

Nutrition, Health and Fitness

February 2022 (UPDATED)

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Physical Activity

- Describe the impact of physical activity on different body systems and health.
- Describe the impact of nutrition on different body systems and health.
- Organize a program to advocate physical activity for health promotion.
- Create educational materials about physical activity.
- Create a teaching tool for younger 4-H members to explain the benefits of physical activity.
- Observe and critique your own physical activity engagement over a one-month period.
- Create a plan for continuing to be physically active after graduating high school.

Nutrition

- Create educational materials about healthy eating.
- Recognize how our food choices affect our health and risk for chronic conditions like diabetes and osteoporosis.
- Create a teaching tool for younger members that explains Nutrition Fact labels.
- Determine your calorie target based on your gender, age and level of activity.
- Describe examples of healthy eating patterns.
- Develop a healthy eating pattern based on your calorie target.
- Critique a healthy eating pattern developed by another person.

Food

- Create educational materials about food safety.
- Describe ways government regulates food to help ensure wholesomeness and safety.
- Explain how consuming more than the recommended amounts of added sugars, salts and saturated fats can affect our health.
- Modify existing recipes to reduce sugar, salt and solid fats.
- Create a recipe using vegetables.
- Observe a restaurant or kitchen and critique their food handling techniques related to safety.
- Create a display that illustrates food habits of people from different geographical regions of the United States.



- Identify changes that can be made in various eating venues (schools, churches, worksites, food retail stores) that encourage people to make more nutritious food choices.

Health

- Evaluate how well you are coping with stress in your life.
- Create an educational material about personal health.
- Organize a program to advocate for community health promotion.
- Create a stress management plan that can be used after you graduate high school.
- Create teaching tools that can be used to educate others about common health issues.



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