Explore Healthy Lifestyles Curriculum for Your 4-H Meetings!

Are you looking for a fun project? With childhood obesity on the rise, 4-H can help youth learn how to make choices that impact their health for a lifetime. Consider one of the 19 Healthy Lifestyle projects as a club project.

Two new projects that help youth learn valuable nutrition and cooking skills and the importance of healthy diet and exercise are Fast Foods! and YOUth in Motion.

Fast Foods! teaches youth how to cook quick, nutritious meals. The project focuses on substitutions, food equivalencies, tools, meal planning and terms involved with cooking. Additionally, it is a great resource book for young adults after they leave home.

4-H'ers learn ways to fit exercise into daily routines and determine healthy food portions, drinks and snacks using My Pyramid as a guide in the YOUth in Motion project.

Other 4-H projects to consider are: Food Preservation, Road to Good Cooking, Six Easy Bits, Tasty Tidbits, You’re the Chef, Foodworks, Lifetime Sports, Safety, All-Terrain Vehicles, Bicycle, or Tractor.

Healthy Lifestyles curriculum offers youth an opportunity to explore many careers. Examples include: Consumer Services; Counseling; Emergency and Fire Management Service; Food Processing Systems; Heath Informatics (Information Science); Food/ Beverage Services; and Tourism to name a few. As a club, select a local business to learn about their association with healthy lifestyles.

Possible Role Call Ideas:
1. What is your favorite vegetable? How do you cook it?
2. Serve a portion of food like cereal and measure out the actual serving size.
3. Ask how many calories are in a bag of popcorn, an apple, a cup of rice, etc.
4. Name a food that is high in calcium. Vitamin C? Vitamin K?

Make snacks nutritious. Try peanut butter logs, pizza rounds, fruit smoothies, milk or cheese sticks.

Encourage members to participate in county contests like favorite foods, presentation contest, speech contest, tractor driving contest, clover challenge, meats judging, livestock judging, vegetable I.D. contest or farm safety events.

Do a service project! Make a meal for an elderly person(s) once a month; host a bicycle inspection day; volunteer at a local senior center; find a walking partner.

Each 4-H Manual provides lesson ideas and fun activities that teach life skills. We encourage you to use them to create a Healthy Lifestyles lesson at your next club meeting.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.
The Healthy Clubs Challenge happens during your 4-H club meeting. You can also do activities at home with your family. The challenge incorporates activities from YOUth in Motion and Fast Foods, so be sure to pick up copies at your Extension Office before you begin! There are roll call ideas, meeting activities, service projects, snacks ideas and more. You can find more information at http://4h.unl.edu/programs/health/healthyeating/hewhat.htm.

Your club can develop its own plan. Your club might get together at one of your meetings and decide which activities you want to do. Or, you might want to assign a couple of members to be in charge of leading Healthy Clubs activities for the next meeting. Don’t forget, since this year’s initiative is tied to actual 4-H projects, some of the things you do may be eligible for the fair (see your fair entry book)!

Ideas for Healthy Eating for Health Clubs:
Try new fruits and vegetables for your club snack.
Invite a person of a different culture to your meeting to discuss food and games from their culture.
Have a yoga instructor visit your meeting and share a variety of stretching exercises.
Grow a garden – share the food with people in need or elderly.
Organize a walk to school day.
Visit a local fitness place and learn about the equipment.
Visit a local sports shop to learn what kinds of shoes and equipment you need for different sports and activities.

Where can I get more info? You can contact your local Extension Office for help. You might also want to explore other 4-H Projects for ideas. These Nebraska programs also provide many outstanding ideas, tips, and tools for physical activities and eating healthy!

We would love to know what kinds of things your club is doing! There is a check box next to each activity in our “Ready to Roll” section on the web. It is ready to print so you can take it to your club meetings to keep track of your club's activities. We would love to feature your club on the web site. (see examples from past years on the web). These are only some ideas for what your club can do.

