



### 4-H EDUCATIONAL PROGRAMS FOR 2010-11

MONTH	AGENT(S) Conducting Program	CHARACTER FOCUS	4-H PROGRAM
SEPTEMBER	Sheryl Donny	Overview of the Six Pillars of Character	Orientation/Enrollment Introduction to Food Guide Pyramid Give Pre-Assessment
OCTOBER	Sheryl	Caring Decision-Making Responsibility citizenship	“Step Up to Good Health” Establish personal health goals related to fitness and health
NOVEMBER	Donny	Respect Decision-Making Responsibility	“Step Up to Better Meat and Milk Choices” Develop strategies to make positive health choices
DECEMBER	Sheryl	Responsibility Citizenship Fairness Decision-Making	“Search for Hidden Sugars” Develop strategies to improve and maintain good health
JANUARY	Donny	Decision-Making Responsibility Caring	“Zero in on Salt” Health risks involved in excessive salt intake
FEBRUARY	Sheryl	Responsibility Trustworthiness Respect Decision-Making	“Fruits and Vegetables- You be the Judge” Distinguish between high and low density fruits and vegetables
MARCH	Donny	Respect Decision-Making Responsibility	“Grains: The Whole Picture” Understanding grains and the use of whole grains in the diet Post-test
APRIL			NO CLUB MEETINGS DUE TO TESTING
MAY	Sheryl Donny	Character Reflection	School Awards Programs

