, muscles, or weight.
  – Stop eating when you are not hungry, not when the food is gone.
  – To eat less, take a small portion from the package. Don’t eat from the package.

SUMMARIZE THE MAIN POINTS
1. Eat slowly. The brain and the belly take time to tell each other when you’re full – about 20 minutes.
2. Enjoy food flavors. Enjoy mealtime and talking with others.
MoODs and FoODs Month
(CheCk iTEms yoU plAn To do aT yoUr MeEtIng)

☐ HEALTH CHALLENGE
   Learn how your eating and moods affect each other.

☐ ROLL CALL
   Name a food and a “feeling” or “memory” word that comes to your mind. (Examples: apples – “Grandma” – because of her apple pie or “fun” bobbing for apples)

☐ INSTANT ACTIVITIES
   (SEE “STEP BY STEP”)
   Mood Food Scramble

☐ GIVE OUT FAMILY HANDOUTS
   “Moods and Foods”

☐ NUTRITIOUS SNACK
   Animal crackers (Fun foods put you in a good mood!)

REMEMBER TO REPORT!
   Fill out the End-of-year Record Form.
INSTANT ACTIVITY
STEP BY STEP
MOOD-FOOD SCRAMBLE

• Introduce the topic.
  – Sometimes we eat to fuel our bodies, to move, breathe, talk, sleep, and think!
    The body needs the very best kinds of food.
  – Sometimes our feelings or moods make us want to eat. What feelings make you want to eat?
    When you have these feelings, what foods do you usually eat?

• Have Fun – Mood-food Scramble
  – Give each member a piece of paper and pencil. Ask everyone to write on their paper a feeling they have and a food they may eat when they are feeling this way. Then, wad it up. Throw the paper wads in the air. Keep them in the air 3 minutes. Play zippy music to add fun while you keep wads from hitting the floor. Yell “What’s your food mood?” Now each person grabs the closest wad and reads it aloud.

• Talk About It
  – Is eating because of our moods healthy or unhealthy? It is normal for feelings to affect our eating behaviors. When a person often eats as a way to deal with stress, it can be a health problem. If a person eats large amounts of food or does not eat at all, it can be a problem, too.
  – We each need to know healthy ways to deal with stressful situations. What are healthy ways – not related to food – to deal with stress?
    Examples: exercise, get enough sleep, limit caffeine (soda, tea, energy drinks, coffee), listen to music, draw, be with friends, talk to someone you trust.

SUMMARIZE THE MAIN POINTS
1. Positive feelings about yourself – that is part of living the Health H. Being healthy inside will show on the outside. The goal is to balance the amount of food you eat with activity.
2. Be aware of your feelings and how they affect your food habits.
   Skipping meals and overeating can lead to health problems.
3. Practice healthy ways to handle stress in your life.
4. If you have worries about your eating habits, talk to your parent or an adult you trust.

GETTING READY
• Read through the “Step by Step.”
• Have 1 piece of paper and a pencil for each member.
• Have a copy of the 4-H Family Handout for each family.
• Have a radio or other way to play music for the Mood-food Scramble.

REMINDER
Next month we’ll make our own snack. Please bring 1 cup of a healthy ingredient. It may be a low-sugar cereal (less than 6 grams of sugar), pretzels, nuts (if there are no members with nut allergies), dried fruits, or seeds.
“JUST RIGHT” PORTIONS MONTH
(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

☐ HEALTH H CHALLENGE
   Train your eyes to recognize when you eat a serving size.

☐ ROLL CALL
   Name a food you eat often and name an object that describes the portion size.

☐ INSTANT ACTIVITIES
   (SEE “STEP BY STEP”)
   Munchy Mix

☐ GIVE OUT FAMILY HANDOUTS
   “‘Just Right’ Portions”

☐ NUTRITIOUS SNACK
   Munchy Mix (This activity helps members practice portion sizes.)

REMEMBER TO REPORT!
Fill out the End-of-year Record Form.
INSTANT ACTIVITY
STEP BY STEP
MUNCHY MIX

• Introduce the Topic
  – Have you ever seen cookies as big as your hand or a plate of spaghetti so big you can't find the bottom?
  – A reason waistlines have gotten big is because food portions have too.
  – It's easy to overeat without realizing it. Train your eyes to know healthy-size servings so you won't overeat.

