



Health Project Brief

Learning Objectives

- Practice first aid skills to treat cuts, scrapes, nosebleeds, bee stings and more
- Understand how to respond to someone who is choking or has broken a bone
- Discover and develop a new appreciation of personal interests and talents
- Assemble a first aid kit
- Interview members of the medical profession
- Identify areas of personal talent
- Explore hygiene, nutrition and physical activities
- Learn about fitness, sports nutrition, and injury avoidance

Fair Projects

- Assemble a first aid kit
- Develop a first aid instruction book
- Weekly water intake - poster or chart
- Personal fitness plan - poster or chart
- Develop a board game with interesting health facts
- Plant a "theme" garden (pizza, salsa, salad, etc) and take photos to make a scrapbook

Demonstration Ideas

- Injury prevention - proper protective gear, how to use athletic equipment safely and practice safety techniques
- Prepare a healthy snack
- Compare different toothbrushes
- How to properly wash hands
- How to make antiseptic wash
- How to apply bandages

Field Trips

- Hospital or clinic
- Pharmacy - first aid kit items, personal hygiene, etc.
- Fitness center or gym
- Garden center
- Grocery store - produce, health food sections
- Visit with an Emergency Medical Technician (EMT)

Ideas for Speech Topics

- "Natural" approaches to staying healthy
- Nutrients in your favorite snack food
- How gardening or yard work increases flexibility, strength and endurance
- How to prevent insect stings and what to do if you get one
- Recognizing poisonous products inside and outside the house

Critical Thinking

- Why is it important to stay calm in an emergency and know the facts?
- How can knowing the facts about your body help you feel calmer about an injury?
- Why do bright colors attract insects?
- Why is it important to read labels and follow the directions for proper use of household products and medicines?
- What items around the house might be used for a splint?
- What time of the day is it important to have a good meal? Explain.

Community Service

- Develop an exercise routine and teach others how to do it
- Develop a fitness plan to share with others
- Assemble first aid kits and donate them to community groups in need
- Share information with others about the importance of drinking water and staying hydrated
- Assemble personal hygiene kits and donate them to group homes, shelters and other places

Science & Technology

How have you used science and technology in this project area?

Examples:

- Record data about weekly water intake Acquire and evaluate fraudulent information about dietary supplements and enhancers
- Design experiments about different types of tooth brushes and their effectiveness
- Determine nutrients in favorite snack food by investigating each ingredient

Show Me Character

Trustworthiness - includes honesty, promise keeping and loyalty.

- Return any equipment you borrow, rent or use
- Be on time to activities so everyone can start on time

Respect - includes courtesy and proper treatment of people and things.

- Thank people for allowing you to borrow equipment and make sure you take care of the equipment you borrowed
- Always treat others the way you want to be treated

Responsibility - includes the pursuit of excellence, accountability and perseverance.

- Learn how you can be the healthiest "you" possible
- Try out different activities to see what works best for you
- Set goals for your project and work hard to meet those goals
- Spread your work out over the entire project year so you get the best possible results

Fairness - involves consistently applying rules and standards appropriately for different age groups and ability levels.

- Treat all people of all ability levels with respect
- Only judge people on their character, not on their physical ability
- Take turns when playing games and sports

Caring - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.

- Take responsibility for your own body; making sure you do everything you can to take care of yourself
- Help friends and family understand how to live a healthy lifestyle
- Give friends and family support when they are making changes in their lives

Resources

771 First Aid

Y620 4-H Project Record
Y7710 First Aid in Action

772 Staying Healthy

Y620 4-H Project Record
Y7720 Staying Healthy

To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone 1-800-292-0969

For additional resources check with your local University of Missouri Extension Center or the 4-H Source Book at <http://www.4-hmall.org/educationalresources.aspx>.

Citizenship - includes making the home community and county a better place to live for themselves and others.

- Volunteer to help with community wellness events
- Always play by the rules
- Listen to the rules and obey what project leaders and coaches tell you
- Think of ways to promote healthy living in your community

Show Me Standards

Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:

- **Health/Physical Education** - structures of, functions of, and relationships among human body systems; responses to emergency situations.
- **Mathematics** - addition, subtraction, multiplication and division.
- **Communication Arts** - participating in formal and informal presentations and discussions of issues and ideas

773 Keeping Fit

Y620 4-H Project Record
Y7730 Keeping Fit