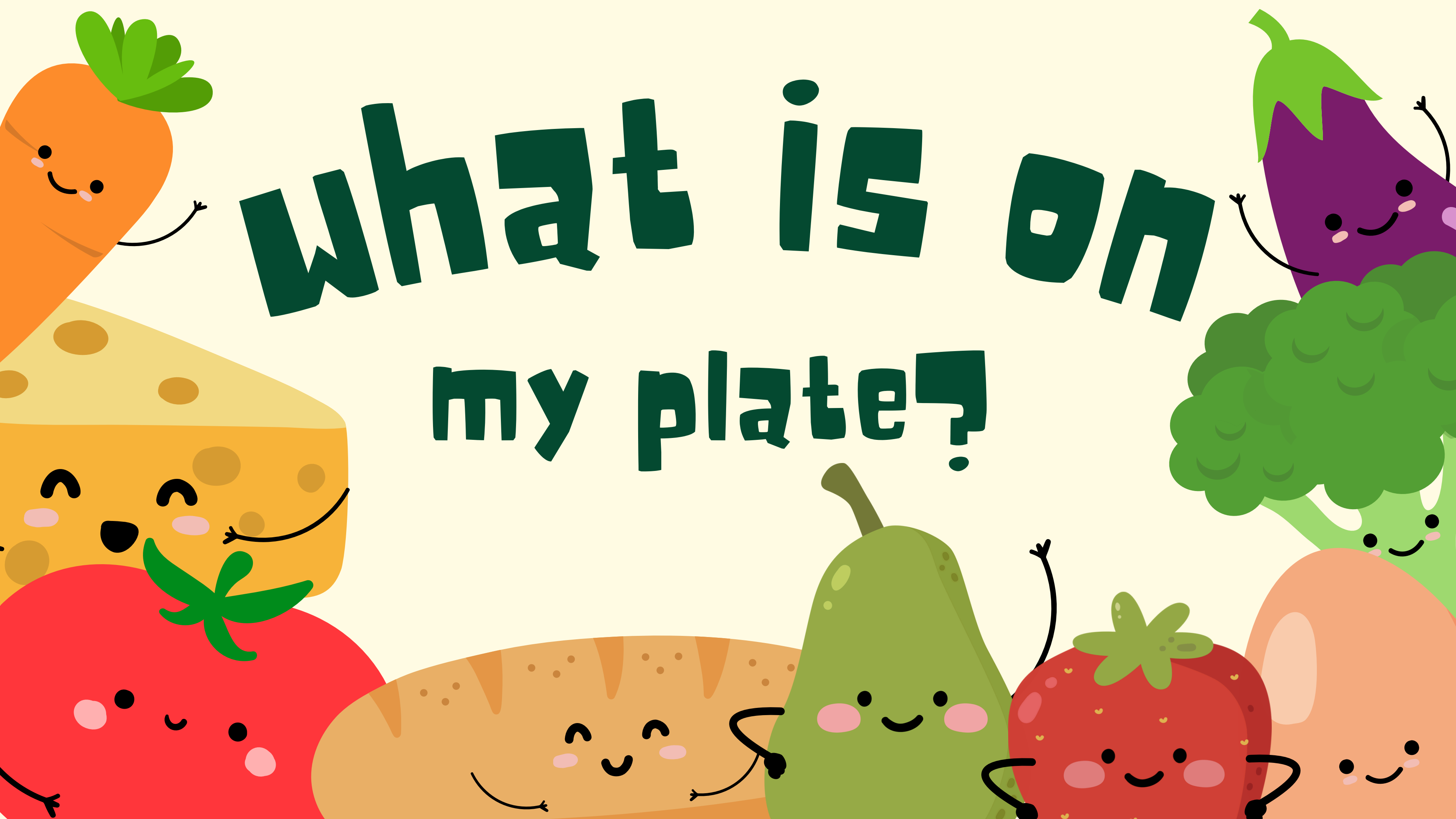


what is on
my plate?



My Plate!