If you have other great ideas, please submit them under the Healthy Ideas Forum. We will put the information you give us on the Healthy Clubs Challenge website to share with other 4-H’ers.

http://4h.unl.edu/programs/health/healthyeating/hewhat.htm
"I had the opportunity to develop good character traits through my 4-H involvement," wrote a 4-H member. Character... the sum total of your values and life experiences, the habits with which you live. Recent studies in youth development have identified the establishment of values and principles as critical for children's overall well-being. Good character is necessary to successfully meet life's challenges, for youth and adults. Good character is a life choice.

The six pillars of character, trustworthiness, respect, responsibility, fairness, caring and citizenship, are not just words, but outcomes that we desire to see in the lives of youth and adults. They form the foundation for life. A 15 year old 4-H member wrote, "4-H creates character, winning or losing, purple or white ribbon."

Growing up to be successful adults doesn't just happen. Research has shown that children who have opportunities to develop and demonstrate their skills are more likely to grow into strong, healthy adult members of the community. 4-H'ers are more active citizens and have the communication and people skills that employees want to hire. A youth summarized her ten years in 4-H, "I learned about the character a person needs to excel in life."

Our challenge is to provide youth with the self-esteem and support they need to make wise decisions, be successful, and develop into caring, responsible citizens. They need to know that what they do matters, that one person can make a difference.

Strong people make strong families. Strong families make strong communities. The payoff for good character is that it makes you a better person and it makes the world a better place.
If you struggle with ideas on recognition, you are not alone, every year many 4-H club leaders struggle with ways to recognize their 4-H members.

It is important to acknowledge the participation of 4-H members. You can choose to recognize 4-H'ers for participation in educational experiences, for progress toward self-set goals, for achievement of standards of excellence, or for results from peer competition.

Recognition for participation could be awarding the members a pin for years of membership.

An important part of 4-H is to help members learn to set goals and plan ways to achieve those goals. A 4-H member may have a goal of learning to put in a button hole or learn to ear notch a pig. Adults, both leaders and parents, should be part of this goal setting process to help the member set realistic and reasonable goals, as well as to evaluate progress toward achieving them. Work with other adult parents and leaders to set up a recognition program in your club for members achieving their goals.

Measuring a member’s accomplishments against a set of standards is one of the most common ways that 4-H members have been traditionally recognized. Fairs are excellent opportunities for youth to have their work compared to standards.

Peer competition is recognition for the best team or individual at that specific time and place. It can be a strong motivator for some, but not all young people. Peer competition should be optional, and is not appropriate for younger children (Cloverbud age). If properly designed and implemented, this type of recognition showcases the best things produced by 4-H'ers. It is important to establish specific selection procedures. Rules must be stated, understood, and enforced.

A successful recognition program would ultimately balance recognition from the above listed areas.

Recognition could be: formal (banquet), informal (meeting), a letter or visit from extension staff or club leader, coverage in newspaper, receiving of plaques or certificates. You could even give items pertaining to a specific project area such as a nice pair of shears for a sewer or you could obtain a copy of the “4-H Source Book” for 4-H gear. The possibilities are endless!

Just remember, there are many ways to show recognition to your 4-H members. What works for one leader, may not work for another. It’s important you find what works for your specific club and go for it! If in doubt, survey your club members, ask them how they’d like to be recognized or what things they like to do. You can always contact your local Extension Office if you need ideas.
Showmanship for Rabbits & Poultry is a much different class than showmanship in other species of animals. The definition for showing rabbits and poultry could be defined as "the ability to demonstrate a working and practical knowledge of an effective examination, evaluation and posing of a rabbit/poultry, to explore critical thinking skills and to know and demonstrate what to check for and why.

In essence, the poultry and rabbit showmanship presentation is a public speaking demonstration. What the exhibitor is doing in the demonstration is talking about what a judge would be looking for when examining that individual animal.

**If the exhibitor is showing poultry the demonstration should include the following:**

An introduction of what kind of bird is being shown, the age and any history the exhibitor knows about the breed.