• Have Fun – Make Munchy Mix
  – Everyone must wash hands thoroughly.
  – Pour ingredients members brought into a large bowl. These may include low-sugar cereals, nuts, dried fruits, seeds, whole-grain crackers, or pretzels. Mix.
  – With a spoon, members put only the amount that fits in the palm of their hand. This is a right-size portion. Show members how this portion looks in a small bowl and how it looks in a large bowl.
  – Drink cold, low-fat milk or water with the Munchy Mix.

• Talk About It
  – What amount would you usually eat – more or less than a handful?
  – Eating big portions? Do you need that much? How about smaller portions?
  – Do you use small or large bowls and plates? Does it make a difference?
    Yes, you can trick your mind by using small bowls, plates, and glasses.
  – Show the portion-size objects – deck of cards, etc.
  – Would it matter if food is eaten from a bowl or straight from the package?
    Always put 1 portion in a bowl or on a plate. These tricks will help you control portions and not overeat.
  – Always balance calories from food with physical activity.

SUMMARIZE THE MAIN POINTS
1. Portions are any size you choose. “Right-size” portions are big enough to give the nutrients needed but small enough to keep a healthy weight.
2. The palm of your hand is a good guideline to use. When you eat a snack, use your hand or other familiar objects to judge 1 portion. Use your eyes to see that your portions are not “biggie size.” The trick is to learn what a proper serving is and be aware when a portion is too big.
3. Serving sizes are on Nutrition Facts labels on all food packages. Read labels. Compare these with how much you usually eat or drink.
FAST-FOOD SLOWDOWN MONTH
(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

☐ HEALTH CHALLENGE
Choose healthy options when eating out.

☐ ROLL CALL
Name a healthy food found at a fast-food restaurant.

☐ INSTANT ACTIVITIES
(SEE "STEP BY STEP")
Fast-food Slowdown

☐ GIVE OUT FAMILY HANDOUTS
“Fast-food Slowdown”

☐ NUTRITIOUS SNACK
Frozen grapes (now that’s fast!) or any fresh fruits or vegetables

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.
- If you have time, collect fast-food containers or menus from fast-food restaurants. Show these to club members to spark their interest.

SUMMER ALERT

Keep practicing the Health H. How?

- Choose healthy foods that fit your taste and lifestyle.
- Make healthy choices every day.
- Listen to your body’s fullness cues.
- Be aware of your moods and how they impact your food choices.
- Control portion sizes.
- Choose healthy options when eating out.

At 4-H camp, find more FUN ways to eat healthy!

INSTANT ACTIVITY

STEP BY STEP

FAST-FOOD SLOWDOWN

- Introduce the topic.
  - Eating out and eating on the run is a way of life for many American families.
  - On an average day, 44% of Americans eat at a restaurant.
  - What are your eating habits? How often do you eat away from home?
  - When you eat out, it’s important to know the healthiest food choices.
    Making wise choices gives you more energy and good health.

- Have Fun – Play Fast-food Slowdown
  - Let’s start by walking fast in place.
  - Pretend we are at a restaurant reading the menu. From the list below, decide how healthy each menu item is. If the food is healthy (has lots of vitamins and nutrients), walk fast. If it’s not very healthy (has a lot of sugar and/or fat), walk slow. Remember, the healthier the food, the faster you move! (Hint: The healthy choices are in BOLD.)
  
  Ready? Set? Go! Here are the menu choices:
  
  Apples (healthy)
  Fried chicken (not-so-healthy)
  Fruit cup (healthy)
  Whole-wheat bagels (healthy)
  Chocolate cake (not-so-healthy)
  Water (healthy)
  Low-fat milk (healthy)
  Carrots (healthy)
  Hot dogs (not-so-healthy)
  Oatmeal (healthy)
  Ice cream (not-so-healthy)
  
  Cheeseburger (not-so-healthy)
  Side salad and low-fat dressing (healthy)
  Donuts (not-so-healthy)
  Broccoli (healthy)
  Meat lover’s pizza (not-so-healthy)
  French fries (not-so-healthy)
  Biscuits and gravy (not-so-healthy)
  Low-fat frozen yogurt (healthy)
  Fried fish sandwich (not-so-healthy)
  Soda (not-so-healthy)

- Talk About It
  - Is it easy to make changes? Why or why not?
  - If others discourage you from eating healthy foods, what could you say to them? Examples: “Try it, you might like it, too”; “I don’t want to eat the same things all the time”; “So what’s wrong with making healthy choices?”
  - Choosing healthy foods on the menu will give you more energy to do fun things like swimming, running, and playing. Choosing foods high in sugars and/or fat means less energy and less fun.