1 ½ cups of fruit

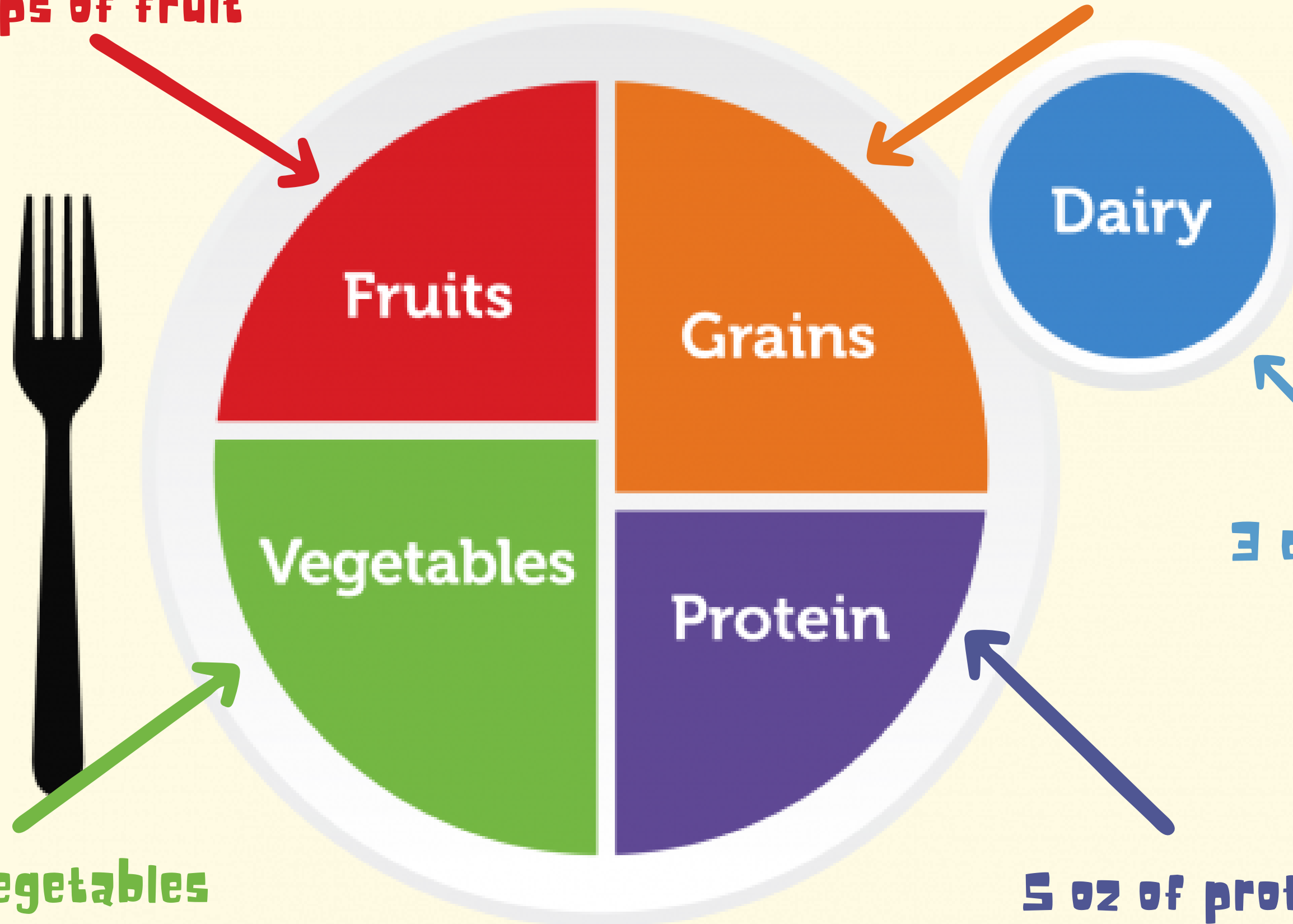
3-6 oz of grains

Dairy

3 cups of dairy

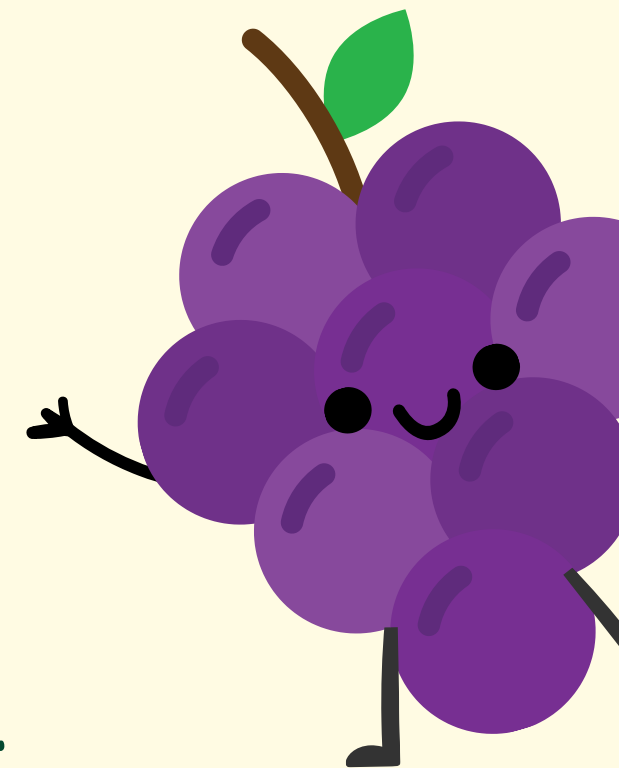
5 oz of protein

2 ½ cups of vegetables

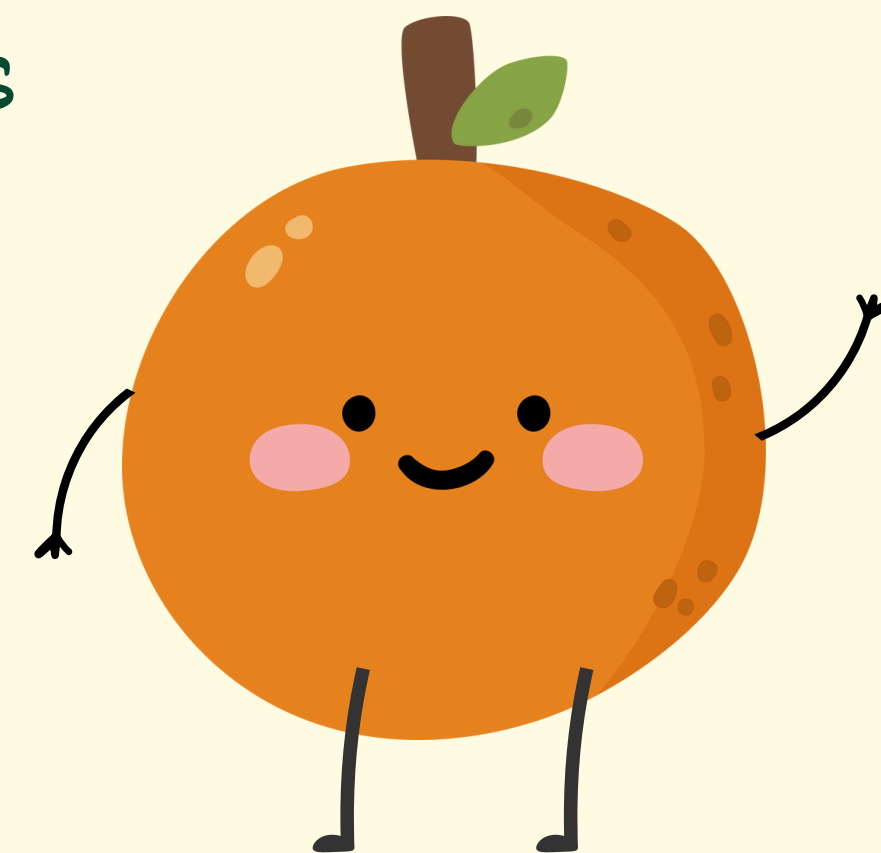
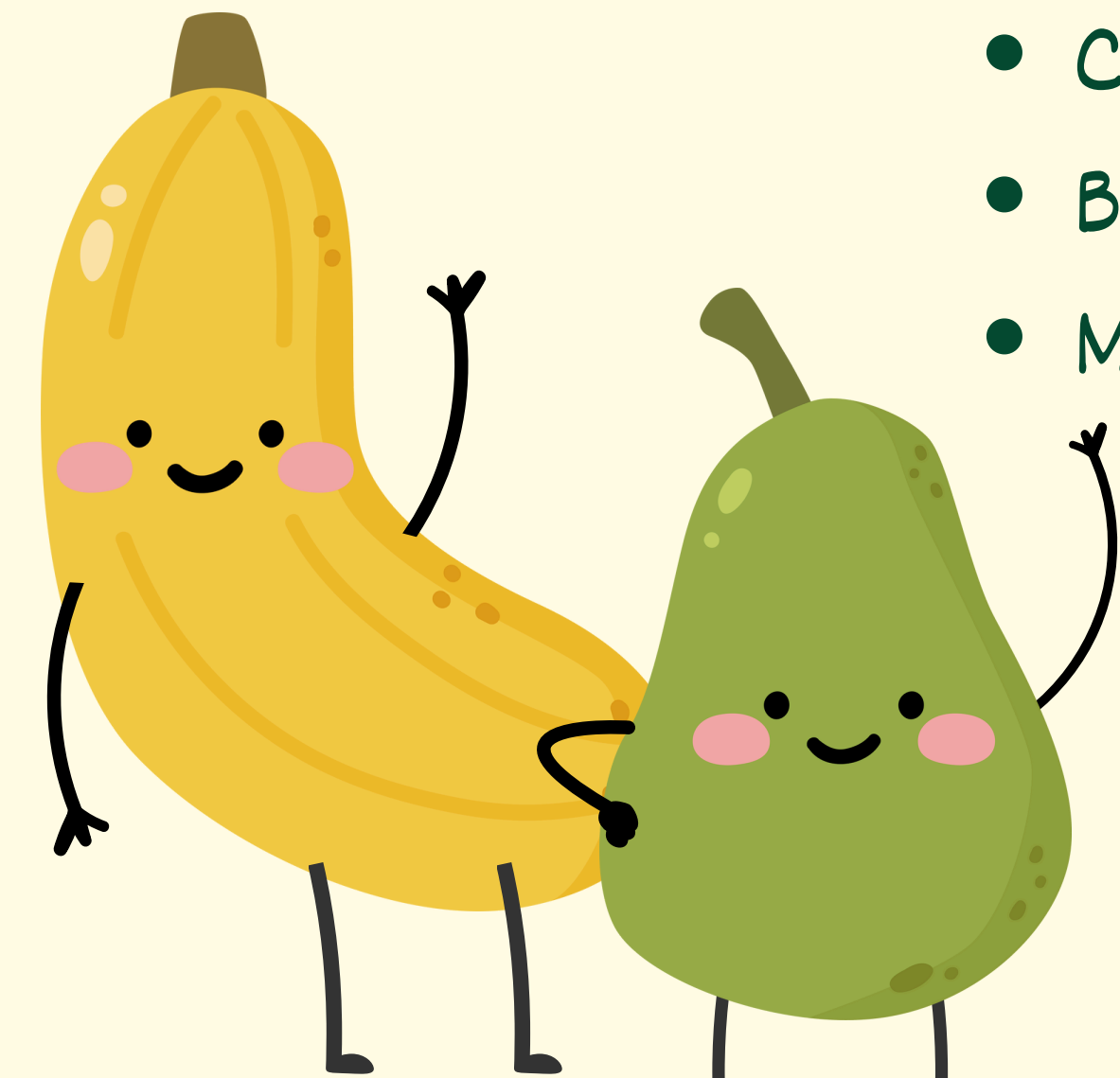




Fuel up with Fruits!



- Youth 9-13 years old need 1 ½ cups of fruit per day
- Choose fresh fruit
- But remember- that frozen fruit is OK!
- Make sure juice is 100% fruit juices



Healthy Choice Challenge!

WHICH IS THE HEALTHIER CHOICE?