Grooming and condition of the bird. Exhibitor will be judged on how the bird looks so bathing the bird may be essential to this step. Videos are available on how to properly bath your poultry for show.

The routine/speech of examining the bird then begins. The speech should be smooth and exhibitors should work on being able to speak and show the bird to the judge at the same time. The parts of the bird that should be examined, discussed and shown to the judge include

- Examination of the head, wattle, etc.
- Wings, color pattern, condition of the feathers, check for lice or mite damage.
- Show width of back, undercolor
- Check for keel bone, breast, feather condition, undercolor
- Feet, toes, shanks
- Tail, proper carriage, condition
- Place bird on table and pose for the judge.

During the time of this routine the exhibitor should be talking about what a judge would be looking for in a quality bird, noting any faults that the bird they are showing might have. Identifying all these parts and knowing about them according to standard is important.

Part of the judging will also be on the exhibitor's appearance and attitude. Their speaking ability and knowledge of the subject is also a part of the judging.

Rabbit showmanship is judged very similar to poultry with obvious changes in the speech and demonstration as it relates to examination of the body.

Videos are available to help leaders and families learn the proper way to show rabbits and poultry. These videos walk participants through all the steps to showing, the proper way to hold and present the animals and more. Contact your local Extension Office to ask about these videos.

Members involved in these projects areas can learn a great deal about their animal through this showmanship experience and in addition they will gain invaluable speaking skills as a result of this participation. Practice is the key!
Volunteers Needed for County Fair

Adults and youth are needed to help during County Fair. Help is especially needed in the following areas:

- **Static exhibit set-up days** on Thursday, July 26 at 6:30 p.m. (pizza will be served) and Saturday, July 28 at 8 a.m. (doughnuts will be served) in the Lincoln Room
- **Livestock set-up day** on Saturday, July 29 at 1 p.m. in Pavilion 1 (refreshments and Dairy Queen ice cream will be served)

The grandparenting years are often viewed as a time to spoil the kids and send them back home. But slowing this overweight epidemic will require effort from family members of all ages. What can a concerned grandparent do? Share a physical activity with your grandchild. Locate your old bicycle, grab a baseball and glove, share your love of golf or gardening or take a walk together. Aim for 20 minutes of physical activity during each visit with your grandchildren. The activity will benefit both generations. Other tips are:

- Limit the amount of TV viewing during visits with your grandchildren.
- Reward your grandchild with non-food items or time spent together.
- Introduce new fruits, and vegetables, and other nutritious snacks.
- If you have the patience and enjoy food preparation, invite your grandchild to cook with you.
- Prepare a low-fat, low-sugar recipe together. Kids will be more likely to taste foods they helped prepare.

Source: Penn State Intergenerational Program.

**Time with Grandparents - Improving the Health of your Grandchildren**

Today’s children, your grandchildren, may become the first generation to NOT live as long as their parents. Why so? Physical inactivity and poor diet contribute to risk factors for heart disease, diabetes, obesity and cancer. We used to think of these chronic diseases as adult concerns, the price for living a good life. Unfortunately, 27% of children age 5-10 have one or more heart disease risk factors. One in three children born after the year 2000 will develop Type II diabetes. Obesity is one of today’s greatest health challenges, as rates have doubled in children and tripled in Adolescents over the last two decades. In fact, on any given day:

- 45% of children eat no fruit
- 20% eat less than one serving of vegetables
- 75% of children consume more saturated fat than is recommended in the dietary guidelines for Americans
- 31% do not achieve recommended levels of physical activity
- Girls are less likely to engage in vigorous activity
- 38% of high school students report watching 3 or more hours of TV on a typical school day

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**Important News and Notes**

- **Horse set-up days**, Sunday, July 29–Tuesday, July 31 in Pavilion 2
- **During judging of static exhibits** on Tuesday, July 31 in Lincoln Room
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 3 at 9:30 a.m. and 1 p.m.

If you can help, please contact the extension office at 441-7180.

University of Nebraska-Lincoln Extension