

Healthy Living

Introduction: Healthy Living can mean a variety of topics from medical care, dental care, exercise, the foods we eat, and our hobbies. It is about making wise choices to keep our bodies healthy. It is also about mental health and what we do to learn to deal with and possibly avoid stress. Health is one of our four H's and it is one that is often overlooked. Many schools have decreased or eliminated recess, PE (physical education), and health classes. Yet having a healthy mind and body is essential to a successful life.

Dental Health (This is a demonstration that could easily be done by a member of your club.)

Provide members with some background information on why healthy teeth are important. Brushing and flossing teeth help prevent plaque from sticking to your teeth. When you eat, the plaque (a type of bacteria) breaks down the sugar from the foods you eat on your teeth. This turns the sugar into acids that eat away at the tooth enamel, causing holes we call cavities. If you don't take care of your teeth, cavities and unhealthy gums will make your mouth very sore. The two best ways to take care of your teeth are by brushing and flossing. There are many types and flavors of toothpaste to choose from, but always choose one with fluoride to help make your teeth strong and protect them from cavities.

Supplies: toothbrush, floss, timer.

* Demonstrate how to properly brush your teeth to the club members. Be sure to **set the timer for two minutes** so members can see how long that actually takes. Explain that you should brush your teeth at least twice a day, after breakfast and before bed. Make sure you brush all of your teeth, making sure you get the sides and back teeth. Spend at least two minutes brushing your teeth, and be sure to brush your tongue to help keep your breath fresh, too. Choose a soft-bristle brush and be sure to replace it every three months. Some toothbrushes even have bristles that change color when it's time for a new brush.

*Next, demonstrate how to floss your teeth properly. Flossing is important to keep your teeth healthy. Slide the floss between each pair of teeth once a day. Flossing gets rid of hidden food your toothbrush can't reach.

*Encourage members to visit their dentist twice a year for an examination and professional cleaning. Remember, it's not only important to keep your mouth healthy by brushing and flossing, it's also important to watch what you eat and drink. Eating fruits and vegetables and drinking water and milk instead of sugary drinks are a good start.

Other suggestions: Have a local dental professional visit. See if your dentist would donate samples of toothpaste and floss.

Nutrition—Does Eating Healthy Cost More?

1. Ask participants if it costs more to eat healthy. No matter what their response, suggest that the club look at a grocery store ads to decide. **Ask a local grocery to donate out of date store ads.**
2. Distribute the grocery store ads and ask the participants to locate one healthy food and one unhealthy food. Based on price alone, which is the best deal? Example: Compare a bag of chips for \$1.85 to apples for \$1.98. Remind participants not to worry about the weight of the items, just to select the item that on the surface appears to be the best deal.
3. Have them share their results.
4. Now, ask the participants to look a little closer at their choices. How many ounces are in the bag of chips? How about the apples? Ask the participants to calculate the price per pound for each item using the scrap paper and calculator you provide. Remember, there are 16 ounces in a pound. Since most bags of chips weigh less than a pound, in the example above, the apples would be a better deal economically and health-wise.
5. There may be some cases where the unhealthy food ends up as a better deal financially. This is a great opportunity to talk about how produce costs less when it is "in season." Evaluate if the healthy item selected is in season. If not, select an in-season healthy item and try the comparison again. What are those results?

Continued on the back...



4-H GROWS HERE

Credits: Purdue Extension—Indiana 4-H. Essential Elements of 4-H Youth Development. 4-H Youth Development. Calorie information provided by WebMD.

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6. Also, point out that different stores offer the same products at different prices. It might be a good idea to have ads from several different stores to do a cost comparison.

You may want to have paper, pencils and calculators available to help with this activity.

Activity—Activity Dice

The Extension Office has several sets of Activity Dice that are available for check-out. Take 5 minutes at the beginning of your meeting for youth to do the dice. If youth do not want to get down on the floor, “crunch” can be done by lifting one knee at a time, and “pushup” can be done off a wall.

Ask your members what they do to get activity in their day.

Protecting Your Skin

What will we need? Preparation: • Sun protection materials: hats, sunglasses, sunscreen, etc. • Twine or string • UV beads (can be ordered from many places online, include Educational Innovations or Amazon.com for about \$6 for 250 beads) • Colored beads • Optional: Check with county hospitals or doctors to see if they have sunscreen samples.

Preparation: Gather suggested supplies, including ordering UV beads.

At the meeting: 1. Ask your club members what they like about the sun and being outside. Possible answers include fun outdoor activities, it feels good, etc.

2. Then ask what some negative consequences of being out in the sun too long could be. Possible answers include overexposure to heat and high temperatures, heat exhaustion, heat stroke, exposure to ultraviolet (UV) radiation, harmful to skin, may cause skin cancer, etc.

3. Ask members to name some things they can do to protect themselves against the sun. Examples include wearing loose clothing such as long sleeves and pants, sunglasses, hats, sunscreen, drinking plenty of water, checking medications for any sun restrictions, etc. When using sunscreen, apply SPF 15 or higher and apply 30 minutes before going into the sun.

4. Explain that ultraviolet (UV) light is one of the invisible frequencies of light given off by the sun. The UV-sensitive beads contain a pigment that causes them to change color when exposed to UV light.

5. Have each member create a bracelet by adding colored beads to a string. Include one of the white UV beads in the middle of the other beads. Wearing UV bracelets allows you to see when you are being exposed to UV light and can help you remember to wear sunscreen, sunglasses and a hat to stay protected!

6. Take the bracelets outside to see how they work. Try placing a pair of sunglasses over the UV beads while in the sun to see if the glasses help protect the beads from UV light. The glasses should block harmful rays, which is why it is recommended to wear sunglasses to protect your eyes.

7. After the meeting, encourage members to investigate UV light at different times of the day (morning, noon, later afternoon) by using their bracelets. They can also explore whether cloud cover changes the amount of UV light they are exposed to. At a follow-up meeting, ask members to share their discoveries and talk about what they learned.

“Burning” Fair Food

A 200 lb. visitor to our 4-H Fair wants to choose “Fair Food” for a snack. Pick a food and an activity. How long would our visitor have to do the activity to burn off the fair food.

For example: Fried Snickers 444 calories would take 1.7 hours.

$444 \text{ divided by } 255 = 1.7$

Fair Foods:

Fried Snickers (5 oz.): 444 calories and 29 grams (g) fat

Funnel cake (1): 760 calories/44 g fat

Cotton candy: 171 calories/0 fat

Foot-long hot dog and bun: 470 calories/26 g fat

Fried Twinkie (2 oz.): 420 calories/34 g fat

Twinkie Dog Sundae: 500 calories/14 g fat

Fried cheesecake (6 oz.): 655 calories/47 g fat

Giant turkey leg: 1,136 calories/54 g fat

Activities and calories for a 200 pound person:

Walk 255 calories/hour

Bike ride 364 calories/hour

Brisk walk 391 calories/hour

Swimming laps 528 calories/hour

There are LOTS more activities on the Indiana 4-H Volunteer website. Here is the location:

<https://extension.purdue.edu/4h/Pages/4hHealth.aspx>