Nutrition, Health and Fitness

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Physical Activity
• Describe the impact of physical activity on different body systems and health.
• Describe the impact of nutrition on different body systems and health.
• Organize a program to advocate physical activity for health promotion.
• Create educational materials about physical activity.
• Create a teaching tool for younger 4-H members to explain the benefits of physical activity.
• Observe and critique your own physical activity engagement over a one-month period.
• Create a plan for continuing to be physically active after graduating high school.

Nutrition
• Create educational materials about healthy eating.
• Recognize how our food choices affect our health and risk for chronic conditions like diabetes and osteoporosis.
• Create a teaching tool for younger members that explains Nutrition Fact labels.
• Determine your calorie target based on your gender, age and level of activity.
• Describe examples of healthy eating patterns.
• Develop a healthy eating pattern based on your calorie target.
• Critique a healthy eating pattern developed by another person.

Food
• Create educational materials about food safety.
• Describe ways government regulates food to help ensure wholesomeness and safety.
• Explain how consuming more than the recommended amounts of added sugars, salts and saturated fats can affect our health.
• Modify existing recipes to reduce sugar, salt and solid fats.
• Create a recipe using vegetables.
• Observe a restaurant or kitchen and critique their food handling techniques related to safety.
• Create a display that illustrates food habits of people from different geographical regions of the United States.
- Identify changes that can be made in various eating venues (schools, churches, worksites, food retail stores) that encourage people to make more nutritious food choices.

**Health**

- Evaluate how well you are coping with stress in your life.
- Create an educational material about personal health.
- Organize a program to advocate for community health promotion.
- Create a stress management plan that can be used after you graduate high school.
- Create teaching tools that can be used to educate others about common health issues.