



Friends

Nutrition and HEALTHY LIVING

Name _____

Grade _____ Teacher _____

School _____



UNIVERSITY OF GEORGIA
EXTENSION



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Imagine Your Body is a Sports Car

What kind of fuel would you put in it? Would you give it the best fuel or just whatever was around? Your body is a lot like a sports car. When you eat better and move more, it performs better. You have energy to play, learn, grow, and stay healthy. That's where nutrition comes in—it's how your body gets the food it needs to grow and stay healthy. Every food choice sends a message to your body. Let's explore how to make smart choices that help you reach your goals. Together, we'll make a plan and pledge our "health to better living."

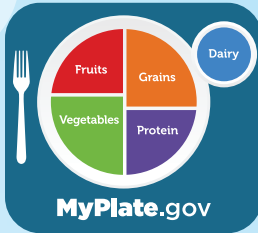
Georgia 4-H is a partner in public education and strives to incorporate Georgia Standards in the educational materials produced for in-school use. The following Georgia Standards are correlated to the content delivery included in this publication's introduction to Georgia 4-H:

- HE5.1 & HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE5.2 & HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- HE5.3 & HE6.3: Students will demonstrate the ability to access valid information and products and services to enhance health.
- HE5.4 & HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE5.5 & HE6.5: Students will demonstrate the ability to use decision making skills to enhance health.
- HE5.6 & HE6.6: Students will demonstrate the ability to use goal setting skills to enhance health.
- HE5.7 & HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- HE5.8 & HE6.8: Students will demonstrate the ability to advocate for personal, family and community health.



Think Green! Not just 4-H Green...but let's help do our part to recycle and reuse. Save this book, reread it or pass it along to a friend. If it's too worn, please recycle it.

EAT SMART, GEORGIA!



5 INGREDIENTS FOR A PERFECT PLATE

It all starts with what you add to your plate, cup, or bowl. Like people, healthy food choices come in different shapes, sizes, and colors. The USDA MyPlate guides us to make nutritious choices from the five food groups that best suit our individual needs, personal preferences, and cultural foods.

1

Fruits



MyPlate.gov

Fuel up with fruits at meals or as snacks.

Pears, plums, watermelon, berries, raisins, and applesauce (without added sugar) are just a few of the great choices.

Make sure your juice is 100% fruit juice.

2

Vegetables



MyPlate.gov

Color your plate with great tasting veggies.

Try to eat more dark-green, red, and orange vegetables, and beans and peas.

3

Grains



MyPlate.gov

Make at least half your grains whole grains.

Choose whole-grain foods, such as whole-wheat bread and tortillas, brown rice, oatmeal and popcorn more often.

4

Protein



MyPlate.gov

Vary your protein foods.

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus wrap, veggie chili, fish taco, shrimp stir-fry, or grilled salmon.

5

Dairy



MyPlate.gov

Get your calcium-rich foods.

Foods in the dairy group are good sources or protein as well as calcium, which is important for strong teeth and bones.

Yes, beans and peas are both vegetables and protein sources. Isn't that great?

CHOOSE NUTRIENT DENSE FOODS OFTEN

Choose foods from the five MyPlate groups most often to help you get the nutrients you need to learn, play and grow. Limit foods that are high in added sugars, saturated fat, and salt which fill you up but provide fewer essential nutrients. We can enjoy these foods sometimes, but nutrient dense foods should be the basis of our healthy eating pattern.

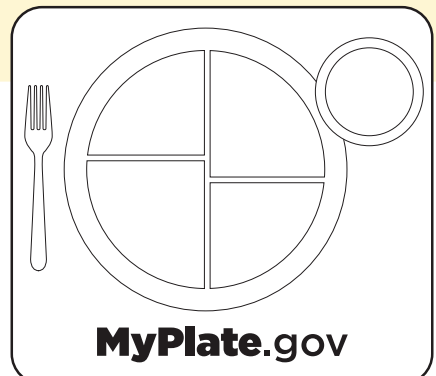


Is there one perfect plate? **No!**
Can most of us improve the choices of what we put on our plate? **Yes!**

Find your own healthy eating style that reflects your likes, family favorites, budget and energy needs. The right mix can help you be healthier now and in the future.

Visit www.myplate.gov for information about nutrition needs for your age and gender.

DRAW YOUR MENU!





NUTRITION FACTS LABELS

THE NUTRITION FACTS LABEL

Information you need to make healthy choices throughout your day



Look for it and Use it!