SUMMARIZE THE MAIN POINTS

1. The more you practice making healthy choices, the easier it gets.
2. Encourage friends and family to make healthy choices, too.
   It’s easier when “everyone else does it.”
MONTH #7

4-H CLUB HEALTH ACTIVITIES
AT A GLANCE

YOUR FOOD SCENE MONTH
(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

☐ HEALTH H CHALLENGE
Try 1 change to make your food scene healthier.

☐ ROLL CALL
Name a place where you eat.

☐ INSTANT ACTIVITIES
(SEE “STEP BY STEP”)
Take a Tour of Your Food Scene

☐ GIVE OUT
FAMILY HANDOUTS
“Our Food Scene”

☐ NUTRITIOUS SNACK
Apples

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.

INSTANT ACTIVITY

STEP BY STEP

TAKE A TOUR OF YOUR FOOD SCENE

• Introduce the topic.
  – Our environment or “food scene” plays a big role in living the Health H. Things all around us affect our food decisions. Think about how you make food choices based on where you eat. For example, if your neighbor always has soda pop, ask for water or juice.

• Have Fun – Take a Tour of Your Food Scene
  – Sit in a circle. I’ll describe a food scene. (See box on left for examples.) If it is true for you, tag a buddy. Tell them what you could do to change your food scene.
  – After you share your healthy change idea, both of you find another place to sit down – not in the same place you were before!
  – Now, let’s take a tour of your food scene . . .
    1. My family eats at fast-food restaurants a lot. Is this true for you? (Tag a buddy. Share an idea on how you can make this food scene healthier.)
    2. At my friend’s house, we grab cookies or chips. Is this true for you?
    3. I eat when I feel bored or stressed. Is this true for you?
    4. On school mornings, I skip breakfast. Is this true for you?
    5. I would like to eat more family meals together. Is this true for you?
    6. When my family is in the car and we get thirsty, we choose to drink soda pop. Is this true for you?

• Talk About It
  – What ideas did you hear? What changes would make your food scene healthier for:
    • What you eat – Are healthy foods handy? What can you keep ready at home or in your backpack when you’re ready for a snack? Slow down on fast-foods.
    • When you eat – Eat when your body tells you.
    • Reasons why you eat – Handle your moods and foods. Listen to your body’s fullness clues.
    • How much you eat – Eat the “just right” portions.

SUMMARIZE THE MAIN POINTS

1. Control your food scene. Small changes make healthy eating easy.
2. Talk to friends and family about changes you’re making.

REPLACE FOOD SCENE PITFALLS WITH HEALTHY CHOICES

I don’t like school lunch. **HC: Keep healthy snacks in your backpack or locker.**

TV commercials make me hungry. **HC: Take an exercise break during commercials.**

My buddy’s candy jar is tempting. **HC: Ask your buddy for a piece of fruit instead.**

On car trips we buy sodas to drink. **HC: Take along bottles of your favorite juice.**
EATING HEALTHY BACKGROUND INFO
BE IN THE KNOW

BEING READY
Review this information to help you conduct monthly health activities.

Choose MyPlate.gov

DISCOVER THE EATING CHOICES YOU HAVE EACH DAY.
EATING HEALTHY BACKGROUND INFO
BE IN THE KNOW

10 TIPS TO EATING HEALTHY

1. BALANCE CALORIES
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. ENJOY YOUR FOOD, BUT EAT LESS
Take the time to fully enjoy your food. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3. AVOID OVERSIZED PORTIONS
Use a smaller plate and glass. Portion out foods before you eat. When eating out, choose smaller sizes, share a dish, or take home part of your meal.

4. FOODS TO EAT MORE OFTEN
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. They have the nutrients you need – including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. MAKE HALF YOUR PLATE FRUITS AND VEGETABLES
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli. Add fruit as dessert. Keep a fruit bowl handy for a snack.

