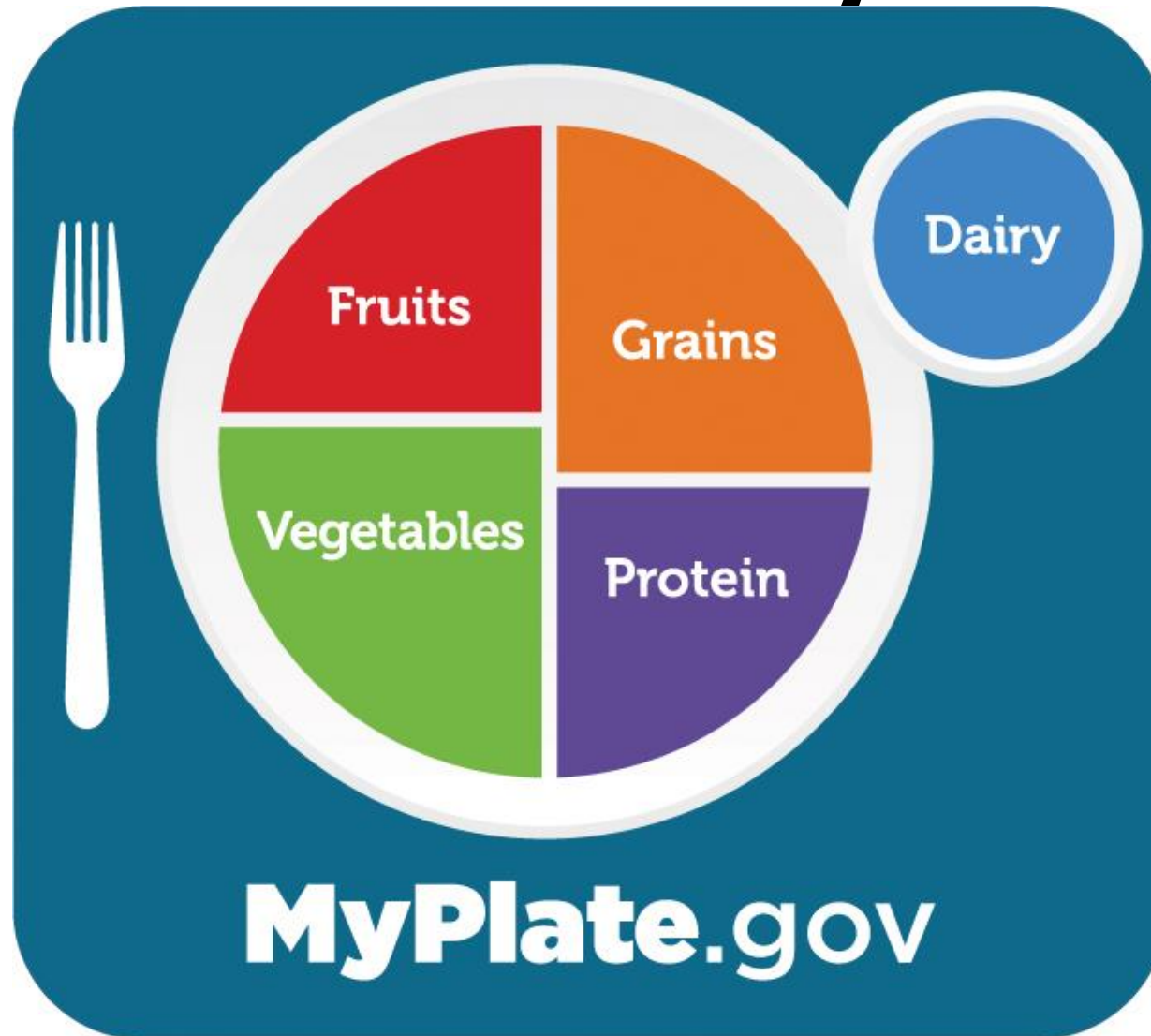
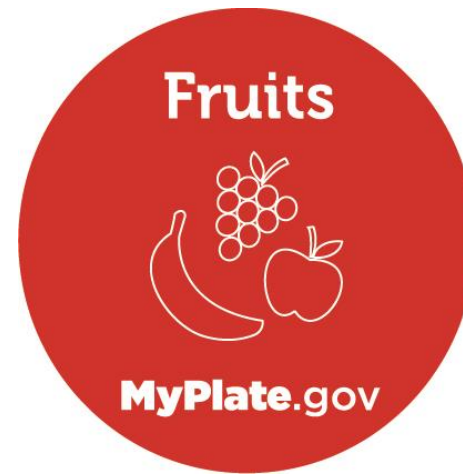
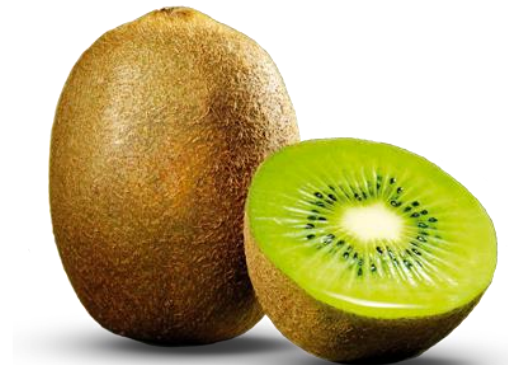


