



Friends

Nutrition & Healthy Living Curriculum
for Georgia 4-Hers

Nutrition and Healthy Living

Name _____

Grade _____ Teacher _____

School _____



UNIVERSITY OF
GEORGIA



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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 you could buy or just whatever was around? Your body actually is a little like a sports car. When you improve what you eat and increase the ways you move, your body performs better. You have energy to play hard, learn, grow, and stay healthy. Now, of course, food to our bodies is so much more than just fuel to a car. Every food choice we make sends a message to our body. Every food choice is an opportunity to direct our well-being; making smart food and activity choices may be easier than you think! So come with me, Arch the Dawg, to discover how to make smart choices that are right for you. Choices that fuel your body well so you can accomplish your goals and dreams. We will make a plan together that allows us to 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:

HES.1 & HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HES.2 & HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HES.3 & HE6.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

HES.4 & HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HES.5 & HE6.5: Students will demonstrate the ability to use decision making skills to enhance health.

HES.6 & HE6.6: Students will demonstrate the ability to use goal setting skills to enhance health.

HES.7 & HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HES.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 put on your plate or in your cup or bowl. Smart food choices come in a lot of different shapes, sizes and colors. The USDA's MyPlate icon helps us load up on healthy choices. Let's take a closer look at the 5 food groups...



Fruits

Fuel up with fruits at meals or 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.



Vegetables

Color your plate with great tasting veggies.

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



Grains

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.



Protein

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.



Dairy

Get your calcium-rich foods.

Choose fat-free or low-fat milk, yogurt, and cheese at meals and snacks. Dairy foods contain calcium for strong bones and healthy teeth.

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

KNOW YOUR "SOMETIMES" FOODS

Foods with added sugars or solid fats, such as candy, cake, cookies, chips, ice cream, soda, fruit punch, lemonade, hot dogs, and bacon are sometimes foods. They fill you up so that you don't have room for the foods that help you eat smart and play hard. Choose these once in a while, not every day.



Thought for Food

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.choosemyplate.gov for information about nutrition needs for your age and gender.



NO THANKS, I'M SWEET ENOUGH!



Did you know?

200 years ago the average American ate only **2 pounds of sugar** a year. Today, the average American eats almost **76 pounds of added sugar** a year! That is enough sugar to fill a **3 foot kiddie pool** 2.5 inches deep! The result of eating **too much sugar** is less than sweet on our bodies and can lead to health problems. Become a sugar detective and **uncover how much sugar sneaks** into your food. When you know the facts you can stop sugar from **robbing you of a healthy diet.**



Almost half of the added sugars we take in come from drinks like sodas, sweet tea, fruit drinks, and energy drinks.



BE A SUGAR SLEUTH!

The Nutrition Facts label is a good place to practice your sugar detective work. While most packaged food must use a new label by July 2018 that will have a separate line for added sugar, the current label has many clues we can use to look for added sugars. The ingredient list tells you what is in a food. Pull out your spy glasses and look for words like: sucrose, high fructose corn syrup, dextrose, cane sugar, corn syrup, brown sugar and more. If added sugar is in the first 3 ingredients you may want to re-think your food or drink choice. Use the labels and accompanying questions on p. 5 to sharpen you sleuthing skills!

What are "Added Sugars?"

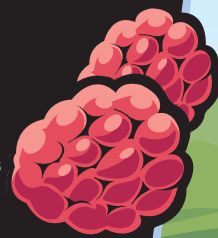
Just like it sounds, added sugars aren't in foods naturally—they're added. Natural sugars—in fruits, vegetables, and unflavored milk—are not added sugars. The Dietary Guidelines for Americans recommends eating no more than 10% of your calories each day as added sugars. If you needed 1800 calories a day, can you figure out how many calories from added sugar would equal 10%? Write your answer here _____

Answer on page 7



CLASS ACTIVITY IDEA:

For your next class party, host a water bar! Set out bowls of "add-ins" such as: slices of lemon, lime, orange, grapefruit, pineapple, cucumbers; mint, basil, or rosemary leaves; any type of berry; use your imagination! Give everyone a glass of either regular ice water or seltzer water. Then choose 2 or 3 "add-ins." Mash the add-ins with the back of a spoon, give a swirl and bottoms up!



