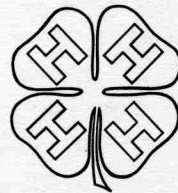
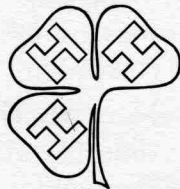


# TEAM UP WITH GOOD HEALTH

## North Carolina 4-H Clubs

### FIRST YEAR



Are You a "3-H'er" or a "4-H'er"?

---

NAME OF 4-H CLUB MEMBER

# Building For Health

"I pledge my health to better living". If you are a true 4-H Club member, you will be interested in working to develop your HEALTH H. You will want your family to have good health and to live in a healthy community.

Practicing good health habits will help you:

- To be attractive and popular—
- To have pep for play and work—
- To grow and to feel good—
- To be friendly and happy.

In each section of this manual there are suggestions of THINGS YOU CAN DO. You can think of others. Read a school HEALTH textbook and other Health material in your school library for information on health and for suggestions for improving health. This manual is written to tie in with your school health book.

Medals and certificates are awarded to county winners.

## REQUIREMENTS

1. Follow the suggestions in your manual and in a school Health textbook. You can think of other health habits to practice.
2. Discuss your health activities with your parents. Your 4-H community leader,

teacher and Extension agents can also help you.

3. On your FIRST YEAR record sheet, list the good health habits you practiced before becoming a 4-H Club member. Continue to practice them and to form new habits.
4. Form or improve as many good health habits as you can. Keep records. Start saving information for a long-time health record.
5. Influence your family and community to make health improvements. Keep records.
6. Make as many health improvements as you can. Do not limit yourself to any number. *Color the 4-H emblems green* when you have made 3 or more improvements suggested under *THINGS YOU CAN DO*. *Improvements started but not kept, don't count.*
7. Write a story of your health activities.
8. Summarize the year's work on the Health Summary Sheet which your leader will give you.
9. Give your completed health record and health story to your 4-H Leader on the date requested.

---

## GROWTH AND HEALTH

Growth means the changes that take place in body and mind as one develops from infancy to adulthood. It is natural that all boys and girls do not grow to be the same size. The important thing is that you grow at a steady rate. Good health habits will help you to grow in body and mind.

### For Normal Growth You Need:

...FRIENDS...FOOD...EXERCISE...  
...REST AND SLEEP...GOOD POSTURE...  
...CLEAN BODY...CLEAN CLOTHES...

## A. MAKE FRIENDS—WORK—PLAY TOGETHER

Being friendly with other 4-H'ers, schoolmates, family members and neighbors helps 4-H'ers to be happy. Friendly people are usually liked by others.

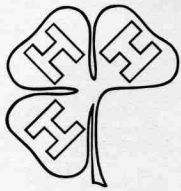
## THINGS YOU CAN DO

Learn to make friends by:

1. Being kind and thoughtful.
2. Controlling your temper.
3. Meeting and enjoying more people.
4. Entering into games at home, school and in the community.
5. Being unselfish, a good sport and a good loser.
6. Working willingly and happily at home and school.
7. Practicing good manners.
8. Read in a school Health textbook about how to make friends. Follow the suggestions in your textbook on how to be friendly. You can think of other things to do.

*Do as many things as you can to make friends. Do not limit yourself to any number. You can color the 4-H emblem green when*

you have formed 3 or more new habits or have improved your habits of being friendly.



Are You a "3-H'er" or a "4-H'er"?

## B. EAT FOOD FOR FUN AND GROWTH

The correct food helps the body to build and grow, supplies heat and energy. Correct food helps you to have an active mind, a happy disposition and to feel good.

### THINGS YOU CAN DO

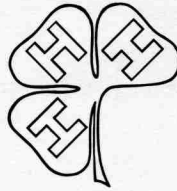
1. Use the Food For Fitness Chart below as a guide for your meals.