Found on food and beverage packages



Use it to compare and choose foods!



Be sure to look for and use the Nutrition Facts Label on your food!



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 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.

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Nutrients to get MORE of

Choose Nutrients Wisely

Nutrients to get LESS of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Compare and choose foods to get less than 100% DV of these on each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat

(Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Whole Grains
- Dairy products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds

Source: U.S. Food and Drug Administration. (2014)



Did you know?

200 years ago the average American ate only **2 pounds of sugar a year**. Today, the average American eats almost **100 pounds of added sugar** a year! That is enough sugar to fill almost 3 bathtubs! The result of eating **too much sugar** is less than sweet on our bodies and can lead to health problems; when we fill up on sugar, we miss out on other important nutrients like fiber, calcium, and iron that support a healthy body to learn, move, and grow.



WHAT ARE "ADDED SUGARS?"

Just like it sounds, added sugars aren't in foods naturally—they're added. Natural sugars—in fruits, vegetables, and unflavored milk—are not added sugars. The Dietary Guidelines for Americans recommends eating no more than 10% of your calories each day as added sugars.

If you needed 1800 calories a day, can you figure out how many calories from added sugar would equal 10%? _____





THINK BEFORE YOU DRINK

BE SUGAR SAVVY!

The Nutrition Facts Label is the perfect place to learn about the nutrients in food. After all, it's right there on the label. Some foods, like fruit or milk, contain natural sugars. These foods contain other important nutrients like fiber and calcium. But how do we learn about what foods have added sugars? We can go to the **Added Sugars** line to learn how many grams of sugar have been added to each serving of a food. The ingredient list tells you what is in a food, listed by order of weight. In other words, ingredients are listed in order from most to least.

Head to the ingredient list and look for words like **sucrose**, **dextrose**, **corn syrup**, **high fructose corn syrup**, **cane sugar**, and **brown sugar**. These indicate that sugar has been added to the food during processing.

100% ORANGE JUICE

Nutrition Facts	
7 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0mg	0%
Potassium 450mg	10%
* The % Daily Values (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.	
Ingredients: 100% orange juice	

LOW-FAT 1% MILK

Nutrition Facts	
8 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 380mg	8%
* The % Daily Values (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.	
Ingredients: Skim milk, milk, vitamin A palmitate, vitamin D3	
Contains: Milk	

Almost half of the added sugars we take in come from drinks like sodas, sweet tea, fruit drinks, and energy drinks. Using the Nutrition Facts Labels, answer the questions below to make sugar savvy choices.



Hint: read the ingredient lists.

SODA

Nutrition Facts	
1 servings per container	
Serving size	12 fl oz (360mL)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 39g Added Sugars	78%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
* The % Daily Values (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.	
Ingredients: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.	

SPORTS DRINK

Nutrition Facts	
1 servings per container	
Serving size	1 bottle (360mL)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 50mg	0%
* The % Daily Values (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.	
Ingredients: Water, sugar, dextrose, citric acid, salt, sodium citrate, monopotassium phosphate, gum arabic, natural flavor, sucrose acetate isobutyrate, glycerol ester of rosin, yellow 6.	

1. Which one has the least sugar?

2. Which one has the most sugar?

3. Which one has the most calcium?

4. Which two have no *added* sugar?



SMART SHIFTS

Did you know that we make more than 200 food-based decisions each day?

Each of these decisions is a chance to make a small, healthy change. Eating smart doesn't mean you have to give up all the foods you love. It doesn't have to be complicated either. The Dietary Guidelines for Americans gives us an easy way. Make small shifts in the foods you eat that are easy to stick with over time.

WHAT ARE SMART SHIFTS?

Everything you eat and drink matters. Small shifts in the foods and drinks you choose can have big health benefits over time. Simply swap out a food, drink or ingredient for a healthier option when you can. Here are some easy suggestions to get you started.



Shift from whole milk to skim or low-fat milk in your breakfast cereal



Shift from white bread to whole wheat bread in your sandwich



Shift from fruit punch to water with a slice of fruit



Shift from potato chips to unsalted nuts or popcorn for snack



Parents!

Want to learn more about family-friendly nutrition? Join us at www.foodtalk.org where you get tons of nutrition information & resources including how to eat healthy on a budget.



**As a Georgia 4-H'er,
I pledge my health
to better living...**

Two ways I will try to make smart food choices include:

1. _____
2. _____



ENJOY MOVING YOUR WAY, EVERY DAY!