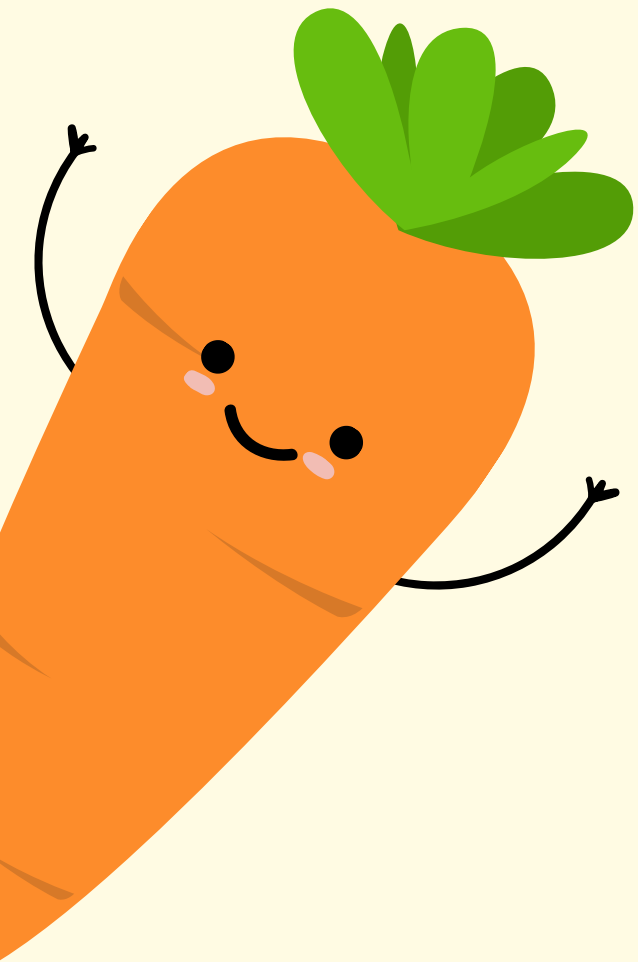


CANNED FRUIT IN
JUICE

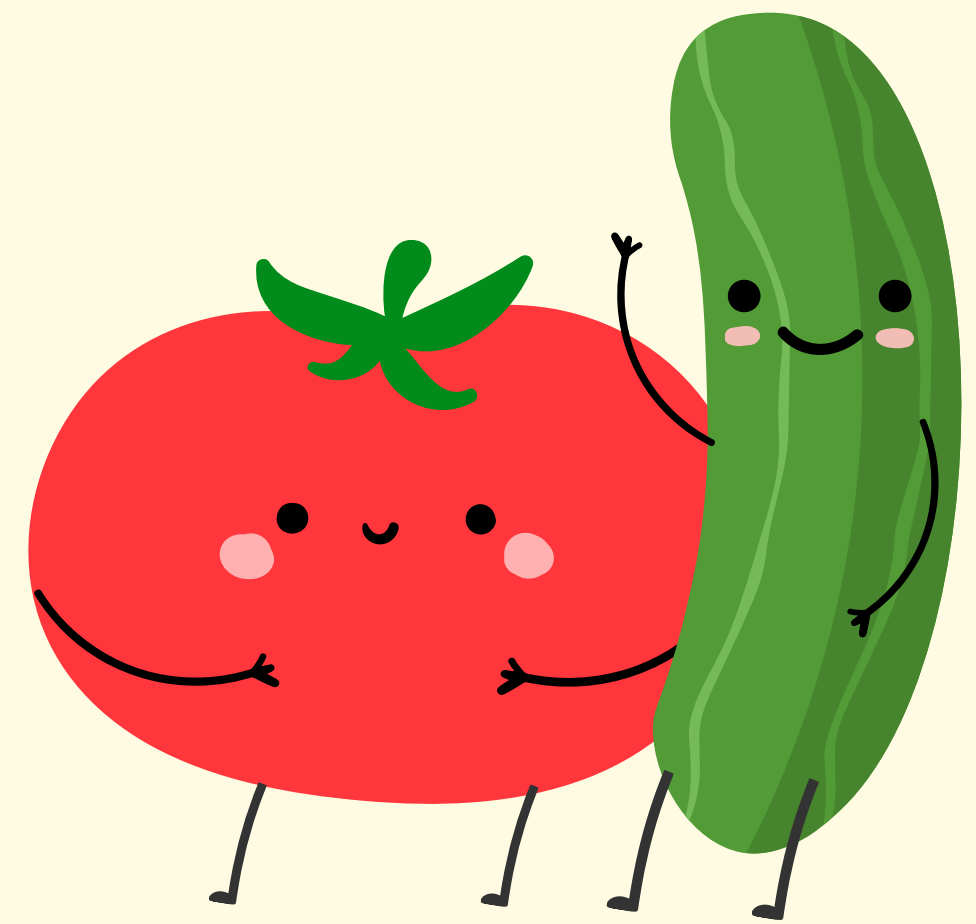
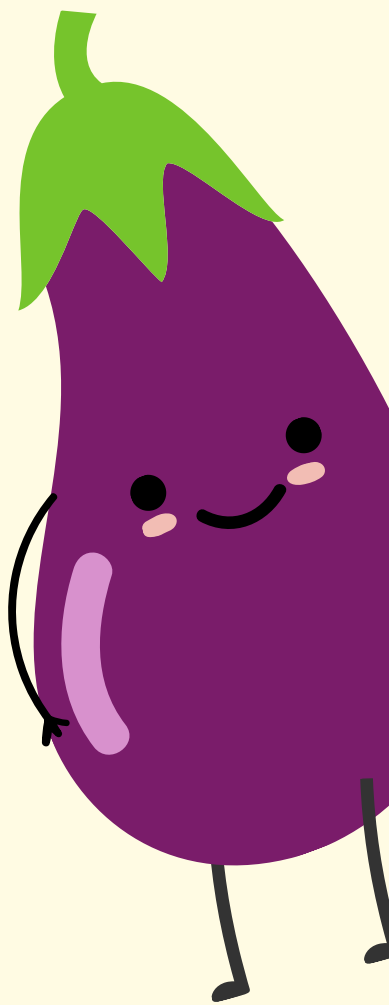
OR

CANNED FRUIT IN
SYRUP

Color your plate with Vegetables!