<b>"FOOD FOR FITNESS"</b>	
<b>Each Day Eat</b>	
<b>MEAT</b> <b>EGGS</b> <b>POULTRY</b> <b>FISH</b>  <b>Dried Beans</b> <b>Peas</b> <b>Nuts</b> <b>2 or more servings</b>  <b>MILK</b> <b>4 or more glasses</b>  Some can be in the form of cheese or Milk dishes	<b>FRUITS</b> <b>VEGETABLES</b> <b>4 or more servings</b> Include  <b>One dark green</b> <b>or dark yellow</b> <b>in color for Vitamin A</b> <b>One for Vitamin C</b> <b>like tomatoes, raw cabbage,</b> <b>melon, strawberries, salad</b> <b>greens, citrus fruit</b>  <b>Other fruits and vegetables</b>  <b>WHOLE GRAIN</b> <b>4 or more servings</b> <b>Enriched or restored cereals</b> <b>or bread</b>

2. Start each day with a good breakfast.
3. Eat fruits and milk instead of sweets for snacks.
4. Learn to like and eat one or more new foods.
5. Practice good table manners.
6. Be pleasant and happy at mealtime.
7. Read the sections on Food in a school Health book. At home, school, at 4-H Club

meetings and other places do some of the things suggested in these sections.

Color the 4-H emblem green when you develop 3 or more new food habits. Keep learning new food habits.



Are You a "3-H'er" or a "4-H'er"?

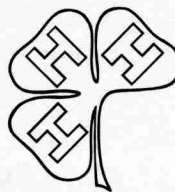
## C. PRACTICE GOOD EXERCISE

The right amount and kind of exercise will help you to develop strong muscles, to be hungry enough to enjoy your food, to be healthy and happy. Get exercise through play and work. Exercise helps to develop good posture.

### THINGS YOU CAN DO

For at least one hour or more each day, take exercise like:

1. Walking, running, skating, swimming, dancing.
  2. Playing ball and similar games.
  3. Riding your bicycle.
  4. Mowing the yard, rake and clean it.
  5. Cleaning house—vacuum, sweep and dust.
  6. Digging in vegetable or flower garden.
  7. Read the pages in your school Health textbook on Work, Play, Rest and Sleep. Carry out some of the suggestions.
- Color the 4-H emblem green when you have formed the habit of practicing 3 or more good exercises. Practice others.



How Are You Doing?

## D. GET REST AND SLEEP

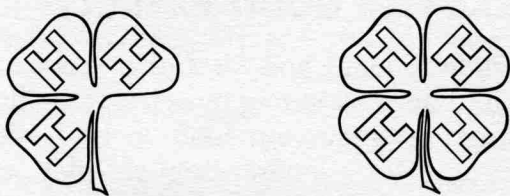
You need the correct amount of rest and sleep to—

- Help your muscles to relax from play and work.
- Help your body use food for growth.

### THINGS YOU CAN DO

1. Sleep 10 to 12 hours each night.
2. Sleep on a firm, clean bed.
3. Have regular hours for sleep.
4. Read about Rest and Sleep in a school Health book. Carry out the suggestions.

Color the 4-H emblem green when 3 or more good exercise habits are formed. Keep taking good exercise.



## E. KEEP YOUR BODY AND CLOTHES CLEAN

A clean body means clean skin, hair, hands, nails, teeth, ears and nose. Clothes should be clean and right for work and play.

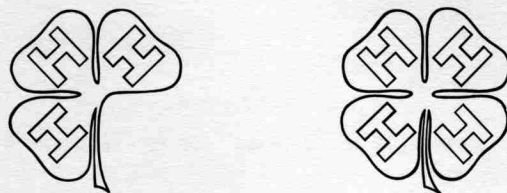
- A clean body and clean clothes help—
- you to feel and look good.
  - people to like you better.
  - to protect you from disease.