Get up and Go! Doing physical activities you enjoy is healthy and fun. It makes you feel good and gives you lots of energy. When you move, you build strong bones and muscles. Regular exercise is as important as the food you choose to fuel your body. Let's learn more about physical activity.

Physical activity is any bodily movement produced by the skeletal muscles that uses energy. This includes sports, exercise and other activities such as playing, walking, doing chores, bicycling and dancing. **Intensity** refers to the rate at which you are doing the activity. Think of it as "how hard you work to do the activity". The intensity of different forms of physical activity varies between people. On a scale of 0 to 10, where sitting is a 0 and 10 is the highest level of effort possible, moderate-intensity activity is 5 or 6. Your heart beats faster and you breathe harder than normal when doing moderate-intensity activities.

On a scale of 0 to 10,
vigorous-intensity activity is a 7 or 8.
Your heart will beat much faster than
normal and your breathing will
be much harder than normal.
(Think huffing and puffing.)



Examples of **moderate-intensity** activities are:

- ▶ brisk walking
- ▶ bicycle riding
- ▶ hiking
- ▶ swimming
- ▶ rollerblading
- ▶ volleyball
- ▶ skateboarding

Examples of **vigorous-intensity** activities include:

- ▶ soccer
- ▶ ice or field hockey
- ▶ lacrosse
- ▶ any active game that involves running
- ▶ jumping rope

Try the Talk Test: Start doing jumping jacks. If you can talk, but not sing, during the jumping jacks, this is a moderate-intensity activity for you. If you are only able to say a few words before pausing for breath, this is a vigorous-intensity activity for you. The talk test is a simple way to measure relative intensity.

How much?

Do things that make you active for at least 1 hour every day. You can do small amounts of physical activity for 15 minutes at a time until you reach a total of 60 minutes or more each day. Choose activities you enjoy that are moderate-to vigorous-intensity more often.

Two ways I will regularly add activity to my day:

1. _____
2. _____

**...for my club,
my community,
my country,
and my world!**



SPOTLIGHT ON CAREERS



Beyond Ready

4-H prepares youth to be "Beyond Ready" for life by encouraging them to explore their sparks and build meaningful relationships with peers and adults. Being "Beyond Ready" also means thinking about your future and learning about careers!

Pathway to Success

- 🍀 Georgia 4-H'er
- 🍀 National 4-H Youth in Action Winner
- 🍀 Culinary Arts School Student
- 🍀 Executive Chef and Restaurant Manager



Bio: Amelia Day's journey to success is a true testament to hard work and dedication! Growing up as a Georgia 4-H'er in Houston County, Amelia embraced every aspect of the 4-H program. She competed in a variety of 4-H programs like Project Achievement and Chicken BBQ where she became a Master 4-H'er for placing 1st in the state! Amelia was elected to serve as an officer on the Southwest District 4-H Board of directors and was even chosen as a National 4-H Youth in Action winner because of her incredible community service and leadership projects.

Her true passion is cooking! Amelia now uses all of the nutrition knowledge and food safety skills gained from 4-H cooking competitions, along with training in culinary arts school, as she excels in her career as an Executive Chef and Restaurant Manager! Chef Amelia's story shows that 4-H is the perfect place to explore your spark! Who knows... it might even lead to an awesome career!

Compiled and Written by: Laurel Sanville, SNAP-Ed Nutrition Specialist, University of Georgia

Contributing Writers: Dr. Ashley Carroll, UGA Extension 4-H Specialist; Dr. Christina Garner, UGA Extension 4-H Specialist; Gail Hanula, Retired UGA EFNEP Coordinator; Beth Kindamo, Assistant nutrition educator and program coordinator; Marilyn Poole, Retired UGA EFNEP Specialist and Health Rocks Coordinator

Reviewers: Judy Hibbs, UGA SNAP-Ed Program Coordinator; Carla Moore, UGA EFNEP Coordinator; Ali Berg, UGA Extension Nutrition & Health Specialist; Connie Crawley, Retired UGA Extension Nutrition & Health Specialist; Mandy Marable, Associate State 4-H Leader

Design and Layout by: Sam Pittard, Bulldog Print + Design; Tim Welsh, Bulldog Print + Design; Austin Childers, UGA SNAP-Ed; Erin Lovett, UGA SNAP-Ed

Dr. Michael Toews
Associate Dean for Extension

Melanie Biersmith
State 4-H Leader/Director of 4-H

Dr. Nick Place, Dean and Director, College of Agricultural and Environmental Sciences

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