

Richland County 4-H Club Health “H” Activity Guide

Purpose and Objectives

The purpose of this activity guide is to increase health knowledge and motivate 4-H’ers, volunteers and their families to try new health habits and to improve others. This information will show 4-H’ers ways to take part in healthy lifestyle activities and reinforce positive habits they already practice. By using this guide, 4-H youth and adults will learn to make everyday choices that lead to good health. You are encouraged to try some quick and simple activities and then proceed onto the digging deeper-type activities. Most of all, have fun!

Use an “eating healthy” roll call at one or more club meetings:

- Name a heart healthy food and share why it is healthy
- Name one thing you do to stay healthy
- Name your favorite fruit... or vegetable
- Name a food that is a good source of vitamin C... or vitamin A
- Name your favorite healthy snack
- Name an “unhealthy” food you are trying to eat less of
- Name a healthy food you ate today
- Share a physical activity you consider fun to do
- Name a healthy food found at a fast food restaurant
- Name a healthy food you eat often
- Name a physical activity your family does together
- What was the last “new food” you have eaten?
- Name an unhealthy habit that is hard for you to overcome and what you could replace it with that is healthy.
- How many times a week do you do a physical activity (not at school)?
- Share a way a friend could help you stay healthy.

Club program discussion topics:

- How does TV affect what foods you choose to eat?
 - Does it affect how much food you eat?
 - Does TV’s focus on “perfect size” affect people’s self esteem?
- What are the reasons why we eat?
- What do you do when you are served a good you’ve never eaten before?
- Why do nutrition experts say breakfast is the most important meal of the day?
- Who influences your eating attitudes and habits the most?
- What are some healthy snacks that can satisfy your hunger?
- What are some healthy ways – not related to food – to deal with stressed –out feelings? (hint: physical activity, music, art, talking)
- Who has eaten at least four veggies today? Name the veggies.
- How many choices have you made today related to food? (i.e., what foods, how much food, when to eat, hungry or full)
- Are your food choices automatic or thoughtful? Why?
- Who has eaten at least three fruits today? Name the fruits.

Quick Games (10 minutes or less):

- **Yuck or Yummy**
 - Name a food (make a list from all of the food groups prior to the meeting)
 - Have everyone in the group tell whether they like it or not by saying “yuck” for foods they don’t like and “yummy” for foods they do like
- **Smell of Foods**
 - Name a food (make a list from all of the food groups prior to the meeting)

- Have the group tell whether that food is most appealing for its “taste”, “smell” or “look”.
- **Hungry Hip-Hop**
 - Have the entire group stand in a circle
 - Each person is to name a food that satisfies them when they are hungry
 - As they name a food, they need to do an “action” at the same time
 - After each new person, the entire group repeats the action and food of the previous member(s) (i.e., first person/action; second person/action + first person/action, add new person/action each time until the last person).
- **Healthy Eating Toss**
 - Use a small ball to play this game.
 - Everyone should stand in a circle.
 - Each person should share a healthy habit, then pass the ball to another person. Continue until everyone has participated.
 - Examples: eat only when hungry; don’t go grocery shopping when hungry; put smaller portions on your plate; eat foods from all of the food groups; order water with your meal at a restaurant vs. pop
- **Name that Food**
 - Either as a big group or in divided groups, ask participants to name a healthy food they like that fits into these descriptions:
 - Soft – yogurt, pudding, applesauce, eggs, cheese, some fruits
 - Sweet – fruit, fruit juice bars, juice
 - Salty – popcorn, pretzels, nuts
 - Crunchy – graham crackers, nuts, whole grain crackers and cereals, granola bars, pretzels, raw veggies, some raw fruits, baked chips
 - Tart – Granny Smith apples, pickles
 - Spicy hot – salsa, baked nachos
- **Go or Whoa**
 - Prepare a list of foods (healthy and unhealthy) ahead of time
 - Ask the group to decide if the food is a “go” (healthy) or “whoa” (unhealthy) food. Note: Unhealthy foods are generally high in sugar, fat and/or calories.
 - After playing the game for awhile, point out that “go” foods help practice the health “H” of 4-H (i.e., veggies, fruits, low-fat milk, whole grains and proteins are choices we need to make every day).
- **Fast Food Choices**
 - Prepare a list of fast food menu items from various restaurants.
 - Have the group pretend they are at a fast food restaurant.
 - Decide whether the food is healthy or not so healthy
 - Examples:

Fried chicken (not healthy)	Fruit cup (healthy)
Meat lovers pizza (not healthy)	Donuts (not healthy)
Apples (healthy)	Water (healthy)
Cheeseburger (healthy)	Salad/low-fat dressing (healthy)
French fries (not healthy)	Milk shake (not healthy)
Low-fat frozen yogurt (healthy)	Biscuits & gravy (not healthy)
Oatmeal (healthy)	Cherry frozen cola (not healthy)
 - If the food is healthy, the group moves fast (i.e., run in place, dance energetically, etc.). If the food is not so healthy, the group moves slowly (i.e., yawns, runs slowly in place, etc.).
- **Round About**