6. SWITCH TO FAT-FREE OR LOW-FAT (1%) MILK
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. MAKE HALF YOUR GRAINS WHOLE GRAINS
Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. FOODS TO EAT LESS OFTEN
Cut back on foods high in solid fats, added sugars, and salt, such as cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Make them treats, not everyday foods.

9. COMPARE SODIUM IN FOODS
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. DRINK WATER INSTEAD OF SUGARY DRINKS
Cut calories by drinking water or unsweetened beverages. Soda, energy and sports drinks add sugar and calories and have no nutrients.

Go to www.ChooseMyPlate.gov for more information.
www.choosemyplate.gov and www.nutrition.gov have all the basics for eating healthy—videos, recipes, Grocery Store Bingo and more. Kids, parents, teachers, everybody can find fun stuff right here.

www.kidshealth.org is an educational site for youths, parents, and teachers. The site has kid-friendly, interactive games and activities on lots of health topics.

www.nourishinteractive.com has animated games, quizzes, memory games and puzzles.

www.mindlesseating.org has tips from food researchers, an online challenge, free magnet, and daily checklist.

www.eatright.org has “watch and learn” videos, tips, recipes and other useful tools.

www.fun trivia.com has a kids section with quizees full of information on foods.

Learn songs about kids’ health at www.youtube.com and search for “choosy kids.” Try teaching a song or two to club members (ask the Song Leader to help)!
As part of your responsibilities as a 4-H Health Officer, give each member or 4-H family a 4-H Family Handout. Club members need support from their families to learn about and try new health habits.

The following pages have ready-to-copy 4-H Family Handouts. Follow these easy steps:

• First, talk with your 4-H club leader.
  Ask the leader how he or she wants to get copies ready for your club meetings:
  – The 4-H club leader may have a copier to use.
  – Your county WVU Extension office can make copies upon request. Call several days before your meeting date.
  – Your WVU Extension agent is __________________________, and the phone number is ___________________.
  – Ask a 4-H parent to volunteer to make copies and bring to each meeting.

• Next, count how many copies you need. Make 1 for each 4-H family.
  The number of 4-H families in your club is: _______.

• Look over the 4-H Family Handouts. Be familiar with them because they are all about the monthly health themes. They can help your members be successful in their monthly health challenges.

• If your club does not plan to meet during a month, it is still important to give members the monthly 4-H Family Handout. Give handouts to members the month before or after your missed monthly meeting.

4-H families are awesome – they will love the monthly 4-H family handouts!

Be sure to give out a 4-H family handout at every meeting.
FAMILY HEALTH HANDOUT: EATING HEALTHY
YOUR FAMILY’S TASTE PERSONALITIES

HEALTH 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.

<table>
<thead>
<tr>
<th>CRUNCHY</th>
<th>SOFT</th>
<th>TART</th>
<th>SWEET</th>
<th>SALTY</th>
<th>SPICY-HOT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn</td>
<td>Raisins</td>
<td>Swiss Cheese Cubes</td>
<td>Dried Banana Chips</td>
<td>Ranch Dressing Mix</td>
<td>Mustard Pretzels</td>
</tr>
<tr>
<td>Pretzels</td>
<td>Dried Apricots</td>
<td>Dried Cranberries</td>
<td>Licorice Bits</td>
<td>Salted Nuts or Seeds</td>
<td>Spiced or Flavored Nuts</td>
</tr>
<tr>
<td>Unsweetened Dry Cereal</td>
<td>Animal Crackers</td>
<td>Sweetened Dry Cereal</td>
<td>Monterey Jack Cheese Cubes</td>
<td>Pepper Jack Cheese Cubes</td>
<td></td>
</tr>
<tr>
<td>Unsalted Nuts or Seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NOW, THE FUN BEGINS . . .
1. Mix the ingredients together.
2. 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.
3. 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?
4. If your snack mix has cheese cubes, be sure to refrigerate any leftovers.
A person makes more than 200 eating choices. One important choice for parents and children is to eat together often.

FAMILY MEALTIME STRENGTHENS FAMILIES!

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

**Family Meal Tip**
Can your family members guess how much time they take to eat a dinner meal? Time your next meal. Do you take at least 20 minutes to eat? The brain and the belly need time to tell each other when the stomach is full. If your family members are speed eaters, what are ways you can slow down to 20 minutes or more?

