



Kool and the Gang says: *Get Moving with a Healthier You!*

GOAL: Through participation in a series of educational lessons focused on Nutrition/Diet/Health, the number of 4-H youth will increase their knowledge and develop an awareness of the importance of having a well balanced diet which involves a plan to develop a safe exercise plan that will help them live a healthier lifestyle.

Month	Program Title	Benchmarks
September Sheryl Donny	Orientation/4-H Enrollment/Introduce Health and Fitness Lesson series. Youth will increase knowledge of recommended daily allowances of fruits, vegetables, grains, fats, and oils using the food guide pyramid.	LS-E-A6 I-M-2 LS-H-G1
October Sheryl	"Step Up to Good Health or Get Real- Get Moving" Youth will establish personal health goals, locate and understand major human organs, and investigate the human body system and its relationship to fitness, health, and longevity.	LS-E-A5 LS-M-A5 LS-M-A6 LS-H-G1 LS-H-G4 5-3-6
November Donny	"Step Up to Better Meat and Milk Choices" Youth will evaluate healthy and unhealthy lifestyles. Youth will also develop strategies to encourage others to make positive health choices. They will develop strategies to improve or maintain health and safety on personal, family, community, and world levels.	I-M2 6-M1 3-H-4
December Sheryl	"Search for Hidden Sugars" Youth will evaluate healthy and unhealthy lifestyles. Youth will also develop strategies to encourage others to make positive health choices. Youth will develop strategies to improve or maintain health and safety on personal, family, community, and world levels.	I-M2 6-M1 3-H-4
January Donny	"Zero in on Salt" Youth will investigate the major human organs and understand the health risks involved in excessive salt intake.	LS-E-A6, LS-H-G1, M-1-M LS-M-A6 , N-2-M PS-H, N-6-M ELA-1-E1 ELA-4-M4
February Sheryl	"Fruits and Vegetables: You be the Judge" Youth will be able to distinguish between high and low nutrient-dense fruits and vegetables.	LS-E-A6 I-M-2 LS-H-G1
March Donny	"Grains: The Whole Picture" Youth will understand the nutritional value of grains and will be able to choose breakfast items and snacks that provide the best opportunity to introduce whole grains into the diet.	LS-E-A6 LS-E-A6, ELA-4-M4 ELA-4-A5, LS-M-A7 G-1D-M3
April	NO CLUB MEETINGS DUE TO LEAP TESTING	
May	4-H Awards Presented at School Awards Programs	