- Youth 9-13 years old need 2 ½ cups of vegetables per day
- Choose canned vegetables with no salt added
- Frozen vegetables are ok!
- Try to eat darker green, orange and red vegetables



Healthy Choice Challenge!

WHICH IS THE HEALTHIER CHOICE?



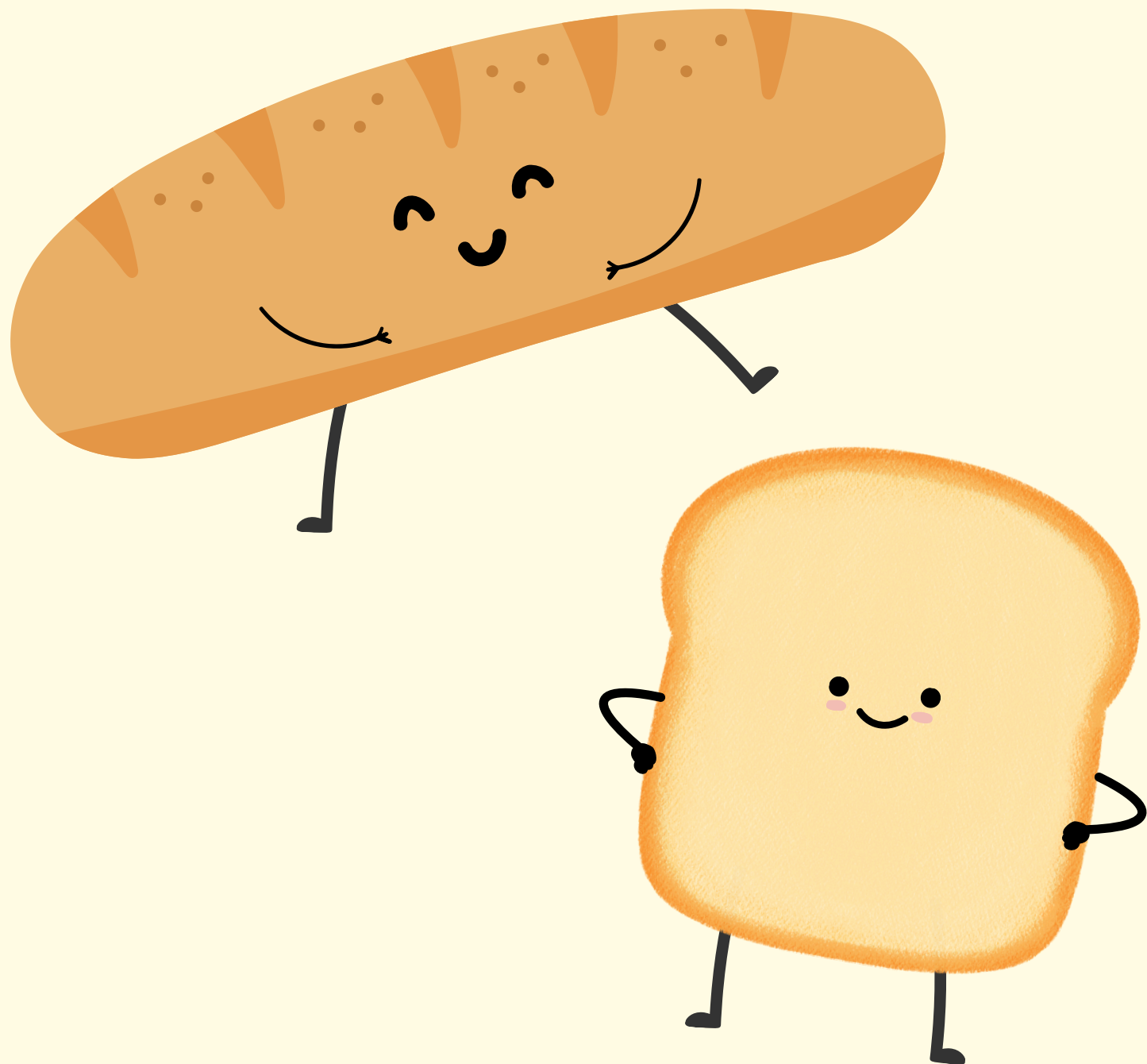
FRIED VEGETABLES

OR



GRILLED OR BAKED
VEGETABLES

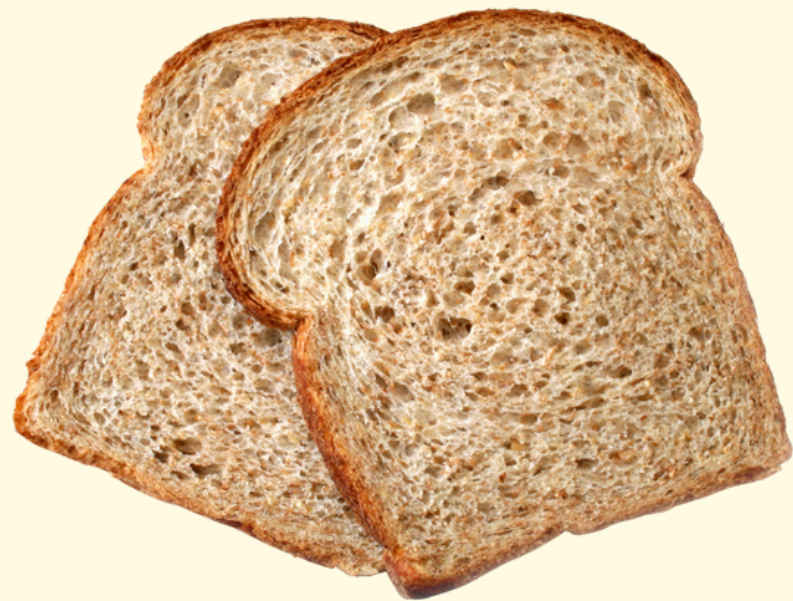
Remember to eat your grains!