SPOTLIGHT ON CAREERS

Good nutrition is essential to our health. How many different careers can you think of that involve nutrition? You might consider careers in nutrition education, dietetics, nutrition research, wellness, sports nutrition, government, media, sustainable food systems, food safety, food industry and lots more. List as many careers as you can that involve nutrition. If one career really interests you, ask an adult to help you do some research for more information about that career.



THINK BEFORE YOU DRINK



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Do you know how much sugar is in your drink? Put on your detective hat and let's find out!

Low-fat 1% Milk

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 1

Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	16%
Vitamin A	10%
Calcium	30%
Vitamin D	25%

INGREDIENTS: LOWFAT MILK, FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3.

Soda

Nutrition Facts

Serving Size 8 fl oz (240 mL)

Amount Per Serving	
Calories 103	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 7mg	0%
Total Carbohydrate 26g	10%
Sugars 26g	
Protein 0g	

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

100% Orange Juice

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving	
Calories 122	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 5mg	0%
Potassium 443mg	13%
Total Carbohydrate 29g	10%
Sugars 21g	
Protein 2g	4%
Vitamin C	139%
Thiamin	17%

INGREDIENTS: 100% PURE ORANGE JUICE NOT FROM CONCENTRATE.

Juice Type Drink

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving	
Calories 122	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 27g	9%
Sugars 27g	
Protein 0g	
Vitamin A	0%
Vitamin C	100%
Calcium	0%
Iron	0%

Contains 10% juice.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE CONCENTRATE, CITRIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), NATURAL FLAVOR, YELLOW COLORING, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).

Sports Drink

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 110mg	4%
Potassium 30mg	1%
Total Carbohydrate 14g	5%
Sugars 14g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, SUCROSE, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, BLUE COLORING, GLYCEROL ESTER OF ROSIN, CARAMEL COLOR.

Sweet Tea

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving	
Calories 85	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Sugars 23g	
Protein 0g	

INGREDIENTS: FILTERED WATER, SUGAR, CITRIC ACID, TEA, NATURAL FLAVORS.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

- Which one has the least sugar? _____
- Which one has the most sugar? _____
- Which one has the most calcium? _____
- Which two have no *added* sugar? _____

(Hint: read the ingredient lists) - Answers on page 7.

Challenge yourself to make a difference in your health!

Commit to drinking non-fat or low-fat milk, water, unsweetened iced tea, & 100% fruit juice (limit to 4-6 oz/daily).



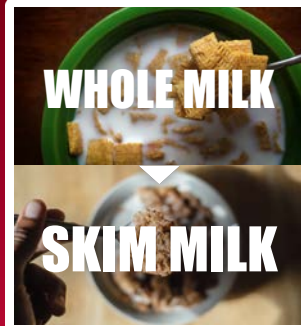


SMART SHIFTS

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.



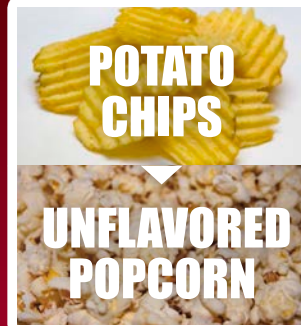
Shift from whole milk to skim or low-fat milk in your breakfast cereal



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

Smashed Lemony Legume Dip

(Legume is a fancy word for dried peas and beans like pintos, black-eyed and white beans)

Things you'll need:

- Blender, fork or potato masher
- Measuring spoons
- Measuring cup
- Spatula or large spoon

Ingredients:

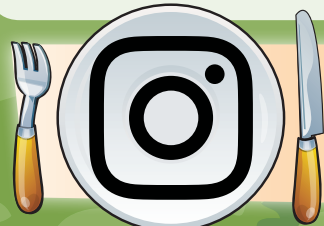
- 1 16-ounce can white beans, drained and rinsed with cold water (almost any bean can be used: pinto, black-eyed peas, garbanzos or others)
- 2 garlic cloves, peeled and chopped (or ¼ teaspoon garlic powder)
- 3 Tablespoons olive oil (or another oil)
- ¼ cup lemon juice
- Pinch salt