### THINGS YOU CAN DO

1. Take a daily bath.
2. Brush teeth or rinse mouth soon after eating.
3. Wash hands before eating and after going to bathroom.
4. Shampoo hair often. Brush hair each day.
5. Keep nails clean and neat.
6. Use paper tissue or handkerchief to keep nose clean.
7. Read about cleanliness of skin, hair, hands, nails, nose and teeth in *your school*

health textbook. Carry out suggestions.

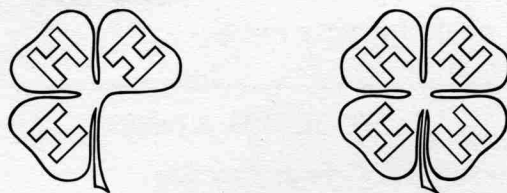
Color the 4-H emblem green when you have developed 3 or more good habits in body cleanliness. Do more.



8. Wear clean socks, underclothes and top clothes each day.

9. Keep your clothes hung up or neatly folded.

10. The chapter on Clothing found in your school Health book gives you good ideas. Read it and do some of the things suggested. Do you practice 3 or more good clothing habits? If so, color the 4-H emblem green.



## SUMMARY

### First Year

NOW: Are you a "3-H'er" or "4-H'er"?

Practicing good health habits is fun, isn't it? Keep practicing the good health habits you have started. Learn new habits.

Complete Health Record.

Write your health story.

Put first year's health activities on Summary Sheet.

Turn your Health Record and story in to your 4-H Club Leader. Get them back to save for a long time health record.

Prepared by  
MRS. RACHEL FERGUSON  
Extension Nutritionist

Published by

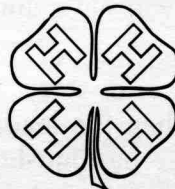
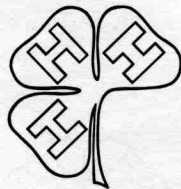
THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

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# TEAM UP WITH GOOD HEALTH

## North Carolina 4-H Clubs

SECOND YEAR



Are You a "3-H'er" or a "4-H'er"?

---

NAME OF 4-H CLUB MEMBER

# Your Health

1. How did you do last year? Continue good habits which you started. Remember that good health is very important to all 4-H Club members.

2. Talk with your parents about what you have done and want to do in the second year of your 4-H Health activities. Ask them to work closely with you.

3. On Health Record Sheet #2, list good health habits which you have practiced for several months or years. Get Record Sheet #2 from your 4-H Leader.

4. Good health habits which you did not carry out last year may be started now. In addition, learn and practice new health habits this year. New habits started last year should not be listed as new ones this year.

5. Work on or with the Health Committee in your 4-H Club. Talk with your 4-H Community Leaders about this.

6. Show others what can be done by taking part on 4-H Club Health programs, setting up health exhibits, and giving health demonstrations and health talks.

7. This 4-H Health manual is written to tie in with your school health textbook. Read the references and carry out suggested activities. You can think of other good health practices.

8. Write a story telling what you have done in health.

9. Give your health record and story to your 4-H Community Leader when the leader calls for them. When the leader has finished with your record and story, get them back for your long time health record.

---

## A. HOW YOU GROW

—PHYSICALLY

—EMOTIONALLY

—SOCIALLY

Think of the ways you have grown in the past year. Help yourself to continue to grow to be an attractive, happy, healthy boy or girl.

## THINGS YOU CAN DO

1. Follow good health practices to help your body grow. Keep a height and weight record.

2. Develop a happy attitude toward your work, study, play and rest. Set up and follow a good work and play schedule.

3. Practice good manners at home, at school and in the community.

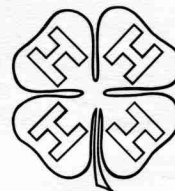
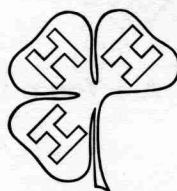
4. Enter into games at school and in the community. Develop a hobby. Learn to share. Be a good sport. Be a good winner and a good loser.

