



# What does it mean to pledge “my health to better living”?



Ask your club members what they do to put the 4-H pledge into action.  
How can you live by this pledge during your club meetings?



## Taking on the 4th H for Health Challenge is a great way to start!

Complete the activities below, using the **4th H for Health Challenge Tracker** to show your club’s progress. 4-H’ers can complete the challenge as a club or as individuals; just note the number of participants on your tracker.

- 3** Serve a **fruit or vegetable** as a snack\* at **three** meetings.
- 6** Serve **water** as the main beverage at **six** meetings.
- 9** Add 15 minutes of **physical activity** at **nine** meetings.

\*Consider food at meetings, events, and activities. If your club does not have food at meetings, just check the box next to “There is no food at my club meetings” on the 4th H for Health Challenge Tracker.

Need some 4th H ideas? Try the tips below and visit [www.HealthyKidsHub.org/4H](http://www.HealthyKidsHub.org/4H) for healthy snack recipes, ideas for active games, and more!



### Ideas for serving water:

- Make fruit-infused water for meetings. Add fruit (e.g. oranges, berries) to a pitcher of water.
- Encourage members to always bring a reusable water bottle with them.



### Tips for adding 15 minutes of physical activity:

- Kick off meetings with a short game or activity that gets club members up and moving.
- Elect an “exercise officer” to lead physical activity breaks.
- Set a physical activity goal for the month or year and record the number of minutes you exercise.



### Suggestions for serving fruits and vegetables:

- Create a list of healthy meeting snacks and distribute it to club members.
- Choose a snack theme like “color of the month” or “what’s in season?” and snack on different fruits and vegetables from that theme.

Ready to get started? Track your 4th H activities using the **4th H for Health Challenge Tracker**. Once you’ve completed the Challenge, contact your local 4-H staff member to learn how to get a certificate!

**Questions?** Email [HealthyKidsOutofSchool@tufts.edu](mailto:HealthyKidsOutofSchool@tufts.edu).

# 4<sup>th</sup> H for Health Challenge Tracker



Congratulations for taking on the 4th H for Health Challenge! Use this tracker to record the dates of the meetings or gatherings when your club has water, a healthy snack, or performs 15 minutes of physical activity.

Name: \_\_\_\_\_ # of Participants: \_\_\_\_\_

## Healthy Meeting Activities:

3  Serve a fruit or vegetable snack at 3 meetings.\*

6  Serve water as the primary beverage at 6 meetings.

9  Do 15 minutes of physical activity at 9 meetings.

## Meeting or Gathering Dates:

1	2	3
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\*Snacks served at events or other gatherings can fulfill this requirement.

There is no food at my meetings.

1	2	3	4	5	6
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1	2	3	4	5	6	7	8	9
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### Quick Tips: Snack Smart

Ask volunteers to rotate bringing in a fruit or vegetable snack. Check out the Snack Smart handout for ideas and activities.

### Quick Tips: Drink Right

Make sure water is in plain sight and easily accessible during meetings. Encourage youth to bring a water bottle to meetings and show them where they can refill it.

### Quick Tips: Move More

Make physical activity fun! Try music or props, like balls or jump ropes. Keep all games and activities non-competitive and encourage all youth to participate.

Completed the Challenge? Contact your local 4-H staff member to request a certificate for your club!



# Snack Smart Taste Test



There are hundreds of fruits and vegetables: from apples and blackberries to yams and zucchini. With this taste test, 4-H'ers can try unfamiliar fruits and vegetables and discover new favorites!

1. Wash and slice samples of fruits and vegetables.
2. Give a taste test sheet to each club member, or complete the activity together using one sheet.
3. Have club members guess the name of each sample. Create more of a challenge by having them close their eyes!
4. Mark an 'X' in the table next to the words that best describe each sample.
5. Vote on the sample most liked by the club.

	FRUITS			VEGETABLES		
	SAMPLE A: _____	SAMPLE B: _____	SAMPLE C: _____	SAMPLE A: _____	SAMPLE B: _____	SAMPLE C: _____
CRUNCHY						
SWEET						
SOUR						
JUICY						
BITTER						
YUMMY						
RIPE						
SLIPPERY						
CHEWY						
BLAND						
SURPRISING						
OTHER_____						

FAVORITE FRUIT:

\_\_\_\_\_

FAVORITE VEGETABLE:

\_\_\_\_\_

Research shows it can take up to **15** tries before you begin to like a new fruit or vegetable. So, keep trying new foods, you just might surprise yourself!

