

# Nutrition, Health and Fitness

February 2022 (UPDATED)

*For more information, contact:*

*Soghra Jarvandi, Department of Family and Consumer Sciences*

*Janie Burney, Department of Family and Consumer Sciences*

*Jennifer Richards, Tennessee 4-H Youth Development*

*James W. Swart, Tennessee 4-H Youth Development*

## Physical Activity

- List the recommendations for physical activity for your age.
- Describe the benefits of physical activity.
- List examples of activities that can be integrated into the lifestyle.
- Compare and contrast low, moderate and high levels of physical activity intensity.
- Compare and contrast different types of physical activity (aerobic, strengthening).

## Nutrition

- List examples of foods from the five food groups.
- List two vegetables from each of the five color groups.
- Explain the association between nutrition and health.
- Describe foods that should be consumed in greater amounts for good health.
- Describe foods that should be consumed in smaller amounts for good health.
- Give examples of nutritious snacks that include foods from two or more food groups.
- Describe the components of a healthy plate as illustrated in MyPlate.

## Food

- Describe different food habits among people from different countries.
- Identify the safe temperatures for cooking different foods.
- Describe the following four safe food handling practices: cook, clean, chill and separate.
- Define foodborne illness.
- Explain how cross contamination can spread microorganisms and cause illness.
- List the most common foods that cause food allergies.



## Health

- List most common health problems.
- Define personal health.
- Explain various factors that influence personal health.
- Explains reasons for immunization.
- Describe importance of healthy lifestyle.
- Explain barriers to a healthy lifestyle.



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