5. Practice some stunts and exercises for fun and body development.

6. On your record sheet, list things you have done on *HOW YOU GROW*. Include these in your story.

7. To help you with this section of your 4-H Health activities, read in your school health book about growth and understanding yourself. At home, school and at 4-H Club meetings carry out some of the ideas suggested in your school health book. You think of other things to do.

8. *Color the 4-H emblem green* when you have developed 4 or more good habits in this section. Keep doing other things.



Are You a "3-H'er" or a "4-H'er"?

## B. THE WAY YOU LOOK

4-H boys and girls want to look good. Your health habits help to determine the way you look.

## THINGS YOU CAN DO

1. Look at yourself in a full length mirror. How is your posture? Is your hair clean and neatly combed? Are your shoes polished? Are your teeth clean? What else do you see?

2. To help your posture—walk, stand and sit tall—

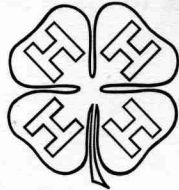
Head up—  
Shoulders level—  
Chest up—  
Tummy in—  
Hips in—  
Body relaxed.

3. Shampoo hair often, keep it neatly brushed.

4. Bathe often, wear clean clothes, manicure nails, polish shoes.

5. At 4-H Club meetings make talks, with short demonstrations on good grooming. In public places put up exhibits on good grooming.

6. Do as many things as you can to improve the way you look. *Color the 4-H emblem green* when you have developed as many as 4 or more activities in this section.



## C. THE WAY YOU EAT

The food you eat affects the—  
way you look  
way you act  
way you feel.

## THINGS YOU CAN DO

1. Eat foods from each group listed on the "Food For Fitness" chart. *Color the 4-H em-*

*blems green* if you eat the suggested number of servings in the group each day.

2. Invite some friends to your house for a meal. You and your mother plan the meal using the Food For Fitness chart as a guide.

3. Give talks on food for "4-H'ers" at 4-H Club meetings.

4. You and your club members put on a program on food at a PTA meeting. Show foods the body needs. Set up exhibits of foods needed each day. Get your 4-H Community Leader to help you.

**"FOOD FOR FITNESS"**  
**Each Day Eat**

<p><b>2 or more servings</b></p> <p><b>MEAT</b></p> <p><b>EGGS</b></p> <p><b>POULTRY</b></p> <p><b>FISH</b></p> <p><b>Dried Beans</b></p> <p><b>Peas</b></p> <p><b>Nuts</b></p>	<p><b>4 or more glasses</b></p> <p><b>MILK</b></p> <p>Some can be in the form of cheese or Milk dishes</p>
<p><b>4 or more servings</b></p> <p><b>FRUITS</b></p> <p><b>VEGETABLES</b></p> <p>Include</p> <p>One dark green or dark yellow in color for Vitamin A</p> <p>One for Vitamin C like tomatoes, raw cabbage, melon, strawberries, salad greens, citrus fruit</p> <p>Other fruits and vegetables</p>	<p><b>4 or more servings</b></p> <p><b>WHOLE GRAIN</b></p> <p>Enriched or restored cereals or bread</p>

5. For more information on the foods your body needs and for ideas of what you can do, read in a school Health book.

Color the 4-H emblems green when you have carried out 4 or more activities in this section.



Are You a "3-H'er" or a "4-H'er"?

## D. YOUR SAFETY AND FIRST AID PRACTICES

Safety is your responsibility. Help protect yourself, your family and friends from accidents. Learn basic information concerning simple First Aid.

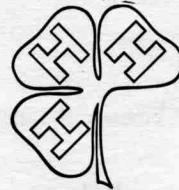
### THINGS YOU CAN DO

1. Read the chapters on Safety and First Aid in your school health textbook. Carry out safety suggestions you find. List in your record what you did.
2. Contact your local Health Department for safety material and ideas on Safety or write Chief, Accident Prevention Section, State Board of Health, Raleigh, N. C.

