



What does it mean to pledge “my health to better living”?



Ask your club members what they do to put this pledge into action.
How can you live by this pledge during your club meetings?



Taking on the 4th H for Health Challenge is one way to start!

Complete the activities below, using the **4th H for Health Challenge Tracker**.
4-H'ers can complete the challenge as a club or as individuals.

- 1 Serve **water** as the main beverage at four meetings.
- 2 Add 15 minutes of **physical activity** at four meetings.
- 3 Serve a **fruit or vegetable** as a snack* at four meetings.
- 4 **Your choice!** Complete any of the three activities above at four more meetings.

*Consider food at meetings, events and activities. If your club members don't have food at meetings, just check the box next to: “There is no food at my club meetings” on the 4th H for Health Challenge Tracker.

Need some 4th H for Health ideas? Try the tips below and visit www.HealthyKidsHub.org/4H for healthy snack recipes, ideas for active games, and more!



Ideas for serving water:

- Make fruit-infused water for meetings. Add fruit (e.g. oranges, lemons, berries) to a pitcher of water.
- Encourage members to always bring a reusable water bottle with them.



Tips for adding 15 minutes of physical activity:

- Kick off meetings with a short game or activity that gets club members up and moving.
- Elect an “exercise officer” to lead physical activity breaks.
- Set a physical activity goal for the month or year and record the number of minutes you exercise.



Suggestions for serving fruits and vegetables:

- Create a list of healthy meeting snacks and distribute it to club members.
- Choose a snack theme like “color of the month” or “what’s in season?” and snack on different fruits and vegetables from that theme.

Ready to get started? Track your 4th H activities using the **4th H for Health Challenge Tracker**.
When you've completed the challenge, you can visit **the 4-H Mall for 4th H for Health Pins!**
Search “4th H for Health” to find pins.

Questions? Email healthykidsoutofschool@tufts.edu



4th H for Health Challenge Tracker



Name: _____ Date Completed: _____ # of Participants: _____

Leader Name: _____ Leader Email/Phone: _____

Club Name: _____ County/State: _____



Congratulations for taking on the 4th H for Health Challenge! Record the dates when you complete the healthy meeting activities: serve water, offer fruit or vegetables for snack, and/or do 15 mins of physical activity. **Your club can complete the challenge in as few as 8 meetings!**

Our club drank water on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:



Our club did 15 min. of physical activity on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:



Our club had a fruit or vegetable snack on:

Meeting date:	Meeting date:
Meeting date:	Meeting date:



4 meetings to go! Check the activities you complete:

Meeting date:	Meeting date:
 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>   <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>
Meeting date:	Meeting date:
 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	 <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>

There is no food at my club meetings.

If you've completed the challenge, keep the momentum going by doing the 4th H for Health activities at every club meeting, and inviting other clubs to take the challenge!

