



Fayette County Extension

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4-H School Health Enrichment Program

4-H is partnering with Fayette County schools to enrich the classroom experience offering hands-on classes, taught by University of Georgia 4-H staff. The program is accompanied by developing leadership skills, public speaking opportunities, and community service. See *Project Achievement Experience (Student Presentations)* below for a correlation of this component to the Common Core Georgia Performance Standards.

Health Curriculum Lesson Descriptions:

Make Your Plate a Healthy Plate/ Get a Smart Start

Description/Lesson Overview:

Student will explore the basics of the new MyPlate while identifying key nutrients in each food group and why these nutrients are important for health and wellness. Students also recognize the importance of eating breakfast. They will plan a healthy breakfast with food from at least 3 food groups and recognize sources and the importance of calcium.

Standards: **HE5.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Get Moving

Description/Lesson Overview:

The goal of this lesson is to help 4-H'ers gain an understanding of energy balance to encourage participants to make wise choices about the foods that they eat and to increase their level of physical activity. Students will identify the factors that determine their own calorie needs.

Objectives:

- Understand the concept of energy balance by using the Nutrition Facts label to determine the calories then calculate the amount of physical activity needed to burn the calories.
- Learn about individual and group programs available to promote physical activity and encourage others.
- Set a goal for getting more physical activity in the coming week.

Standards: **HE5.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

HE5.8: Students will demonstrate the ability to advocate for personal, family, and community health.

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Beverages/ Get Snacking

Description/Lesson Overview:

The goal of this lesson is to increase the likelihood that participants will use the Nutrition Facts label to make wise beverage and snack choices which comply with the Dietary Guidelines for Americans.

Objectives:

- Assess personal beverage habits and choices.
- Practice calculating the number of teaspoons of sugar from number of calories in regular soda
- Apply nutrition facts on food labels to help compare and choose beverages.
- Understand how the concepts of balance, variety and moderation relate to snacking and use these concepts to make sound snack choices

Standards: HE5.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Veg In Not Out

Description/Lesson Overview:

The goal of this lesson is to increase the likelihood that participants will consume a variety of vegetables each day at meals and snacks in the amounts recommended by MyPyramid.

As a result of participating in today's lesson, participants will be able to:

- Recognize the benefits of choosing a variety of different vegetables.
- Analyze current food choices and plan ways to include vegetables of at least 3 different colors in meals and snacks each day.

Standards: HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Project Achievement Experience (Student Presentations)

Description:

Students present a four to five minute demonstration, or illustrated speech, on the topic of their choice. Each student chooses a subject, conducts research, composes a speech, and presents in front of their class. They also create a poster as a visual aid to their speech.

Standards: ELACC5SL2: Summarize a written text read aloud or information presented in diverse media formats, including visually, quantitatively, and orally.

ELACC5SL4: Report on a topic or text or present an opinion, sequencing ideas logically and using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at any understandable pace.

ELACC5W2: Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

ELACC5W7: Conduct short research projects that use several sources to build knowledge through investigation of different aspects of a topic.

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ELACC6SL4: Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.

ELACC6W2: Write informative/explanatory texts to examine a topic and convey ideas, concepts and information through selection, organization, and analysis of relevant content.

ELACC6W8: Gather relevant information from multiple print and digital sources; assess the credibility of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and providing basic bibliographic information for sources.

4-H helps young people experience: An increased desire to make a difference in their communities - High levels of leadership, self esteem, public speaking, communication and planning skills - Improved School Performance - Motivation to help others - Overall improvement in civic identity and civic engagement.

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