Nutrition, Health and Fitness

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Physical Activity

- Recognize the possible risks associated with physical activity.
- Develop and maintain a plan for physical activity.
- Plan and deliver educational sessions about physical activity.

Nutrition

- Develop a daily menu with recommended amounts of food from the five groups.
- Explain the major nutrient contributions from each of the five food groups.
- Define Percent Daily Value (DV) used on the nutrient facts label.
- Identify good sources of dietary fiber, vitamins and minerals (≥10% daily value per serving) on food packages using the nutrient facts label.
- Identify foods that are high in sodium and added sugar using the nutrient facts label on a food package.
- Explain how to identify a food as whole grain.
- Plan and deliver educational sessions about healthy eating.
- Modify a menu to improve the nutritional value.

Food

- Plan and deliver educational sessions about food safety.
- Distinguish between food allergy and food intolerance.
- Describe the advantages of buying and consuming food during the local or regional growing season.
- Describe healthy cooking techniques.
- Identify ways to substitute healthy oils for unhealthy fats in recipes.
- Plan a week of menus based on a given budget.
- Write a shopping list from a menu plan.
Health

- Identify different factors that contribute to stress.
- Describe healthy methods of coping with stress.
- Identify community health services available.
- Plan and deliver educational sessions about health.