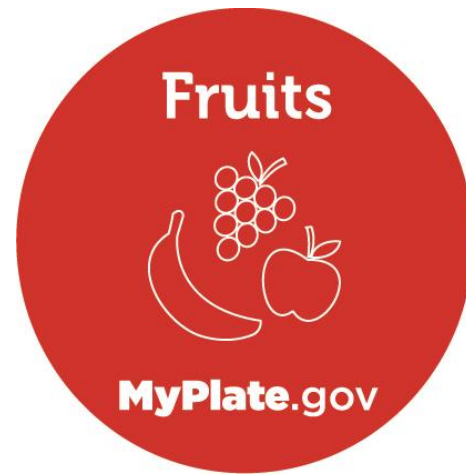
# What is on My Plate?





- Fuel up with fruits at meals or snacks
- Youth 9-13 years old need 1 ½ cups of fruit a day
  - Choose fresh fruits
- Make sure juice is 100% fruit juices
  - Frozen fruit is ok





## Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?

Fruit Cups or canned fruit in fruit juice OR syrup





- Color your plate with great tasting veggies
- Youth 9-13 years old need 2 ½ cups of vegetables a day
  - Try to eat darker green, red and orange vegetables
- Choose canned vegetables with no salt added, or frozen vegetables

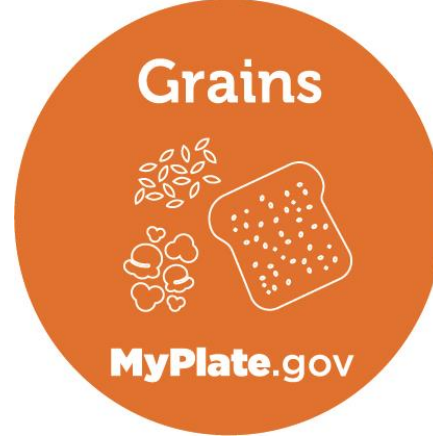




## Stand Up for Healthy Choice Challenge!

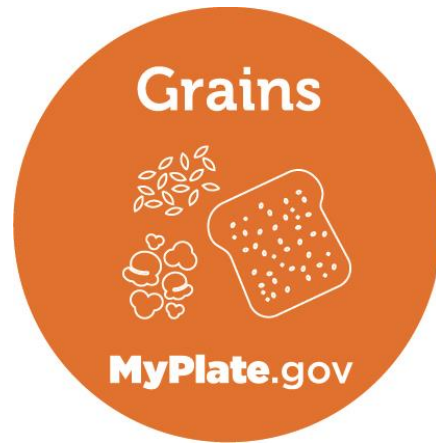
Which is a Healthier Choice?  
Vegetables: Fried or Grilled/Baked?





