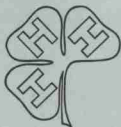


TEAM UP WITH GOOD HEALTH

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

—SOCIALY

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

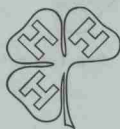
4. Enter into games at school and in the community. Develop a hobby. Learn to share. Be a good sport. Be a good winner and a good loser.

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-*

blem 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.

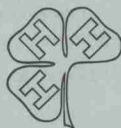
4. You and your club members put on a program on food at a PTA meeting. Show foods the body needs. Set up exhibits of foods needed each day. Get your 4-H Community Leader to help you.

"FOOD FOR FITNESS"
Each Day Eat

<p>2 or more servings</p> <p>MEAT</p> <p>EGGS</p> <p>POULTRY</p> <p>FISH</p> <p>Dried Beans Peas Nuts</p>	<p>4 or more glasses</p> <p>MILK</p> <p>Some can be in the form of cheese or Milk dishes</p>
<p>4 or more servings</p> <p>FRUITS</p> <p>VEGETABLES</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>4 or more servings</p> <p>WHOLE GRAIN</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.

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