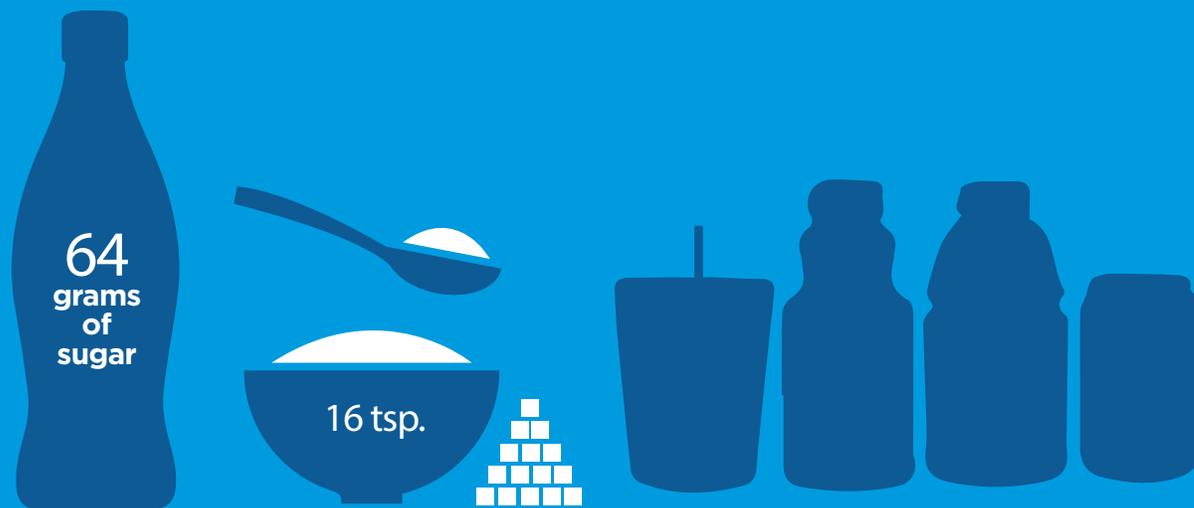
Sugar Detectives

We know desserts and candy have a lot of sugar, but what about our drinks? Almost half of the added sugar in our diets comes from drinks! Use this activity to show 4-H'ers the hidden sugar in common beverages.

- Collect a **variety of popular drinks**, such as a sports drink, juice pouch, and soda. Find the **total grams of added sugar in the entire drink**, using the Nutrition Facts label.
- Convert the **grams to teaspoons** for each drink - 4 grams is equal to about 1 tsp. Example: A 20 oz soda contains **64** grams, or **16** tsp. of sugar ($64/4=16$)
- For each drink, **measure the number of teaspoons of sugar** into a **small bowl**, or **sandwich-sized plastic bag**. You can also tape together sugar packets, using one packet for each teaspoon of sugar. Label each bowl, bag or string of sugar packets with the number of tsp. it contains.

Find the Sugar

The nutrition label may only list the grams of sugar **per serving**. Check how many servings are in the drink, then multiply the amount of sugar by the number of servings.



- Ask 4-H'ers to guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs.

Questions for 4-H'ers

Consider the sizes of cups sold at convenience stores, restaurants, and movie theaters. How much sugar do you think these cups contain?

Think about what you drink. How much sugar are you drinking each day?

Sugar Detectives, Round 2

You can expand this activity by using different popular drinks to use in the display. Try including a sweetened iced tea, energy drink, or a drink with added vitamins, to show that even these drinks contain a lot of sugar.

Older club members could create a poster to display at a community event, using poster board, empty bottles of drinks, and bags of sugar or sugar packets.



Snack Smart Taste Test



There are hundreds of fruit and vegetable types, from apples and avocados to yams and zucchini. With this taste test, 4-H's can learn about fruits and vegetables and discover their favorites!

1. Wash and slice samples of fruits and vegetables.
2. Give a taste test sheet to each club member, or complete the activity together using one sheet.
3. Have club members guess the name of each sample. Create more of a challenge by having them close their eyes!
4. Mark an 'X' in the table next to the words that best describe each sample.
5. Vote on the sample most liked by the club.

	FRUITS			VEGETABLES		
	SAMPLE A: _____	SAMPLE B: _____	SAMPLE C: _____	SAMPLE A: _____	SAMPLE B: _____	SAMPLE C: _____
CRUNCHY						
SWEET						
SOUR						
JUICY						
BITTER						
YUMMY						
RIPE						
SLIPPERY						
CHEWY						
BLAND						
SURPRISING						
OTHER _____						

FAVORITE FRUIT:

FAVORITE VEGETABLE:

Did you know? Research shows that it can take up to 15 tries before you begin to like a new fruit or vegetable.



MOVE MORE IN MINUTES!

Every minute of physical activity counts! Keep kids active with these games. Their duration and group size is flexible.

Quick Movement Breaks: Activities you can complete in 10 minutes or less

Don't Back Down	Let kids form pairs, sitting back-to-back with their arms folded in front of their chests. Each child should try to stand up without using arms to help. They'll have to push themselves up against each other's back without losing contact. Once they're up, suggest going back down until sitting back in the starting position. Switch partners to lengthen activity.
Over-Under, Side-to Side	Let kids form pairs, standing back-to-back and feet shoulder-width apart. Using a ball, book, backpack, or similar item, have them pass the item over their heads, then under their legs. Switch to make one child pass the item to their partner by handing it over on the right side, then picking it up on the left side. Remember to switch the "passing" directions, the pairs, and/or the items.
Ocean of Motion	Play music, if possible, and gather kids in a circle. One person volunteers or is chosen to start a simple dance move. Everyone in the circle mimics the dance move. After several seconds, the next child over can select a dance move, and the circle mimics it. Complete for the circle.

