

Newsletter

4-H/YOUTH DEVELOPMENT



Professor Popcorn Explores Nutrition!

President's Agenda

"I now call this meeting to order. The American Pledge will be led by _____ and the 4-H Pledge will be led by _____; please stand. *(After the pledges are recited say the following.)* Thank you, pledge leaders.

Will the secretary please read the minutes of the last meeting? *(After the minutes are read, say the following.)* You have heard the minutes of the last meeting, are there any corrections or additions? If not, do I hear a motion to approve the minutes? Is there a second? All those in favor of the motion say "yea." Thank you. Now all those opposed to the motion say "nay." The motion carries.

Is there any old business to discuss? Is there any new business to discuss? I now turn the meeting over to the vice-president who is in charge of the program.

(After the program say,) Thank you, vice-president for a good program. Does our guest have a presentation? Do we have any games or songs by the game and song leaders? *(After games or songs say,)* Do I hear a motion to adjourn the meeting? Is there a second? The meeting is adjourned.



Vice-President's Agenda

In today's program, we will explore nutrition with Professor Popcorn. Everyone has to eat in order to survive, but did you know that the foods you eat can help you be a healthy person? There are several easy steps you can take to become a healthier you. Good nutrition is one of the ways we can be healthier. Nutrition is the process of taking in food and how your body uses the food you are eating. Having good nutrition means improving your health, staying in shape, being stress-free and being your best! Your diet can even effect how well you do in school! Thanks to those presenting the program. I now turn the meeting over to the president.



- “My Pyramid” will be shared by _____.
- “Go for the Grain!” will be read by _____.
- Let’s hear “Vary your Veggies and Focus on Fruits” from _____.
- _____ will read “Eat Oils in Small Amounts and Get your Calcium-Rich Foods.”
- “Build Muscles with Meats and Proteins!” will be recited by _____.
- _____ will share “Soft Drinks.”
- “Activities” and “It’s Time for the 4-H Variety Show” will be announced by the president.
- “4-H Fairs” and “2009 4-H Camp!” will be announced by the secretary.

My Pyramid

We need a variety of foods to be strong and healthy. Foods can be divided into different groups, and there are five major food groups. There is another category that includes fats, oils and sweets. This group is called “oils.” Some food from each group should be eaten every day, and some foods should be eaten more often than other foods. Remember, no food is more important or less important than another.

Go for the Grain!



The Grains Group provides energy for us to do the activities we enjoy. Start smart with breakfast and look for whole-grain cereals. Whole grains are the best sources of vitamins, minerals and fiber in this group. Whole-grain foods can be brown rice, whole oats, popcorn or whole grain corn. You should eat about six ounces of grain every day, and half of that should be whole-grain foods. One ounce of grain is the same as one slice of bread, a half of a hamburger or hotdog bun, one cup of cereal, or half of a cup of cooked rice or pasta.

Vary your Veggies and Focus on Fruits!

What’s green and orange and tastes great? Veggies! The Vegetables Group gives us vitamins and minerals. Did you know vegetables can also protect you against some diseases? A plate full of colorful vegetables is a sign that you are on the right track to eating healthier. Try some yellow corn, dark green broccoli, or orange carrots. Adding color to your daily diet is healthy, tasty and fun! The Fruits Group also provides us vitamins and minerals to help our bodies work correctly. Fruits are nature’s treats – sweet and delicious. Citrus fruits, like oranges, are high in Vitamin C. Vitamin C can help your body fight illness and keep you healthy.



Eat Oils in Small Amounts and Get Your Calcium-Rich Foods

Milk provides calcium and other nutrients to help us build strong bones. For an even healthier tip, look at the carton or container to make sure your milk, yogurt or cheese is low-fat or fat free. You should eat three cups of milk or milk products every day. One cup of nonfat milk is the same as one cup of nonfat yogurt or one and a half ounces of cheese. Oils, like those in nuts, are needed in small amounts. Oils are not a food group, but you need some for good health. Get your oils from fish and nuts.



4-H: Come. See.
EXPRESS