**4-H Families Online**
What do your family members know about hunger signals and eating? Go to www.foodinsight.org and search for the video called “Tune in’ with intuitive eating.” Watch the video.

**Don’t Forget!**
Post the Eat-O-Mometer near your family eating area.

**Eat-O-Mometer**
The next time your family is together for a meal, ask each member to: 1) listen to their body’s need to eat signals before the meal; 2) mark the spot with one of their initials on this Eat-O-Mometer; and 3) rate their feelings of fullness again after the meal with both initials.

- **Disgustingly Sick** 10
- **Stuffed** 9
- **Full** 8
- **Satisfied** 7
- **Not Hungry** 6
- **Still a Bit Hungry** 5
- **Could Eat a Little** 4
- **Hungry and Ready to Eat** 3
- **Ravenous** 2
- **Starved** 1
FAMILY HEALTH HANDOUT: EATING HEALTHY MOODS AND FOODS

HEALTH H CHALLENGE
Know your eating and mood habits.

TRY THIS TASTY RECIPE!

INGREDIENTS:
• Tortillas
• Assorted vegetables (shredded carrots, sweet pepper strips, olives, pickles, cucumbers, tomatoes, peas, beans)
• Shredded low-fat cheese
• Low-fat sour cream (or peanut butter)
• Salsa (optional)

INSTRUCTIONS:
1. Wash hands.
2. Put ingredients out on a large plate or cutting board. Have enough for a couple spoonfuls of each item for each person.
3. Give each family member a tortilla.
4. Spread either sour cream or peanut butter on the tortilla.
5. Create a face to show a mood or emotion – happy, surprised, angry, goofy. Ideas: Use carrots or cheese for hair, olives for eyes, peppers for mouth and eyebrows, cheese for beard. Create faces that look surprised, angry, or happy.
6. Top with salsa if you like. Roll tortilla up tightly and enjoy!

TALK ABOUT IT:
• What moods did you feel today? What caused your mood?
• Some people use food or avoid food as a way to deal with emotions such as stress, excitement, sadness, or boredom. Share which way you most often react to food when you are under stress.
• Having good feelings about yourself is part of living the Health H. Being healthy on the inside will show on the outside – your attitude, smile, and a strong, healthy body.
• Your feelings can affect your food habits. Skipping meals or overeating can lead to health problems.
• This is why we each need to deal with stress in healthy ways. What are ways – not related to food – that help you deal with stress? Examples: exercise, enough sleep, limit caffeine (soda, tea, coffee), listen to music, sing, draw, spend time with friends, talk to someone you trust.

FUN WITH TORTILLAS – EXPLORE MOOD-FOOD CONNECTION!
Kids and parents have fun and eat it too with this activity. Everyone make a snack with a face to show any mood they like!

www.youtube.com
**FAMILY HEALTH HANDOUT:**

**EATING HEALTHY**

"JUST RIGHT" PORTIONS

---

**HEALTH H CHALLENGE**

Train your eyes to recognize when you eat the right serving size.

---

**HOW TO PRACTICE "RIGHT-SIZE" PORTIONS WHEN EATING OUT**

Try these tips:

- Don’t super size.
- Box up half of your order when you get your meal. Eat half; take the rest home for another meal.
- Share your meal with a friend or family member.
- For your meal, order appetizers, separate side dishes, or from the kids’ menu.

---

**FAMILY SCAVenger HUNT**

Find these items and put on your kitchen table or counter. Match up the recommended amount of food with the object. Or measure it out with measuring cups and spoons. Talk about how much you usually eat of each food – more or less?

<table>
<thead>
<tr>
<th>1 DECK OF CARDS</th>
<th>3 OZ. OF MEAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 FIST</td>
<td>1 CUP OF CEREAL FLAKES</td>
</tr>
<tr>
<td>1 ROUNDED HANDFUL</td>
<td>1/2 CUP OF FRUIT</td>
</tr>
<tr>
<td>1 BASEBALL</td>
<td>1 CUP OF YOGURT</td>
</tr>
<tr>
<td>1 GOLF BALL</td>
<td>1/4 CUP OF RAISINS</td>
</tr>
<tr>
<td>1 CHECKBOOK</td>
<td>3 OZ. OF FISH</td>
</tr>
<tr>
<td>1 THUMB TIP (FROM KNuckle TO THE TIP OF THUMB)</td>
<td>1 TABLESPOON OF MAYONNAISE</td>
</tr>
</tbody>
</table>

---

**4-H FAMILIES ONLINE**

Go to Portion Distortion [www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm](http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm) to try the quiz.