- Youth 9-13 years old need 3-6 ounces of grains a day
- Make at least half your grains whole grains
 - whole wheat bread and tortillas, brown rice, oatmeal and popcorn more often
- 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

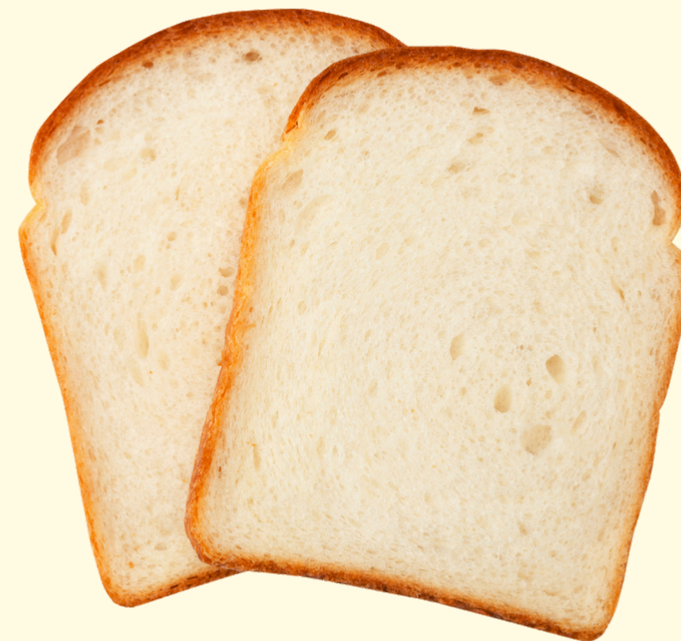
Healthy Choice Challenge!

WHICH IS THE HEALTHIER CHOICE?

