



LEADER'S GUIDE



Florida 4-H Food, Nutrition and Health Program





A Food, Nutrition and Health Project Guide

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PREFACE

4-H Food, Fun and Fitness

A Food, Nutrition and Health Education Curriculum for 7-8 Year Olds

The new Florida 4-H Individual and Family Resources curriculum, OUR PERSONAL WORLD recognizes that our personal values and goals are basic as we acquire, manage and use resources. Among the significant resources that are basic to each individual is food. Therefore, one of the key components of the curriculum is Food, Nutrition and Health.

4-H Food, Fun and Fitness is a portion of the 4-H Food, Nutrition and Health curriculum that is designed to help 7-8 year old youth understand the importance of food choices for good health. Additional curriculum packages are being designed for youth in other age ranges and for sequential advancement in food, nutrition and health. The Florida 4-H Food, Nutrition and Health curriculum has four major foci:

- General Dietary Guidance
- Weight Management and Fitness
- Health Risk Reduction
- Food Science and Safety

To the informed Florida citizen, it is not surprising that food, nutrition, health and fitness is a priority within the total 4-H Individual and Family Resources curriculum. An investment in young people's knowledge, understanding and attitudes about food and nutrition affects their personal health and can not be ignored now or in the future.

In **Food, Fun and Fitness**, we are particularly interested in helping young people develop a personal eating and fitness plan to impact their overall health.

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LESSON PROFILES: A brief description of the Food, Fun and Fitness Lessons:

! LESSON 1 - BASIC FOOD GROUPS

The Food Guide Pyramid provides the basic for Lesson 1 by introducing the importance of our daily food choices and the number of servings needed daily. This lesson provides a foundation for learning about a healthy diet using the food pyramid that Lessons 2-8 expand upon. "Food Bingo", "Paradise Island", and "Crazy Concentration" are just a few activities that teach youth the secret of putting the Pyramid into daily use.

! LESSON 2 - VARIETY COUNTS

Variety is the key to healthy eating with "Variety Counts" as the theme of Lesson 2. "Petie Parrot Says", "The Good Food Clue", and "Nutrient Relay" are fun, hands-on experiences for youth to discover nutrients and their food sources for choosing a variety of foods for their diets.

! LESSON 3 - MAKE BREAKFAST COUNT

Breakfast helps our bodies "Break the Fast" to start the day. Youth can discover that any food can be a "breakfast food" in "Out of Gas" and "Say Breakfast!". Making a simple breakfast food provides first-hand experience in meal preparation using the microwave and a range.

! LESSON 4 - FOOD PRODUCTION

Food goes through many "production" steps to get to the grocery and to our table. "Food Movers", "Florida Food", and "Radish Growing" provide fun, hands-on experiences which allow youth to explore the steps in Lesson 4. "Garden Recipes" provides an opportunity to use their skills to prepare nutritious snacks.

! LESSON 5 - FOOD AND CULTURE

Geographic location impacts our food sources and the food we eat. "Milk Around the World" and "Multicultural Hangman" take youth around the world to explore differences in food sources. While preparing "Amazing Chili", youth can see how one basic dish changes for individual ethnic preferences.

! LESSON 6 - PREPARING FOOD

Practicing kitchen safety while preparing snacks introduces youth to the danger spots in the kitchen. Eating the results is always the highlight of food preparation but practicing food safety is also important! Youth learn important measuring techniques to make their food preparation experiences more successful.

! LESSON 7 - DIET AND PHYSICAL FITNESS

"How My Body Works" and "Body Building" helps youth understand the body parts and organs and how their fitness depends on selecting a variety of foods. Through the game "Fitness Lotto" youth learn to distinguish between foods high and low in fats and sugars.

! LESSON 8 - FOOD SAFETY

Food safety involves proper storage and handling of food. "Wash Before You Bite" and "Safe Food Discovery" are hands-on activities which help youth see the impact of dirt and germs on food. The importance of keeping foods cold is addressed through "Picnic Fun".