

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.

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