3. Learn simple First Aid. Practice in your home. Give First Aid and Safety demonstrations at 4-H Club meetings. Your 4-H Community Leader will help you to learn how.

4. Get the Health Committee in your 4-H Club to work with others in your community on Safety and First Aid projects for your community.

5. Color the 4-H emblem green when you have carried out 4 or more activities in this section. Do not stop with 4.



Now Are You a "3-H'er" or a "4-H'er"?

### SUMMARY

- How much did you improve this year?  
Have you completed your health record?  
Have you made a brief summary of your activities on your summary sheet?  
Have you written a story about your Second Year in 4-H Health activities?  
Are your Health Record and your Health Story ready to give to your 4-H Community Leader?  
Continue to make health improvements.

Prepared by  
MRS. RACHEL FERGUSON  
Extension Nutritionist  
Published by

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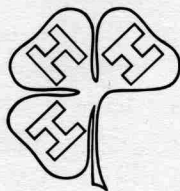
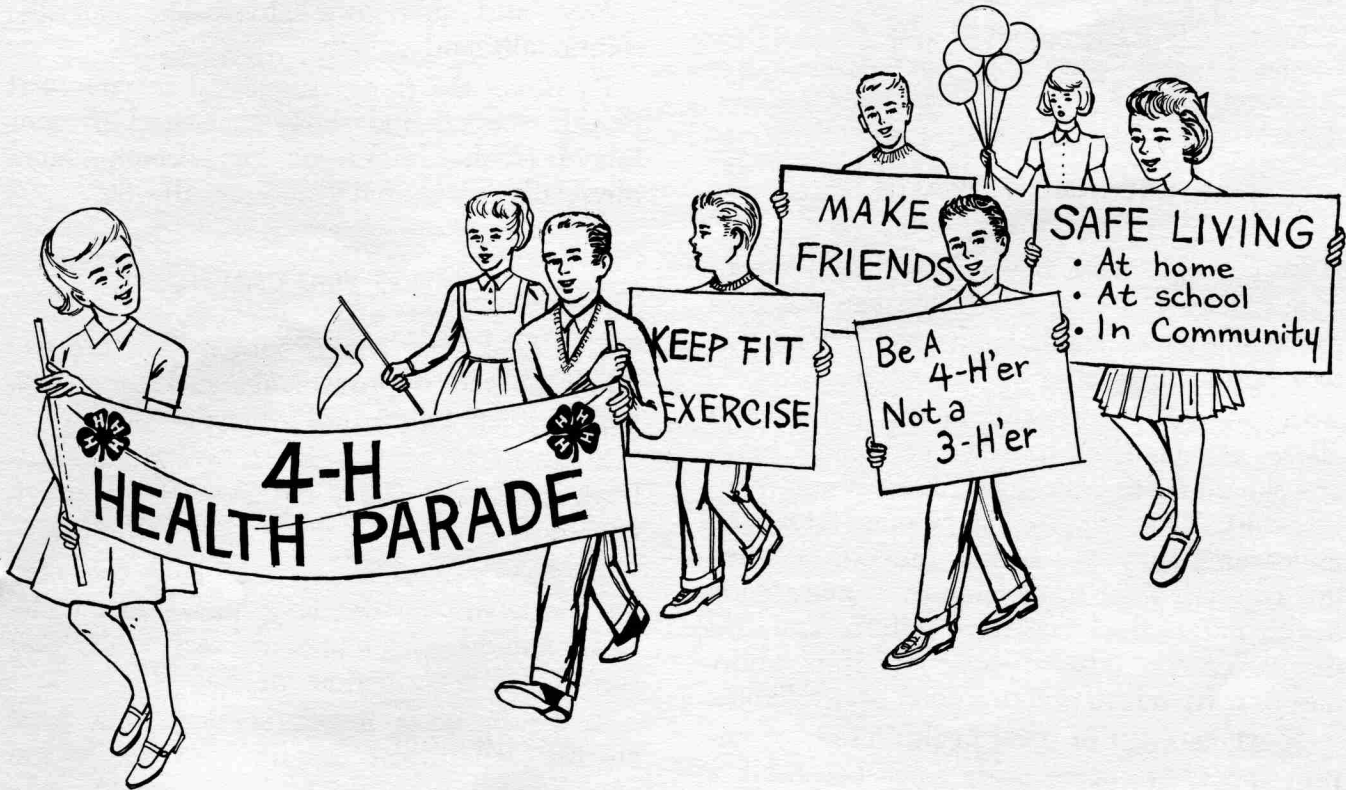
Club Series 147 b