Instructions:

- Wash your hands with soap and water for 20 seconds. Gather all your equipment and ingredients.
- With the help of an adult, add the white beans, garlic, oil and lemon juice to the blender. (If you don't have a blender, you can smash everything using a fork or potato masher. It won't get as smooth but it will still be yummy!) Turn on blender and blend until smooth. If you are adding extra spices, add now.
- Spoon into a serving bowl. Cover and refrigerate for at least 1 hour, and up to 2 days.
- Serve this delicious treat with cucumber, carrot, celery or zucchini slices, or whole wheat crackers or pita bread.

Add Ins: Make this dip your way! Consider adding any of the following: basil, parsley, chives, olives, chili peppers, hot sauce or salsa. Adapted from ChopChopKids



SNAP YOUR PLATE

If mom and dad say it's OK, snap a photo of your smart meal or beverage and share it with us via 4-H social media on Twitter @Georgia4h #georgia4h, Instagram @officialgeorgia4h, and Facebook at /georgia4h. Make sure your plate models the MyPlate guidelines on page #3!



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.



Examples of moderate-intensity activities are:

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

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 vigorous-intensity activities include:

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

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.

MAKE ACTIVITY PART OF YOUR ROUTINE

- ▶ Create a family profile, set fitness goals and rewards together
- ▶ Create a group to join other families or school groups to compete
- ▶ Find family-friendly recipes, activities and more on the Walk Georgia blog
- ▶ Get healthy, eat better and develop lifelong active habits with Walk Georgia
- ▶ FREE, online program. Register your family at walkgeorgia.org today!



Foodie / Fractions

Madison wants to bring Smashed Lemony Legume Dip to the school picnic. The recipe (see page 6) doesn't make enough. Can you help Madison triple her recipe? She would also like to make some just for her teacher. Can you half this recipe for her? Multiply each ingredient by 3 and then by ½ to help Madison.

Triple	1 can white beans	_____ cans	x 3 =	_____ cans	Half	1 can white beans	_____ can	x 1/2 =	_____ can
	2 garlic cloves	_____ cloves		_____ cloves			2 garlic cloves		_____ clove
	3 Tbsp olive oil	_____ cup		_____ cup			3 Tbsp olive oil		_____ cups
	1/4 cup lemon juice	_____ Tbsp		_____ Tbsp			1/4 cup lemon juice		_____ Tbsp

Answers from page 7 - Triple = 3 cans, 6 cloves, 9 Tbsp oil, 3/4 cup jc
Half = 1/2 can, 1 clove, 1 1/2 Tbsp, 1/8 cup jc

Answers from page 4 - 1800 calories x .10 = 180 calories from added sugar.
Answers from page 5 - 1 Milk 2 Juice Drink 3 Milk 4 Milk 100% Orange Juice



MY PLAN



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. _____

Two ways I will regularly add activity to my day:

1. _____

2. _____

For my club, my community, my country and my world!

Parents!
Want to learn more 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.



Thank you for taking time to review this publication with your child. Please help your 4-H leader know that you have learned more about Georgia 4-H with your child.

Parent/Guardian Signature

Date



REFERENCES AND RESOURCES

compiled and revised by: **Laurel Sanville**, SNAP-Ed Nutrition Specialist, University of Georgia

Originally written by: **Gail Hanula**, Retired UGA EFNEP 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**, UGA Extension 4-H Specialist

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

Linda Fox

Dean

College of Family and Consumer Sciences

Sam Pardue

Dean

College of Agricultural & Environmental Sciences

Laura Perry Johnson

Associate Dean for Extension

College of Agricultural & Environmental Sciences

Allisen Penn

Associate Dean for Extension & Outreach

College of Family and Consumer Sciences

Arch D. Smith

State 4-H Leader

Director of 4-H

Departmental Publication 4-H FM-08

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