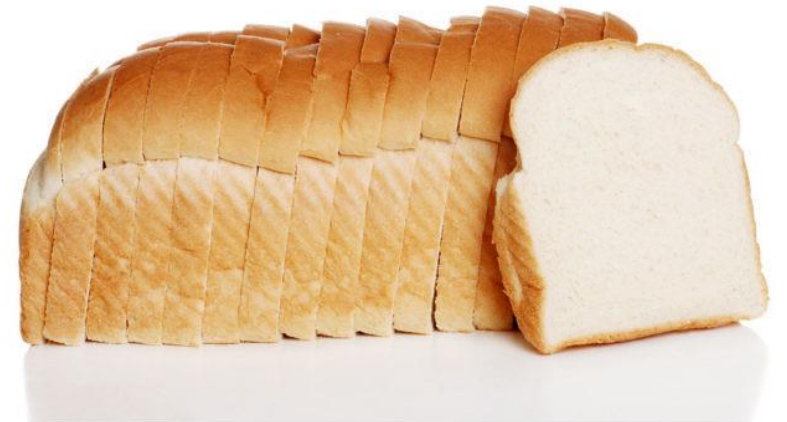
- Make at least half your grains whole grains
  - Youth 9-13 years old need 3-6 ounces of grains a day
- 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal = 1 ounce-equivalent from the Grains Group
- Choose whole-grain foods such as whole wheat bread and tortillas, brown rice oatmeal and popcorn more often





## Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?  
Wheat Bread or White Bread?





- Vary your Protein foods
  - Youth 9-13 years old need 5 ounces of protein a day
- 1 ounce of meat, poultry or fish,  $\frac{1}{4}$  cup cooked beans, 1 egg, 1 tablespoon of peanut butter = 1 ounce-equivalent from the Protein Foods Group
  - Try fish, shellfish, beans and peas more often
  - Grilling and Baking meat is healthier choice than frying
- Beans and peas are in both Vegetable and Protein Food Groups





## Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?  
Grilled Chicken or Fried Chicken?





- Get your calcium-rich foods for strong bones and healthy teeth!

- Youth 9-13 years old need 3 cups of dairy foods a day

- 1 cup of milk, yogurt, or soy milk, or 1 ½ ounces of natural cheese = 1 cup from the Dairy Group

- Choose fat free or low fat





## Stand Up for Healthy Choice Challenge!

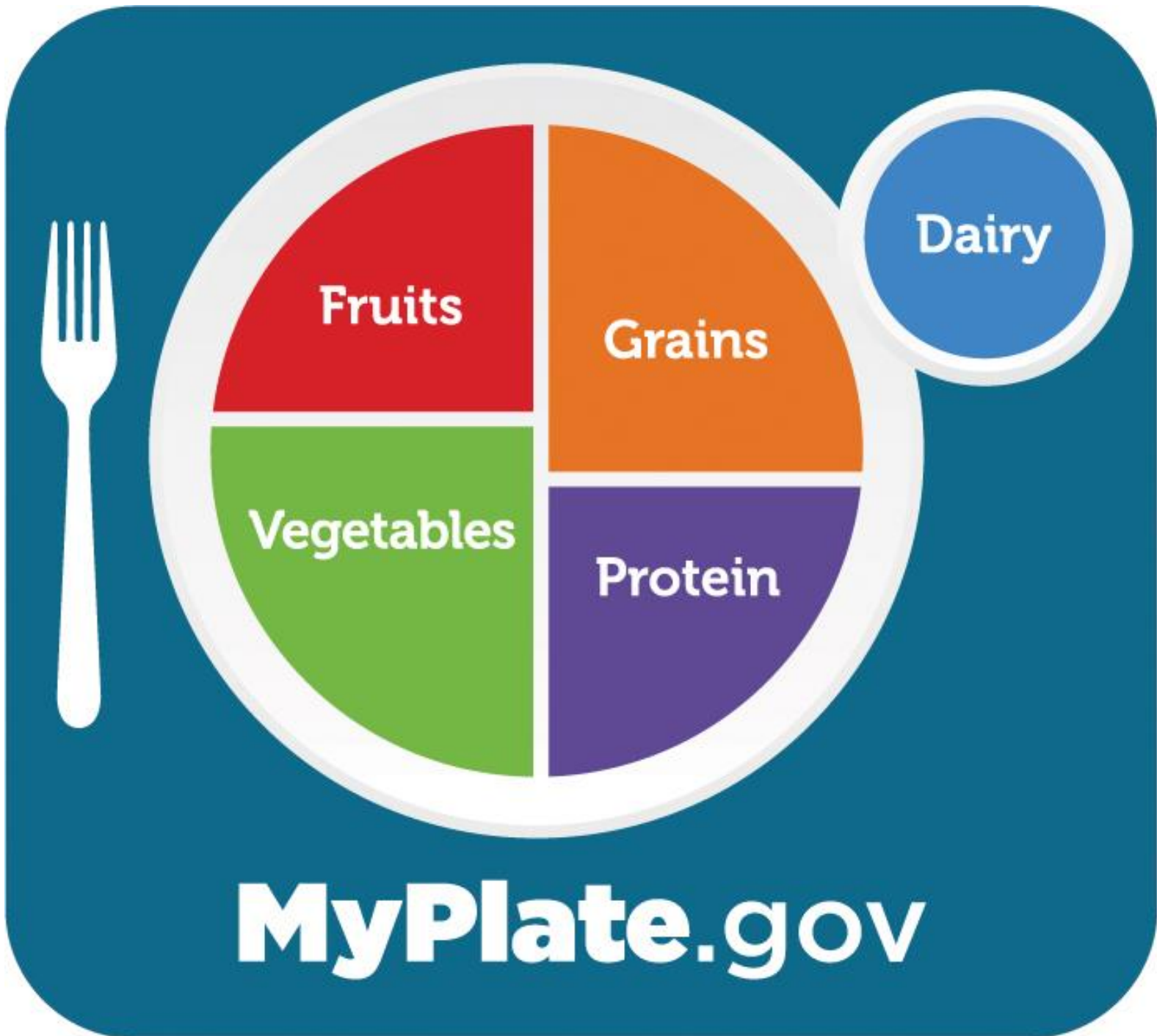
Which is a Healthier Choice?  
White Milk or Chocolate Milk?





