

4-H Health Improvement

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**"Who has health has hope
And who has hope has everything."
Arabian Proverb.**

You may not have been born beautiful or handsome, but you can be *good looking*. Good health will help you to look your best at all times and places. Healthy boys and girls are cheerful, full of life and fun to be around. The right food, cleanliness, exercise, sleep and fresh air help to build strong, healthy bodies.

4-H years are growing years. The habits you form now follow you through life. To learn to sew a fine seam or plow a straight furrow is important. To grow a straight, fine, strong body is more important. That is why *Health Improvement is a part of every 4-H project taken by a boy or girl.*

Use the following "check-ups" to see what improvements you need to make. It is the *improvement* that counts—not the score.

Here is the way you do it:

1. Weigh, measure, and record weight and height on the score for physical condition.
2. Score yourself at the *beginning and end of year* on food habits, physical condition, and health habits.
3. Note the improvements you need to make and work on these throughout the year.
4. If possible, have examinations by a physician and dentist.

Do You Look and Feel Healthy?

A Score for Physical Condition

Date 1st scoring..... Date 2nd scoring.....

Weight 1st scoring.....pounds Weight 2nd scoring..... pounds

Height 1st scoring..... inches Height 2nd scoring..... inches

Check only one answer in each group:

	Credit	Your Score	
		1st	2nd
1. Are you:			
a. Usually of a cheerful disposition and full of life?	a—10		
b. Occasionally cross and have little pep?	b— 5		
2. Is your weight:			
a. Not more than 17 lbs. above or 10 lbs. below the figure on weight chart for your height and age?	a—10		
b. Not over 25 lbs. above or 15 lbs. below normal?	b— 5		
3. Are your:			
a. Eyes bright, whites clear, no dark circles or puffiness?	a—10		
b. Eyes sometimes red, have dark circles, or puffiness?	b— 5		
4. Is your skin:			
a. Free from pimples and of good color?	a—10		
b. Pale and occasionally have pimples?	b— 5		
5. Is your hair:			
a. Neither too dry or oily and free from dandruff?	a—10		
b. Sometimes too oily or dry with dandruff?	b— 5		
6. Do you have:			
a. Teeth that are clean, even, and no fillings?	a—10		
b. Teeth with some fillings or slightly crooked?	b— 5		
7. Do you have:			
a. Good posture when standing and sitting?	a—10		
b. Fair posture when standing and sitting?	b— 5		
8. Is your tongue:			
a. Usually red in color and uncoated?	a—10		
b. Occasionally coated?	b— 5		
9. Do you have:			
a. A good bowel movement daily without using medicine?	a—10		
b. To use medicine sometimes?	b— 5		
10. Do you have:			
a. Good firm muscle tone?	a—10		
b. Soft muscle tone?	b— 5		
TOTAL SCORE	100		

Improvements I Need to Make in My Physical Condition Are:.....

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Test Your Food Habits

Check only one answer in each group:

Do You:	Credit	Your Score	
		1st	2nd
1. a. Drink 3 or 4 glasses of milk almost every day? b. Average drinking 1 or 2 glasses of milk daily?	a—10 b— 5		
2. a. Almost always eat an egg daily? b. Average eating 3 to 5 per week?	a—10 b— 5		
3. a. Usually eat 3 servings of vegetables daily? b. Almost always eat 2 servings daily?	a—10 b— 5		
4. a. Generally eat 2 fruits daily (fresh, canned, or dried)? b. Usually eat one fruit a day?	a—10 b— 5		
5. a. Eat a green or yellow vegetable every day? b. Eat yellow or green vegetables every other day?	a—10 b— 5		
6. a. Usually eat one of the following each day: an orange, grapefruit, canned or fresh tomatoes, raw cabbage, lettuce, or leafy green? b. Eat one of these 3 to 5 times a week?	a—10 b— 5		
7. a. Eat one serving daily of lean meat, cheese, fish, poultry, nuts, dried beans or peas? b. Eat one of these 3 to 5 times per week?	a—10 b— 5		
8. a. Usually eat twice daily some whole grain bread or breakfast food? b. Eat enriched breads only?	a—10 b— 5		
9. a. Most always eat 3 balanced meals a day? b. Usually eat a little breakfast but other meals are balanced?	a—10 b— 5		
10. a. Eat candy or sweets only at the end of a meal as a dessert? b. Occasionally eat candy or sweets between meals?	a—10 b— 5		
TOTAL SCORE	100		
Subtractions from your total score:			
a. If you usually drink coffee or tea, subtract	a—10		
b. If you occasionally drink coffee or tea, subtract	b— 5		
c. If you grumble about food, subtract	c—10		
FINAL CORRECTED SCORE			

Note: You should also get 6 to 8 glasses of water and some butter or other fats each day in addition to the foods mentioned above. By a serving of fruit, vegetable, or cereal is meant $\frac{1}{2}$ cup—not just a taste or a few bites.

Improvements I Need to Make in Food Habits Are:

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Health Habits

Check only one answer in each group:

	Credit	Your Score	
		1st	2nd
Exercise usually a. Out of doors 1 hour or more daily. b. Less than 1 hour daily. c. Exercise occasionally.	a—25 b—15 c—10		
Generally sleep a. 9 or 10 hours or more each night. b. 8 hours each night. c. Less than 8 hours each night.	a—25 b—15 c—10		
Most always bathe a. 2 or more times a week. b. Once a week. c. Less often than once a week.	a—10 b— 7 c— 5		
Wash hands a. Before every meal and after going to the toilet. b. Occasionally before meals and after going to the toilet.	a—10 b— 5		
Usually brush teeth a. Twice daily. b. Once daily. c. Less than once daily.	a—10 b— 7 c— 5		
Health protection: a. Vaccinated against small pox and had typhoid serum within 3 years. b. Had one of the above but not the other.	a—20 b—10		
TOTAL SCORE	100		

Improvements I Need to Make in My Health Habits Are:

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“Health is a great matter, both to the possessor of it, and to others. There is no kind of achievement you could make in the world that is equal to perfect health.”

—THOMAS CARLYLE.

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