

# Healthy Living

## KEEPING FIT & HEALTHY LEVEL 1

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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>• <b>National 4-H Curriculum</b> <i>Keeping Fit and Healthy First Aid in Action</i>, (#08174)  2005</li> <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> <i>None</i></p>	<p>In <i>First Aid in Action</i> youth guide:</p> <ul style="list-style-type: none"> <li>• Complete a minimum of 7 activities from the lessons.</li> <li>• Assemble a first aid kit.</li> <li>• Give an illustrated talk, demonstration or speech on any topic of choice related to health.</li> <li>• Exhibit 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 #91950</li> <li>• ZSuites 4-H Involvement Report</li> <li>• First Aid kit, assembled by youth.</li> </ul> <p>Plus <b><u>one</u></b> of the following:</p> <ul style="list-style-type: none"> <li>• A poster (14"x22") or display illustrating a skill or skills learned in this project.</li> <li>• A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.</li> </ul>
<p><b>County Requirements:</b> Check with your County Extension office for more information.</p>		
<p><b>Support Materials:</b> Idaho 4-H Keeping Fit and Healthy page: <a href="https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy">https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy</a> To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action">https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action</a></p>		