- Know your “sometimes” foods that have added sugars or solid fats
- Examples: candy, cake, cookies, chips, ice cream, soda, fruit punch, hotdogs
  - Don’t have room for healthy food if eat these
  - Choose these once in a while not everyday





**MyPlate.gov**



## Old Food Label

| <b>Nutrition Facts</b>  |                           |
|---|---------------------------|
| Serving Size 2/3 cup (55g)  |                           |
| Servings Per Container 8  |                           |
| <b>Amount Per Serving</b>   |                           |
| <b>Calories</b> 230   | Calories from Fat 70      |
| <b>% Daily Value*</b>   |                           |
| <b>Total Fat</b> 8g   | <b>12%</b>                |
| Saturated Fat 1g  | <b>5%</b>                 |
| <i>Trans</i> Fat 0g   |                           |
| <b>Cholesterol</b> 0mg  | <b>0%</b>                 |
| <b>Sodium</b> 160mg   | <b>7%</b>                 |
| <b>Total Carbohydrate</b> 37g   | <b>12%</b>                |
| Dietary Fiber 4g  | <b>16%</b>                |
| Sugars 12g  |                           |
| <b>Protein</b> 3g   |                           |
| Vitamin A   | 10%                       |
| Vitamin C   | 8%                        |
| Calcium   | 20%                       |
| Iron  | 45%                       |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your Daily Value may be higher or lower depending on your calorie needs. |                           |
|   | Calories: 2,000 2,500     |
| Total Fat   | Less than 65g 80g         |
| Sat Fat   | Less than 20g 25g         |
| Cholesterol   | Less than 300mg 300mg     |
| Sodium  | Less than 2,400mg 2,400mg |
| Total Carbohydrate  | 300g 375g                 |
| Dietary Fiber   | 25g 30g                   |

