



Healthy Living 4-H Health

North Dakota 4-H Project Sheet

4-H health projects are designed to help you learn about staying healthy through a variety of hands-on activities to keep you and your family healthy.

- Learn how to assemble a first-aid kit and how to treat cuts, stings, strains, bruises and other injuries.
- Learn about the benefits of staying fit.
- Learn about keeping your hair, skin, nails, teeth, ears and eyes healthy.



Pass it on!

Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Teach friends how to make a first-aid kit.
- Tell your family about the importance of staying healthy.
- Design a poster about health and fitness.

Citizenship

- Volunteer at a nursing home or hospital.
- Volunteer at a health fair or fitness event in your community.

Leadership

- Encourage someone to become your club's "Healthy 4-H Club" officer.
- Help organize a health fair in your community.
- Help someone with his or her health or fitness project.
- Invite someone to your club to talk about staying healthy.
- Teach your family or friends something you learned about health.

Entrepreneurship

- Organize a fundraiser for your club (such as first-aid kits for sale).

Here's what you can do all year!

Beginner Level 1	Basic Level 2	Intermediate Level 3
<p>Learn how to make a first-aid kit and how to do first aid for:</p> <ul style="list-style-type: none"> • Cuts and scrapes • Choking • Sprains, strains and bruises • Nosebleeds • Getting rid of foreign objects • Stings • Bites • Poisons • Broken bones • Burns 	<p>Learn about:</p> <ul style="list-style-type: none"> • Fitness components (flexibility, strength and endurance) • Tracking your water intake to monitor your hydration • Choosing nutrient-rich foods to fuel activity • Recognizing accurate and false information about supplements • Warming up and cooling down • Wearing protective gear • Measuring heart rate and BMI 	<p>Learn how to:</p> <ul style="list-style-type: none"> • Complete a self-assessment • Recognize where germs hide • Keep your hair, skin, nails, teeth, ears and eyes clean • Choose "power foods" that are nutrient-rich • Create healthful snacks and portion sizes • Choose physical activities to stay healthy

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Learn more at www.ndsu.edu/4h/ or contact your county NDSU Extension office.



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Here are other opportunities to explore health:

- Look up accurate information about health and fitness on the websites provided.
- Keep a journal of your fitness activities and food intake.
- Videotape role-playing on good vs. bad habits related to health.
- Survey kids about germs, fitness and nutrition, then chart and graph the data.
- Consider taking an exhibit or piece of your project to the fair for judging and to show what you have learned throughout the year.
- Contact your county NDSU Extension office for local workshops, activities and events.
- Meet others interested in health.
- Attend the 4-H Youth Conference and participate in workshops, motivational speakers and a community service project.



Exhibit Ideas

- Make a calendar featuring healthful recipes for a gift.
- Create a portfolio or display about assembling a first-aid kit.
- Create a portfolio or display about treating cuts and scrapes, choking, sprains, strains and bruises, nosebleeds, getting rid of foreign objects, stings, bites, poisons, broken bones or burns.
- Create a display about preparing healthful snacks.
- Create a portfolio or display showing fitness activities.

4-H Resources

- [National 4-H Health Curriculum](#)
 - [First Aid in Action \(ED111\)](#)
 - [Staying Healthy \(ED112\)](#)
 - [Keeping Fit \(ED113\)](#)
- [4-H Food Preservation \(ECC115\)](#)
- [Educational Trunks](#) including "Eat Smart. Play Hard."
- [Healthy ND 4-H Clubs](#) recognition program

Other Resources

- [Family Mealtime Challenge](#)
- [MyPlate \(U.S. Department of Agriculture\)](#)
- [Energizers for Nutrition Education](#)

Record Keeping

- [Planning for My Project Adventure \(PA093\)](#)
- [ND 4-H Project Plan \(PA095\)](#)
- [ND 4-H Plan of Action \(PA096\)](#)
- [ND 4-H Participation Summary for 11-19 years old \(PA098\)](#)



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