- See the difference between serving sizes of 20 years ago and today.
- Discover how much exercise is needed to burn off the difference in calories.
- Check out the print-ready poster showing ways to measure serving sizes using household objects!
- “Healthy Snacks 100 Calories or Less” has great ideas. Print and put on the fridge.
FAMILY HEALTH HANDOUT:
EATING HEALTHY
FAST-FOOD SLOWDOWN

HEALTH CHALLENGE
Choose healthy options when eating out.

PLEDGE FOR BETTER FAST-FOOD CHOICES
It's true, Americans eat almost half of their meals away from home. This can lead to eating large portions of high-fat, low-nutrient foods. Take the pledge! Follow these steps:

1. Note your family’s favorite fast-food restaurant

2. Next time you visit the restaurant, ask for a menu.

3. Before you order, look at the menu together. If you see these words, circle them:
   - fried
   - biggie size
   - super size
   - jumbo
   - buttered
   - breaded
   - creamed
   - in gravy
   - alfredo
   - creamy
   - cheesy
   - glazed
   - buffet

Stay away from foods described with these words! They warn you of high-fat foods and large portions.

4. Take the pledge to choose healthier foods when you eat out. The chart below can help. Keep it in the car to take into the restaurant to help you decide on the best choices.

---

CHOOSE HEALTHIER “GO FOODS” . . .

<table>
<thead>
<tr>
<th>Food Description</th>
<th>AND SLOWDOWN ON THESE . . .</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked potato, steamed vegetables without sauce</td>
<td>French fries, hashbrowns, onion rings</td>
</tr>
<tr>
<td>Tossed salad/raw veggies with low-fat dressing/dip</td>
<td>Potato salad, cole slaw, macaroni salad</td>
</tr>
<tr>
<td>Whole-grain bread, cereal, toast, tortilla</td>
<td>Biscuits, doughnuts, sweet rolls</td>
</tr>
<tr>
<td>Lean, broiled meats and fish; baked chicken, turkey; chicken without skin; poached eggs</td>
<td>Sausage; hot dogs; fried hamburgers, fish, chicken, or eggs; lunchmeat</td>
</tr>
<tr>
<td>Thin-crust pizza with lots of veggies and low-fat cheese</td>
<td>Thick-crust pizza with pepperoni, sausage, extra cheese</td>
</tr>
<tr>
<td>Water, low-fat and skim milk, 100% fruit juice</td>
<td>Soda pop, sweetened tea, lemonade, fruit drinks, whole milk</td>
</tr>
<tr>
<td>Fresh fruit, frozen fruit juice bars, whole grain crackers, low-fat ice cream and frozen yogurt</td>
<td>Cookies, cakes, pies, ice cream</td>
</tr>
<tr>
<td>Baked chips, pretzels, unbuttered popcorn</td>
<td>Chips, buttered popcorn, nachos</td>
</tr>
<tr>
<td>Ketchup, mustard, relish, fat-free or reduced-fat mayo</td>
<td>Regular mayo, “special sauce”</td>
</tr>
</tbody>
</table>

---

4-H FAMILIES ONLINE
WHAT IS YOUR FAMILY’S FOOD SCENE?
Your home and other places where you make your eating choices. People and things influence your decisions, taste personalities, and attitudes. Check out your food scene. You may find surprises. Remember, we decide where to eat and drink, as well as when to eat, what to eat, how much to eat, and with whom we eat.
Take a few minutes as a family to "map" your family’s food scene.