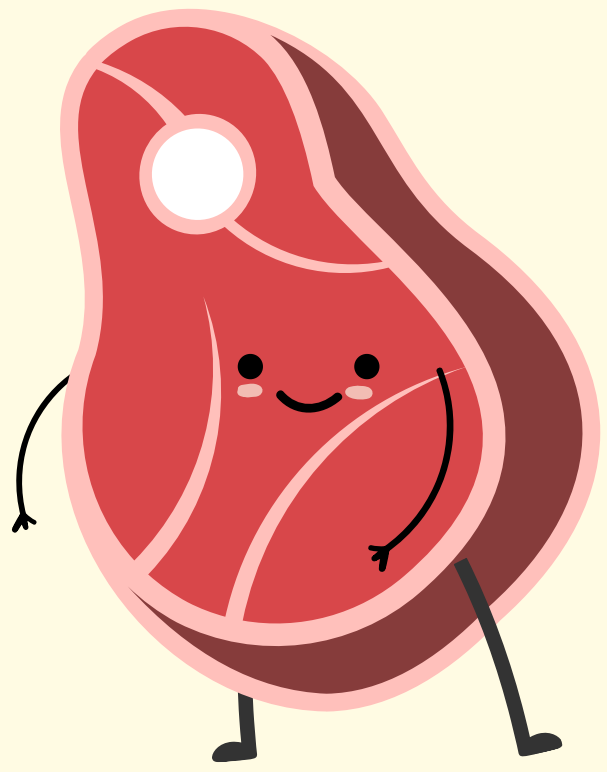


WHEAT BREAD

OR

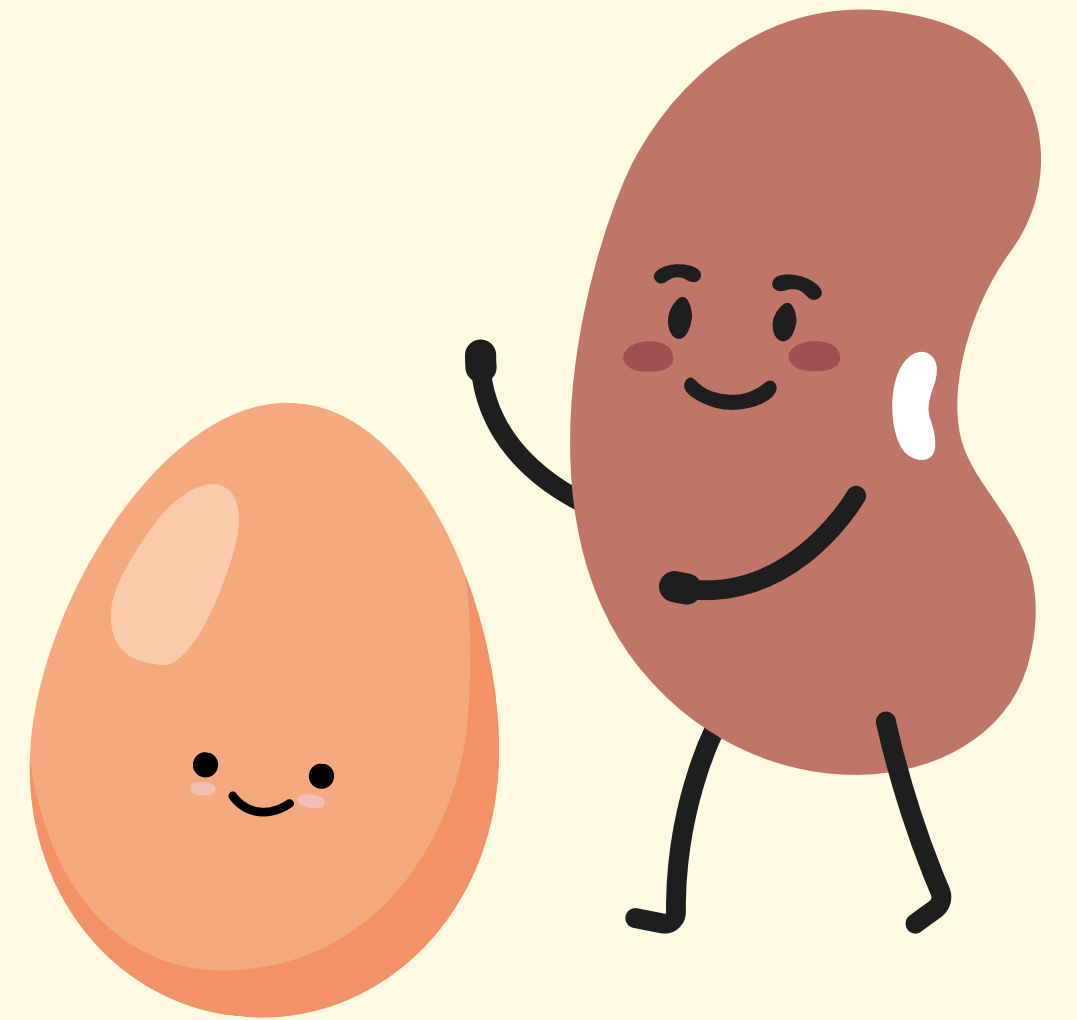


WHITE BREAD



VARY YOUR PROTEINS!

- Youth 9-13 years old need 5 oz of protein per day
- Try fish, shellfish, beans and peas more often
- 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
- Beans and peas are in both Vegetable and Protein Food Groups
- Grilling and Baking meat is healthier choice than frying



Healthy Choice Challenge!

WHICH IS THE HEALTHIER CHOICE?



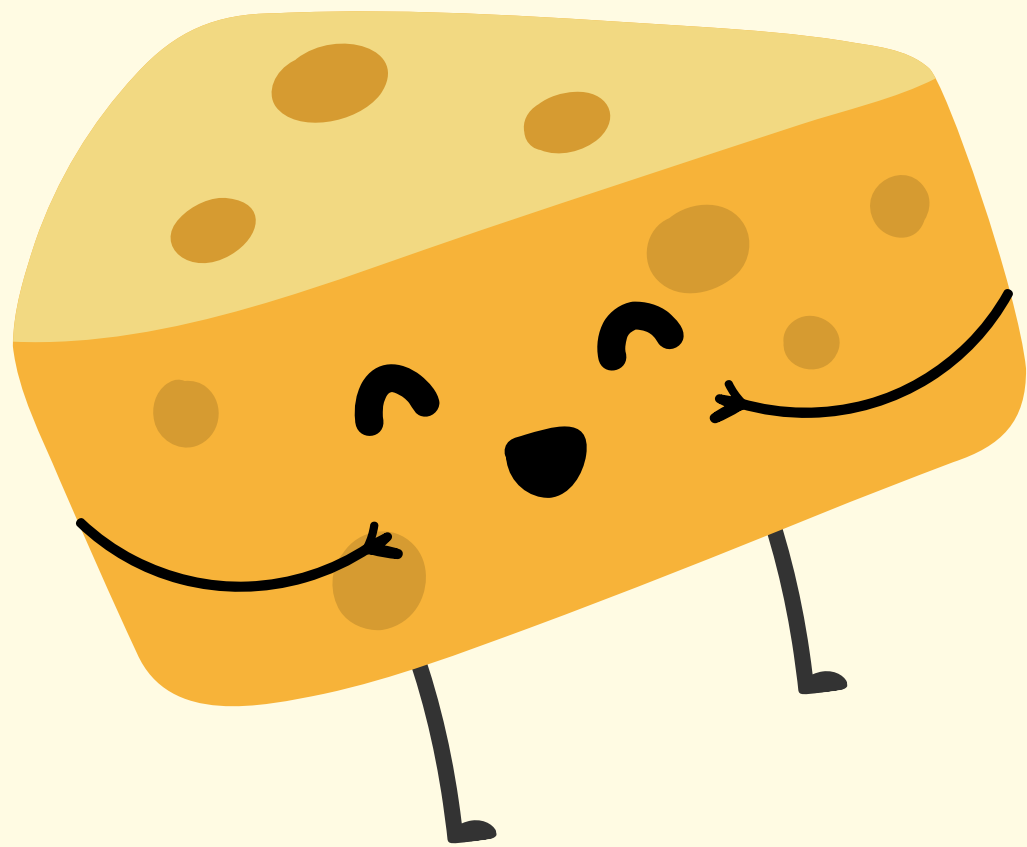
GRILLED CHICKEN

OR



FRIED CHICKEN

GET CALCIUM THROUGH DAIRY FOODS!



- 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

Healthy Choice Challenge!

WHICH IS THE HEALTHIER CHOICE?