# Sugar Detectives

We know desserts and candy have a lot of sugar, but what about our drinks? Almost half of the added sugar in our diets comes from drinks! Use this activity to show 4-H'ers the hidden sugar in common beverages.

- Collect a **variety of popular drinks**, such as a sports drink, juice pouch, and soda. Find the **total grams of added sugar in the entire drink**, using the Nutrition Facts label.
- Convert the **grams to teaspoons** for each drink - 4 grams is equal to about 1 tsp. Example: A 20 oz soda contains **64** grams, or **16** tsp. of sugar ( $64/4=16$ )
- For each drink, **measure the number of teaspoons of sugar** into a **small bowl** or **sandwich-sized plastic bag**. You can also tape together sugar packets, using one packet for each teaspoon of sugar. Label each bowl, bag or string of sugar packets with the number of tsp. it contains.

## Find the Sugar

The Nutrition Facts label may only list the grams of sugar **per serving**. Find the total amount of sugar by multiplying the amount of sugar per serving by the number of servings per container.



- Ask 4-H'ers to guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs.

## Questions for 4-H'ers

Consider the sizes of cups sold at convenience stores, restaurants, and movie theaters. How much sugar do you think these cups contain?

Think about what you drink. How much sugar are you drinking each day?

## Sugar Detectives, Round 2

You can expand this activity by using different popular drinks to use in the display. Try including a sweetened iced tea, energy drink, or a drink with added vitamins to show that even these drinks contain a lot of sugar.

Older club members can create a poster to display at a community event using posterboard, empty bottles of drinks, and bags of sugar or sugar packets.

## Guess the Number

Equipment: Blank paper, pen

- 1 Select one person to be the guesser.
- 2 Pick a secret number between 0-1,000 (or 0-100 for younger kids) and write it on a piece of paper. Be sure the guesser doesn't see the number.
- 3 Have the guesser guess numbers. To help them get to the right number, other players give active clues:
  - If the guess is too high, players do squats to tell the guesser, "Go lower!"
  - If the guess is too low, players jump up and down to tell the guesser, "Go higher!"
- 4 The guessing and active clues continue until the guesser reaches the correct number. Try multiple rounds with different guessers.

## Aerobic Rock Paper Scissors

Equipment: None

- 1 Demonstrate the sequence for players by showing them how to move their bodies for rock, paper, and scissors:



Rock

Crouch down into a ball



Paper

Stretch arms and legs out wide



Scissors

One arm forward, the other back; one leg forward, the other back

- 2 In pairs, players jump up and down three times together while saying "rock, paper, scissors, shoot!"
- 3 On "shoot" players pick their movement.
- 4 Rock beats scissors, scissors beats paper, and paper beats rock. Best two out of three wins.

## Quiz Calisthenics

Equipment: List of questions

- 1 Create a list of true/false questions relevant to your meeting theme.
- 2 Instruct players to answer 'True' by doing jumping jacks and 'False' by doing sit-ups.



True



False

- 3 Vary the types of exercises to keep players engaged.
  - Try high knees, lunges, karate kicks, toe touches, and push-ups.

## Aerobic Tic-Tac-Toe

Equipment: Tic-tac-toe boards, pen

- 1 Print out the tic-tac-toe board on the next page (or create your own), one for each pair of players.
- 2 Have players form pairs and give each a board. One player is X, the other is O.
- 3 Choose one player to go first. Then have players take turns choosing a square and performing the activity from that square. After they complete an activity they can place an X or O in that square.
- 4 Players continue until one player gets three X's or O's in a row, or no more moves can be made.

# TIC TAC TOE BOARD



**Balance on 1 foot  
with eyes closed  
for 10 seconds**



**Jump up and  
pretend to shoot  
10 baskets**



**Do 10  
Jumping Jacks**



**Dance like you  
drank a whole bottle  
of HOT SAUCE for  
20 seconds**



**Jog in place  
for 30 seconds**



**Walk on your  
tip toes around  
the tic-tac-toe  
board 3 times**



**Complete  
10 wall push-ups**



**Do 10 Squats**



**Do KARATE for  
20 seconds**