# TEAM UP WITH GOOD HEALTH

## North Carolina 4-H Clubs

THIRD YEAR



Are you a "3-H'er" or a "4-H'er"?

---

NAME OF 4-H CLUB MEMBER



### GROWING IN HEALTH

By now you have become very health conscious. Hasn't it been fun? You can see how practicing good health habits has helped you look better, feel better and be happier.

In your 4-H Health work and in your Health classes at school you have learned many things one should do to have good physical and mental health. This year you will be more interested in learning why our bodies function as they do. You will want to develop even more good health habits than you have before. You will do more to get other members of your family and your friends to practice good health habits.

1. Make a list of good health habits or improvements you have made since becoming a 4-H member. Don't count the same improvement twice.

2. What other health habits do you need to form? Which health habits do you need to improve? Make a list.

3. Talk with your parents and Community 4-H Leader about the things you can and should do in your 4-H Health activity this year.

4. Work on or with your 4-H Health Club Committee and other 4-H Club members on special group health activities.

5. Tie your 4-H Health activities in with school health activities.

6. Carry out as many good health activities as you can.

7. Keep a record on Health Record sheet #3.

8. Write a story of your health activities.

9. Summarize your year's work on Summary sheet **THIRD YEAR**.

10. Turn your Health record and story in to your Community 4-H Leader. When your leader has finished with them, get them back and save for a long-time Health record.

### A. YOUR HEALTH AND FITNESS

Boys and girls grow physically, mentally, emotionally and socially.

By doing the things suggested in your 4-H Health manual and those suggested in your school Health book, you can become more physically, emotionally and socially fit.

#### THINGS YOU CAN DO

1. Check your health habits. How are you doing? Make improvements and form new habits. Keep a record of what you do.

2. Read the sections in a school Health textbook on Fitness. Carry out some of the activities suggested.

3. Have a physical examination by your doctor and have your dentist examine your teeth. Get a statement from these doctors. Put in your record. Make corrections needed.

4. Learn what health services your local Health Department has for your family and your community. Your 4-H Club might make a tour of the Health Department. Encourage your family and friends to use these services.

5. Take part in Physical Fitness Programs at school, at home and in the community. You can obtain assistance in setting up an active fitness program, get standards for your age range, charts, and instructions in carrying out your own fitness program in your home. Contact the Youth Fitness Commission of North Carolina, Mansion Park Building, Raleigh, N. C.

6. Plan through your 4-H Club Health Committee for activities to influence others to be more fit. Show and tell by giving talks and simple demonstrations on Health for Fitness at 4-H Club meetings, PTA meetings and other community meetings. Put up physical fitness

posters or exhibits in store windows, at school and other prominent places in the community.

## **B. SAFETY AND FIRST AID**

Here you will learn more about the causes of accidents and how to recognize safety hazards. You will see that 4-H Club members have a responsibility in helping to prevent accidents. You will increase your ability to give First Aid.

### **THINGS YOU CAN DO**

1. Look around your home, your school and the community for safety hazards. Work with your family, your 4-H Club members, your school and others in the community to remove these hazards.

2. Learn what the Police Department, the Highway Department, the Fire Department, the Health Department and other organizations do to help make your community safer. Work with these departments on safety.

