**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

**TEACHING TIP:** Include water breaks!!!

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