UP FOR THE CHALLENGE
LESSON 1
INTRODUCTION

GOAL: Children will understand they make choices every day about their own physical activity and nutrition that impact their health.

KEY QUESTION: What are wise choices we have to make to stay healthy and safe?

MATERIALS NEEDED:
- 4-H Wheel
- CD Player
- Gloves to serve food
- Cheese
- Pretzel stick
- Plastic Fruit & Veggies
- Note pad
- Music
- Napkins
- Pineapple chunks
- Water
- Parent Notes
- Markers
- Cutting Utensils
- Cubed ham
- Cherry tomatoes
- Cups
- Up for the Challenge, 2012 Revised Edition

TEACHING TIP: Include water breaks!!!

Agenda | Topic | Source
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3:30 | **Introduction**: 4-H Healthy Living Challenge | See games
 | **Get acquainted activity**: ball toss 4-H Wheel | 4-H Wheel Activity
3:45 | **Warm-up game**: Move to the Music | Chapter 1, Lesson 1
 | [WATER break] | Page 16 Introduction to Physical Activity and page 17, Get in the Movement Groove, Warm-Up
4:00 | **Demonstration**: Calculate Your Heart Rate | Chapter 1, Lesson 4, pages 33-35
 | **Activity**: A Walk in the Forest and Calculate your heart rate | 
4:15 | **Introduction**: (or reinforce from school) “5210 NH” | 5210 Healthy New Hampshire
4:20 | **Activity**: My Plate Kabobs | Appendix A, page 204
 | **Discussion**: Importance of eating variety of foods | 
4:30 | **Discussion**: Plant based protein | Chapter 1, Lesson 7, page 46
 | **Activity**: Animal/Plant Protein Relay | Picking Protein and Activity 1, page 47, Animal/Plant Protein Relay
 | [WATER break] | 
4:40 | **Active game**: Capture the Fruit | See games
4:50 | **Reflection / sharing circle / cool down** | 
 | [WATER break] | 
5:00 | Good-bye | 

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