3. Work with your fellow 4-H Club members in putting on programs and giving demonstrations on Safety and First Aid at 4-H Club meetings, at PTA meetings and other community meetings.

4. Put up posters and exhibits on Safety at your school, the community or county fair, and in prominent places in the community.

5. Set up a First Aid kit for your home and the car.

6. Read the sections of a school Health textbook on Safety and First Aid. Carry out suggestions.

## **C. FOODS AND FOOD VALUES**

Food tastes good when you are hungry, doesn't it? Playing and working hard makes you hungry. Growing also calls for the right kind of food. There are certain materials, called nutrients, found in food which furnish your basic needs for growth and energy.

Here you will learn something about your basic food needs and the foods to eat to get the necessary nutrients.

## **THINGS YOU CAN DO**

1. Ask your 4-H Leader or your County Home Economics Extension Agent for a small FOOD FOR FITNESS Chart from the United States Department of Agriculture.

2. Work with your mother in planning meals using your Food For Fitness chart as a guide.

3. For three days write down everything you eat or drink. Then use the Food For Fitness chart as a check sheet to see if you have eaten or drunk the foods you need. Learn to eat a variety of foods until you can make a perfect score when you check your meals and snacks by the Food Chart. Get your family to do the same thing.

4. Plan with your family or your 4-H Club members for a "Cook-out" or some other type meal. Try to make the meal a balanced meal using the Food For Fitness Chart to plan your menus.

5. To learn how the food nutrients help you and what to eat to get these nutrients, read the chapters on food and minerals and vitamins in a school Health book or in the library. As you eat each day, tell your family and friends what nutrients you are getting from the foods you eat or drink.

6. Help your mother shop for foods which will give the family the best nutrients.

7. Raise in your home garden a variety of vegetables and fruits.

## **D. SAFEGUARD AGAINST DISEASE**

4-H boys and girls and their family members need to protect themselves against diseases. This part of your 4-H Health activity will help you to know how.

### **THINGS YOU CAN DO**

1. Insects like flies, fleas, mosquitoes, roaches, lice, ticks and bedbugs spread diseases to human beings. Rats and mice spread disease. Find out from your County Agricultural Extension Agent or your Health Department the best methods and sprays to use to get rid of these pests. Spray and clean up breeding places.

2. Work with your family to screen your house and to destroy rats and mice.

3. Plan with your 4-H Club members, 4-H Health Committee, schoolmates, Health Department and others for a Community Campaign against disease carrying pests.

4. Diseases may be transmitted through water. Check with your County Health Department or your County Agricultural Extension Agent to see if your home water supply is safe. If not, work with your family to make improvements.

5. Is your milk supply safe? Learn from your County Health Department how to have your cows tested for tuberculosis and Bang's disease. Ask your County Home Economics Extension Agent about keeping milk clean in your home. Work with your family to have safe milk in your home.

6. Diseases can be spread by people. As much as possible, stay away from sick people. Keep your hands, body and clothes clean. Cover your mouth and nose when you sneeze or cough. Wash dishes in hot, soapy water and scald in very hot water.

7. In prominent places in your community, put up posters and exhibits on guarding against

diseases. Make talks and give demonstrations on the subject at 4-H Club meetings, at PTA, and other community meetings.

8. Get the vaccinations and immunizations which your doctor or Health Department say you need.

9. Read the chapters on Germs and Safeguarding against Disease in Health books in the school library.

### SUMMARY

Complete your health record.

Write your health story.

Summarize your major health activities on the summary sheet. Give your health record and your health story to your Community 4-H Leader. Get them back and keep for your long time health record.

### CONTINUE TO:

Practice good health habits.

Help your family to practice good health habits.

Help make your community a more healthy place in which to live.

Prepared by  
MRS. RACHEL FERGUSON  
Extension Nutritionist

Published by  
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August 1964

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