MAP IT
1. Gather your family together.
2. Get materials for this activity: paper, pencils, markers, or paint.
3. As a family – or individually – make a map of your food scene. Art talent is not necessary!
   • Start by outlining the main places in your home where you eat. (You might include other homes if you eat there often.) Draw a simple map of your home itself or a more complicated map that includes your relatives’ homes, too. It’s up to you and your family members to decide what goes on the map.
   • Think of your daily routine and what you eat and drink. Fill in words or pictures on the map – foods and drinks you keep on the counter, in cabinets, in the refrigerator, the dinner table, TV, garden, at the computer. Are there others?
   • Who affects your choices? Who buys the food? Who prepares it? Who do you eat with? Draw or name these people who are part of your food scene.
4. Talk about it. Name the healthiest parts of your family’s food scene. Are there places, people, or things that make it difficult to eat nutritious foods in “right-size” portions?
5. As a family, pick some small changes that would make healthy choices easier at home. Talk about how and when you will make that small change.
HELP US TRACK OUR PROGRESS WITH THE W.VA. 4-H HEALTH H PROGRAM

Please complete the information each month. At the end of the club year, cut out the form and put it in an envelope. Mail it to your Extension Agent.

4-H Health Officer Name: ______________________________________ Date: _____________________ 
County: ______________________________________ Club Name: ______________________________________

At each club meeting, fill in the information below. Also, please send us comments about the 4-H Health Officer role, 4-H Club Health Activity Guide and Family Handouts.

<table>
<thead>
<tr>
<th>Meeting date</th>
<th>✔ Check activities you did each month</th>
<th>Number of 4-H members</th>
<th>Number of 4-H adult leaders</th>
<th>Number of 4-H family members (parents, siblings)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONTH #1</strong> My Taste Personality</td>
<td>☐ Health H Challenge ☐ Roll Call ☐ Instant Activity ☐ Nutritious Snack ☐ Family Handout</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MONTH #2</strong> 6,000 Choices</td>
<td>☐ Health H Challenge ☐ Roll Call ☐ Instant Activity ☐ Nutritious Snack ☐ Family Handout</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MONTH #3</strong> Need to Eat Clues</td>
<td>☐ Health H Challenge ☐ Roll Call ☐ Instant Activity ☐ Nutritious Snack ☐ Family Handout</td>
<td></td>
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</table>

A Project of WVU Extension Service Families & Health and 4-H Youth Development Programs
<table>
<thead>
<tr>
<th>Meeting date</th>
<th>✓ Check activities you did each month</th>
<th>Number of 4-H members</th>
<th>Number of 4-H adult leaders (parents, siblings)</th>
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</thead>
<tbody>
<tr>
<td><strong>MONTH #4</strong></td>
<td>Moods and Foods</td>
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<td></td>
<td>● Health H Challenge</td>
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<td>● Family Handout</td>
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<tr>
<td><strong>MONTH #5</strong></td>
<td>“Just Right” Portions</td>
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<td>● Health H Challenge</td>
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<td>● Family Handout</td>
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<td><strong>MONTH #6</strong></td>
<td>Fast-food Slowdown</td>
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<td>● Family Handout</td>
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<td><strong>MONTH #7</strong></td>
<td>Your Food Scene</td>
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<td>● Health H Challenge</td>
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The *4-H Club Health Activity Guide* was created because of interest in the Health H by 4-H youths, volunteers, WVU Extension faculty and staff, and partnering organizations. Many individuals contribute time and talent to this collaborative effort.

The following individuals created and reviewed the healthy eating curriculum content:

| Meg Baughman | Greg Jacobs | Liz Post |
| Elaine Bowen | Lisa Lee-Ranson | Sara Rhodes |
| Joyce Bower | Stephanie Lusk | Kathy Talley |
| Nila Cobb | Robin Maille | Lauren Weatherford |
| Cindy Fitch | Judy Matlick | Germaine Weis |
| Amy Gannon | Kristin McCartney | Gina Wood |
| Beverly Glaze | Jenny Murray | Dana Wright |
| Janice Heavner | Brooke Nissim-Sabat | Nancy Zwick |

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West Virginia Extension agents, 4-H leaders, teen leaders, parents, and club members for their input and support in building this initiative.
The West Virginia University Extension Service works in all 55 counties. For nearly 100 years, West Virginians have trusted their WVU Extension agents to be their local source of safe, reliable, timely information.

4-H transforms lives. A winning WVU Extension educational program, 4-H is a community in which youths build leadership, citizenship and life skills, and friendships that last a lifetime.

Families and Health Programs help West Virginians increase life management skills that result in healthier lives and more productive relations with children, with families, and within the community.

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