- Entire group stands in a circle. Tell them eating is about choices...what to eat, how much to eat, when to eat, etc.
 - *Chris Clover is hungry and wants to eat.....* (first person answers with a healthy food)
 - Next person starts with *Chris Clover is hungry and wants to eat....*(names the first healthy food, then adds their own choice; continues around circle)
 - When finished, share with the group: Every day eating choices are important. Be aware that what we eat consists of big choices and little choices throughout the day. YOU have the power to control what, how, how much, when and why you eat. Strive to make good choices daily.
- **Healthy Name Game**
Have the group get in a circle. Think of a healthy food that starts with the same letter as your first name or a favorite healthy food. Share you that food and your name. The next person repeats both your name and food then shares their name and food. Continue around the circle repeating those before you.
- **Going on a Picnic or Vacation**
 - One person starts and tells us where we are going.
 - Each additional person adds something healthy that they can take along to do or eat.
- **This or That for Health**
Have line up on the side of the room you designated for the 1st item and the second item according to which they would most often choose.

○ Potato Chips or Pretzels	* Pop or juice
○ Veggies or Candy	* Water or juice
○ Orange or Cookie chips	* Peanut butter crackers or Ritz
○ Apple or Candy Bar	* Unbuttered popcorn or Doritos
○ Milk or Water	* Green salad or potato salad
○ Yogurt or Pudding	* Banana or a cinnamon roll
○ Cheese or Cheese Puffs	* Exercise or watch TV
○ Grilled Chicken Sandwich or Hamburger	* Outside play or inside play

When complete ask members to think about their choices. The first side was healthier. Where they most often on side 1 or 2?

Digging Deeper Games/Activities (20 minutes or more):

- **Developing a Healthy Eating Commercial or Skit**
 - Divide into smaller groups of three to five members. Each group will select a healthy eating topic or behavior.
 - Examples:

▪ Moods and foods	* Living the health “H” at club meetings
▪ Eating the right portions start the day	* Eating breakfast everyday to
▪ Eating slowly	* My vitamins and me
▪ 200 healthy food choices a day	* Fast food frenzy
 - Act the skit or commercial out for the group
- **Tipping the Food Basket**
 - Have the entire group sit in a circle. As a food scene situation is read and is true about you, the person has to get up and tag a buddy.
 - Tell the buddy what could be done to make the food scene situation healthier.
 - Examples:
 - TV commercial makes you hungry --- take an exercise break
 - I go into the grocery store hungry ---
 - At my friend’s house, we grab some cookies ---

- While traveling in the car on a trip, drink pop ---
 - Grandma has a tempting candy jar ---
 - I don't eat breakfast before school ---
 - It's fun to have a family meal together, but we don't do it often ---
 - We are often in a hurry so we eat at fast food restaurants ---
 - School lunches are yucky ---
 - When I come home from school I eat chips and drink pop ---
 - My friends are coming over so let's order a pizza ---
 - Once you have tagged a buddy and share information, take a new seat
 - The group can brainstorm other food scene situations, too.
- **Food Knowledge Make-a-Snack**
 - Set tables up around the room with a different ingredient for a trail mix snack. Have food service gloves available for the helper at each table.
 - Give each participant a snack-size re-closable plastic bag.
 - Participants rotate to each table and try to answer a question about healthy foods. With each correct answer, the person at the table gives the participant a spoonful of the ingredient. Everyone ends up with a healthy snack to close the game.
 - Example questions:
 - Carrots have vitamin A. What is vitamin A good for? Eyes
 - True or False Foods high in fat are not good for you to eat. True
 - The skin on apples provides something for your health. Fiber
 - Better snack.....apple or potato chips? Apple
 - Better choice..... whole milk or skim milk? Skim milk
 - Fry or grill a steak? Grill
 - Ice cream or low-fat yogurt? Low-fat yogurt
 - Eat breakfast or make up for it with a bigger lunch? Eat breakfast
- **Healthy Foods Posters**
 - Create posters that promote healthy foods and share with the group
 - Hang them up around the room, if possible.
- **Tasting Party**

Have each member bring a healthy food that they have not tasted. Make it into a buffet. Have everyone try at least two new foods.

 - Talk about what new foods they liked and would eat again.
 - Is there something that they are eating that is not so healthy they could replace with this food?

Share a healthy eating tip:

- Each person brings a healthy eating tip to a designated meeting
- Examples
 - Take a healthy food along with you when traveling (i.e., apple, granola bar, carrots/celery)
 - Keep tempting foods out of sight (i.e., those high in calories or fat)
 - Like crunchy foods? Try raw veggies vs. chips
 - Like salty foods? Try salted nuts in the shell vs. french fries
 - Like sweet foods? Try fruits vs. candy or candy bars
 - Keep healthy foods handy
 - Don't eat after 7 p.m. in the evening
 - Eat breakfast every day
 - Eat on a smaller plate vs. a large plate
 - Eat larger portions of vegetables first, then remaining food on your plate

Materials adapted by Judy Villard Overocker and Brenda Young from the *4-H Camp Health H Pocket Guide*, West Virginia University Extension Service, Families and Health and 4-H Youth Development Program and professional experience as 4-H educators in the Ohio 4-H Program.