WHITE MILK

OR



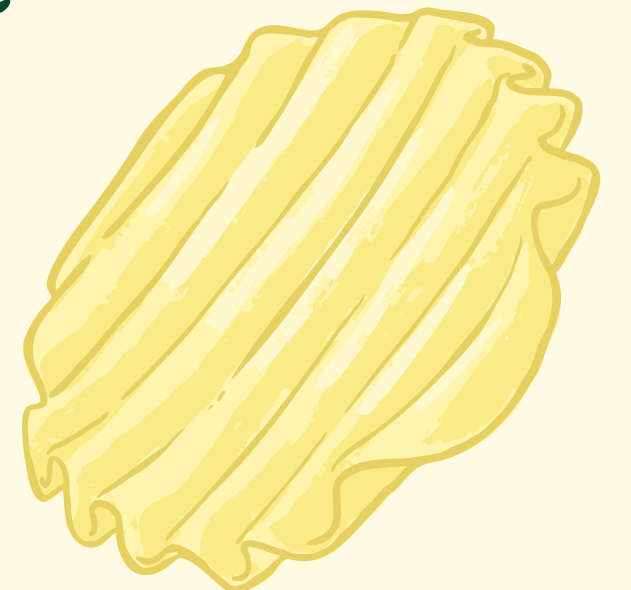
CHOCOLATE MILK



Remember to LIMIT Yourself!



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



Old Food Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. 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

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.	

Healthy Living Drawing Contest:



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 12.
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 5th grade students. The Judges were very impressed with the art submitted.

WINNERS:

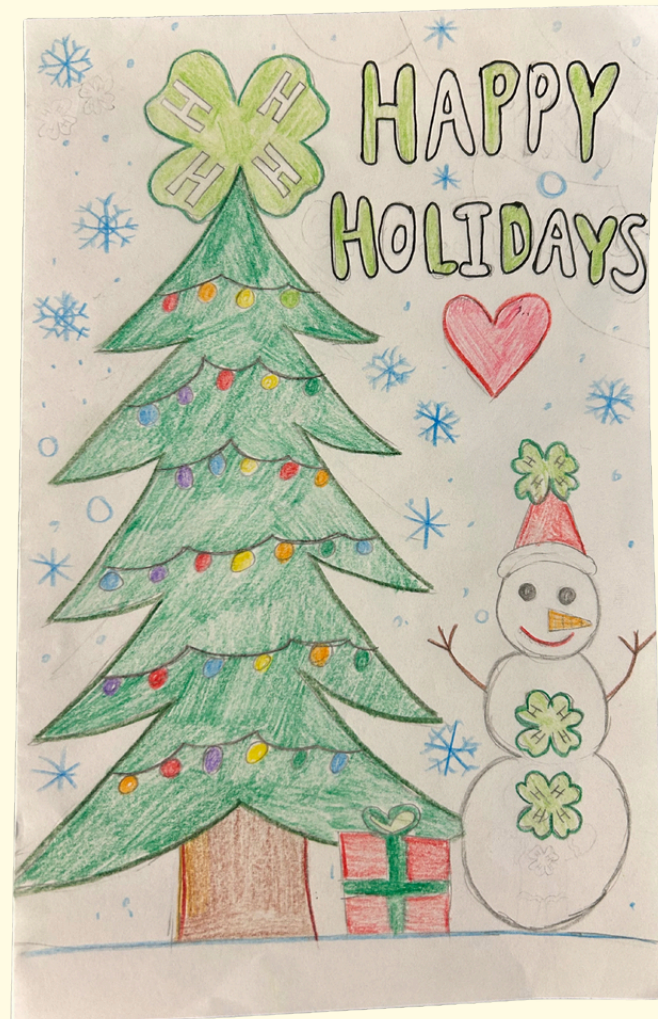


Holiday Card Contest

Winners!

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

WINNERS:



Stella Ruth Crim
Barrow Elementary

and

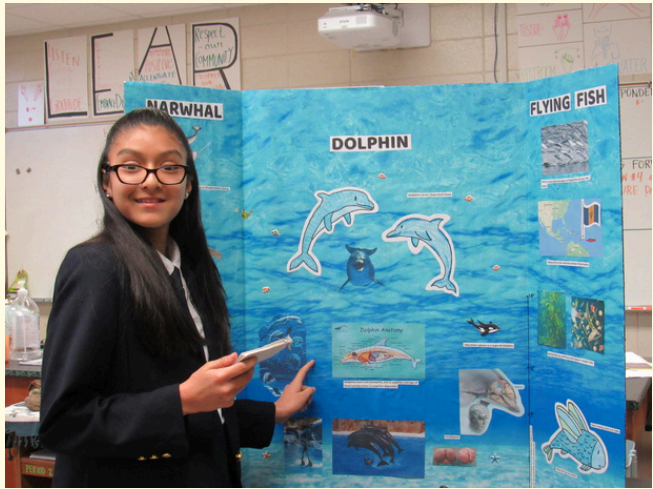


Javie Liam Lizarazo
Oglethorpe Avenue

Project Fun Day! (CPA)

Saturday, February 21st at 9:30am-12pm

Athens-Clarke County 4-H Extension Facility



- To compete in this activity, students can sign up in their classroom or have Parent contact Ms. Conway at 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 21st
- Winners from the CPA competition in February may compete at District Project Achievement (DPA) in Jackson County on March 21st
- Only students who participate at the district competition (DPA) in March may apply for the need-based scholarships held at Rock Eagle in June.

Upcoming 4-H Activities!

- 4-H Healthy Living Drawing Contest: Due at School by Monday, December 12th (before next 4-H program)
- Project Fun Day(CPA): Sign up with Teacher or have Parent e-mail Ms. Conway; Saturday, February 21st 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!

