# Healthy Living

## CHOOSE HEALTH: FOOD, FUN & FITNESS

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| **Youth Materials:** | Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years. **Requirements:**  
- Complete at least one activity from each of the six sections.  
- Include one physical activity and one snack activity at each meeting.  
- Share one newsletter with family members.  
- Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.  
Complete the following:  
- ZSuites 4-H Involvement Report  
- ZSuites 4-H Project Record Book  |  
- ZSuites 4-H Project Record Book  
- ZSuites 4-H Involvement Report  
- A poster (14”x22”) or labeled display (12”x 12”x12”) illustrating something you learned during this project year.  
Examples for poster/display:  
- Choose My Plate poster with healthy food choices for each section.  
- Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate.  
- Reading package labels.  
- Recipe book of healthy snack items from a gas-&-go store.  
- Eating–out using healthy strategies. |
| **Volunteer Materials:**  
- Choose Health: Food, Fun and Fitness (#01601F)  
  2011-15  
  [https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum](https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum)  
  OR  download at [http://fnec.cornell.edu/partners/curricula/chfff/order-information/](http://fnec.cornell.edu/partners/curricula/chfff/order-information/) |  |

### County Requirements:
Check with your County Extension office for more information.

### Support Materials:
Choose My Plate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
To purchase curriculum from National 4-H Council visit: [https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum](https://shop4-h.org/products/choose-health-food-fun-fitness-curriculum)