



**Enroll in ZSuite Under this Project Name:** HW-CHOOSE HEALTH - FOOD, FUN, FITNESS

*Approved for 2023-24 Project Year*

**Project Description:** Choose Health: Food, Fun and Fitness is a group curriculum, led by an adult volunteer. It may be used multiple years.

**REQUIRED YOUTH CURRICULUM**

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

[Choose Health: Food, Fun and Fitness \(#01601F\), 2011-15](#)

[Downloadable Files and Resources for Supplemental Materials are available from](#)

[Cornell University Food and Nutrition Education in Communities Website:](#)

(<https://fnec.cornell.edu/for-partners/curricula/chfff/order-information/>)

**SUPPLEMENTAL RESOURCES**

[Choose My Plate - USDA Nutrition website](#) ([www.myplate.gov](http://www.myplate.gov))

[US Department of Health & Human Services Dietary Guidelines for Americans](#)

([www.dietaryguidelines.gov](http://www.dietaryguidelines.gov))

[Choose Health: Food, Fun, and Fitness Handout Bundles](#) (#01601B)

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## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least one activity from each of the six sections each year.
	Include one physical activity and one snack activity at each meeting.
	Share one newsletter with family members.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	A poster (14" x 22") or labeled display (12" x 12" x 12") illustrating something you learned during this project year

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