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.

1. Serve **water** as the main beverage at four meetings.
2. Add 15 minutes of **physical activity** at four meetings.
3. Serve a **fruit or vegetable** as a snack* at four meetings.
4. Include activities that help members **understand each other and work better together** at four meetings.

*Consider food at all events and activities. If your club never has food, check the box on the Tracker.

Need some 4th H ideas? Try the tips below and visit www.HealthyKidsHub.org/4H

**Ideas for serving water:**
- Make fruit-infused water for meetings. Add fruit (e.g. citrus, 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.
- 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.

**Ways to enhance emotional and social health:**
- Practice some yoga breathing and poses to end your meetings.
- Have members act out an emotion and see if the rest of the group can guess what it is.
- Play a game that “links” members together and helps them get to know each other better.
Congratulations for taking on the 4th H for Health Challenge! Record the dates when you complete the healthy meeting activities: serve water, offer fruit or vegetables, do 15 minutes of physical activity, and do an activity to enhance social and emotional health.

You can do all the activities for four meetings or space them out over time.

If you’ve completed the challenge, keep the momentum going by doing the 4th H for Health activities at every club meeting and invite other clubs to take the challenge.

Questions? Contact Katie Riemenschneider at riemenschneider.13@osu.edu or visit www.ohio4h.org/4thHChallenge.
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.

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<th>VEGETABLES</th>
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<td>SAMPLE A:</td>
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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!
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.

- 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.

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.
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.

Find more ideas at [www.HealthyKidsHub.org/4H](http://www.HealthyKidsHub.org/4H)
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