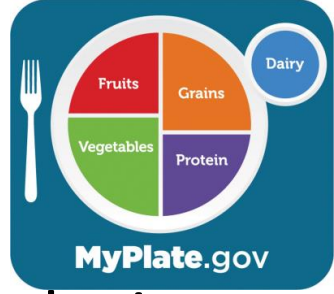
## New Food Label

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| 8 servings per container  |                      |
| <b>Serving size</b>   | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>   |                      |
| <b>Calories</b>   | <b>230</b>           |
| <b>% Daily Value*</b>   |                      |
| <b>Total Fat</b> 8g   | <b>10%</b>           |
| Saturated Fat 1g  | <b>5%</b>            |
| <i>Trans</i> Fat 0g   |                      |
| <b>Cholesterol</b> 0mg  | <b>0%</b>            |
| <b>Sodium</b> 160mg   | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g   | <b>13%</b>           |
| Dietary Fiber 4g  | <b>14%</b>           |
| Total Sugars 12g  |                      |
| Includes 10g Added Sugars   | <b>20%</b>           |
| <b>Protein</b> 3g   |                      |
| Vitamin D 2mcg  | 10%                  |
| Calcium 260mg   | 20%                  |
| Iron 8mg  | 45%                  |
| Potassium 240mg   | 6%                   |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                      |



# 4-H Healthy Living Drawing Contest

Due at School by Monday, December 16 (before next 4-H program)



Here's another opportunity to show your knowledge on being healthy and win a prize too. Create a poster using the theme "Healthy Living".

Follow the contest rules listed below:

1. The poster must portray healthy choices people make in their daily lives.
2. No need to buy special poster paper, regular 8.5 x 11-inch paper is fine.
3. Use any artistic media (crayons, colored pencils, markers, etc.) that you choose as long as your poster is flat.
4. Complete and turn in your poster to your teacher no later than December 9.
5. Be creative and have fun!

Posters will be judged on creativity, accuracy of information and visual appeal. Each poster will earn your class 25 points for club of the month competition. Winners will be announced in the January newsletter.



## Pumpkin Contest Winners

Athens-Clarke County 4-H received some very creative submissions from Athens-Clarke County 5<sup>th</sup> grade students. The Judges were very impressed with the art submitted.

**Paper Drawing Winner:** Queen Huff: Timothy Road Elementary School





## 4-H Holiday Card Contest Winners



Athens-Clarke County 4-H received some very creative submissions from Athens-Clarke County 5th grade students for the 4-H Holiday Card Contest. The Judges were very impressed with the over 200 art submissions. Due to this two Winners were chosen!

**Samantha Ortiz Gonzalez : JJ Harris**

**Camilla Dominguez: St. Joseph Catholic Parish School**



## Project Fun Day! (CPA)

Saturday, February 8 at 9:30am-12pm  
Athens-Clarke County 4-H Extension Facility  
<https://www.youtube.com/watch?v=9jhfxp17gxl>



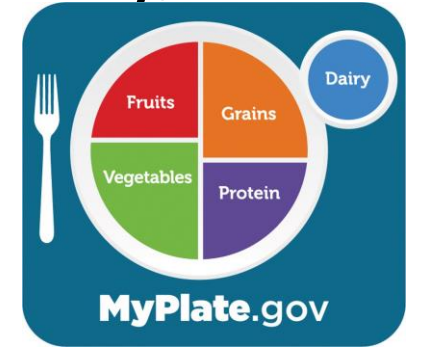
- To compete in this activity, students can sign up in their classroom or have Parent contact Ms. Conway at [ebarber@uga.edu](mailto:ebarber@uga.edu)
- Students will choose a topic from the Project List, prepare an informative presentation with visuals and then present speech at Athens-Clarke County 4-H Extension Facility on February 8
- Winners from the CPA competition in February may compete at District Project Achievement (DPA) in Jackson County on March 22
- Only students who participate at the district competition (DPA) in March may apply for the need-based **scholarships** to reduce the cost of **4-H Summer Camp held at Rock Eagle** in June.



# Upcoming 4-H Activities



- **4-H Healthy Living Drawing Contest:** Due at School by Monday, December 16 (Pickup 18) (before next 4-H program)



- **Project Fun Day(CPA):** Sign up with Teacher or have Parent e-mail Ms. Conway; Saturday, February 8 at 9:30am-12pm at ACC 4-H Extension Facility; First step in Summer Camp scholarship process



# 4-H Pledge



I pledge:

my HEAD to clearer thinking

my HEART to greater loyalty

my HANDS to larger service and

my HEALTH to better living

for my club, my community, my country and  
my world