



4-H Healthy Living

Encouraging youth to make healthy choices

UP FOR THE CHALLENGE

LEVEL: Middle School (6-8)

LESSON 1

INTRODUCTION TO THE 4-H HEALTHY LIVING CHALLENGE AND 5210 NH

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!!!

Agenda	Topic	Source
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	