Activities you can complete in 15 minutes or less

Pass it Around	Kids sit in a circle, facing out, elbows hooked. Put one object (ball, water bottle, shoe, anything) in front of every 4th child. The object is to pass the items around the circle using only legs and feet. For more fun, try passing objects without letting them touch the ground, challenge them to pass the item(s) around the circle multiple times as fast as possible. (Adapted from SPARK.)
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Activities you can complete in 20 minutes or less

Balloon Volleyball	For larger spaces, designate a half-court line. Using an inflated balloon as a ball, teams have to hit the balloon three times on their side of the court before volleying it to the other side. A different team member has to hit the balloon each time. For areas too small for volleyball, try to keep the balloon off the ground by volleying it overhead.
Luck Relay	Have children form three groups and have a leader stand in front with a coin hidden in one hand. The first person in each group runs up and guesses which hand holds the coin. If he/she is correct, he/she returns to their group and tags the next child. If he/she's wrong, he/she must return to his group and run back to the leader for each guess, until he/she gets it right. Meanwhile, the leader may transfer the coin from hand to hand at will. Continue until all children have participated. Keep the waiting team moving by following the actions of the person in front of the line (e.g. jumping).

Tips to Move More:

If children have to wait their turn during a game, encourage them to do a physical activity, like jumping jacks or squats. If games eliminate players, let them re-enter the play by doing five repetitions of physical activity, such as sit-ups. (Adapted from CATCH.)

Change-up the type of movement used in your favorite games and activities. Instead of running or walking, kids can crab-walk, lunge-step, hop on one foot, or run in a "grapevine" pattern.

Move More Activities

Zero In

Equipment: Sheets of paper with "secret" numbers

1. One person is selected to stand in front of the group.
2. A "secret" number between 0-1,000 is placed behind the selected person.
3. The rest of the group helps the person "zero in" "the secret" number
4. The guesser will call out a first number. If the person needs to guess higher, the group will jump up and down. If the person needs to guess lower, the group will squat down and up.
5. This continues until the guesser guesses the secret number and another person is chosen to come up and guess a different number

Aerobic Rock Paper Scissors

Equipment: None

1. Demonstrate the sequence for participants by showing them how to move their bodies for "rock" "paper" "scissors":
 - ⇒ Rock: crouch down into a ball
 - ⇒ Paper: arms and legs out wide – body could fit between 2 panes of glass
 - ⇒ Scissors: one arm forward, other back, one leg forward, other back – like running but with straight arms and legs.
2. Jump up and down four times together while saying "Rock Paper, Scissors, Shoot!"
3. On "Shoot" players pick their movement.
4. Best two out of three wins.

Quiz Calisthenics

Equipment: lists of questions

1. Create a list of true/false questions relevant to your current meeting theme.
2. Instruct kids to answer 'true' by doing jumping jacks and to answer 'false' by doing sit-ups.
3. Vary the types of exercises

Adapted from SPARK

Aerobic Tic-Tac-Toe

Equipment: 1 tic-tac-toe board per team (see back of sheet), pen/pencil

1. Have kids form pairs and give each pair a tic-tac-toe board.
2. Partners determine who will go first by playing Aerobic Rock Paper Scissors (see above).
3. Players take turns choosing which square they want to cross out and performs the activity listed in the square. Once completed, cross it off.
4. Play continues until one player gets 3 in a row, or no more moves can be made.

Balance on
1 foot with
eyes closed for
10 seconds



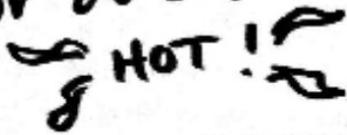
Jump up and
pretend to
shoot 10 baskets



Do 10
Jumping
Jacks



Dance like you
drank a whole
bottle of HOT SAUCE
for 20 seconds



Jog in
place for
30 seconds



Walk on your
tip toes around
the tic-tac-toe
board 3 times

Complete
10 Wall Push-Ups



Do 10
Squats



Act like
a NINJA
for 20 seconds
off

