

# Healthy Living

## CHOOSE HEALTH: FOOD, FUN & FITNESS

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Rev. 09-20

| Projects & Materials  | Requirements  | Exhibit Requirements  |
|---|---|---|
| <p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> <p><b>Volunteer Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Choose Health: Food, Fun and Fitness (#01601F)</i><br/>  2011-15<br/> <a href="https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum">https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum</a> <b>OR</b> download at <a href="http://fnec.cornell.edu/partners/curricula/chfff/order-information/">http://fnec.cornell.edu/partners/curricula/chfff/order-information/</a></li> </ul> | <p>Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years.</p> <p>Requirements:</p> <ul style="list-style-type: none"> <li>• Complete at least one activity from each of the six sections.</li> <li>• Include one physical activity and one snack activity at each meeting.</li> <li>• Share one newsletter with family members.</li> <li>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> | <ul style="list-style-type: none"> <li>• ZSuites 4-H Project Record Book</li> <li>• ZSuites 4-H Involvement Report</li> <li>• A poster (14”x22”) or labeled display (12”x 12”x12”) illustrating something you learned during this project year.</li> </ul> <p>Examples for poster/display:</p> <ul style="list-style-type: none"> <li>• Choose My Plate poster with healthy food choices for each section.</li> <li>• Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate.</li> <li>• Reading package labels.</li> <li>• Recipe book of healthy snack items from a gas-&amp;-go store.</li> <li>• Eating–out using healthy strategies.</li> </ul> |
| <p><b>County Requirements:</b><br/>Check with your County Extension office for more information.</p>  |   |   |
| <p><b>Support Materials:</b><br/>Choose My Plate: <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a><br/>To purchase curriculum from National 4-H Council visit: <a href="https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum">https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum</a></p>  |   |   |