

4-H +Me = Health: Fair Food

What will we learn? 4-H members will find out how many calories are in popular fair foods and determine how long it would take to burn off the calories in each of those foods by walking. Members will identify what fair foods are better nutritional choices, the consequences of eating excess calories, and ways they can burn off excess calories.

Why is this important? Making the connection between the amount of calories consumed and the amount of physical activity needed to burn off those calories can help 4-H members make healthier food choices.

Prep time needed: 1 hour

Activity length: 10 minutes

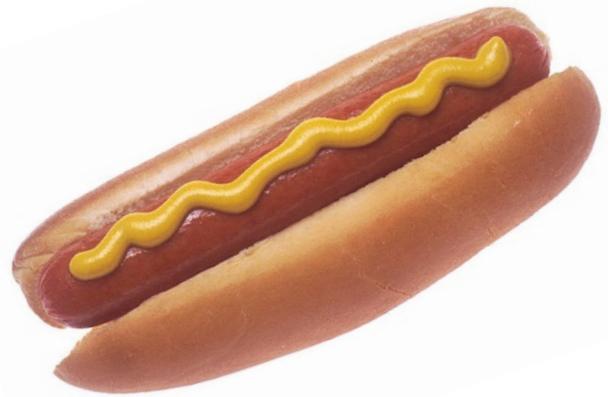
What will we need?

Preparation:

- Internet access
- Printer
- Paper or yardstick

At the meeting:

- Enough table or floor space for each youth



What do I need to do?

Preparation:

1. Visit iuhealth.org/images/uploads/14300_IUH_COE_State%20Fair%20Eat%20This%20Handout_v2.pdf to print out cards for the foods, calories and walking time of your selected demonstration foods.
2. Cut out the cards so they can be passed out at the meeting.

At the meeting:

1. Pass out the cards to the members and ask them to make a three-way match connecting each fair food to the amount of calories they think each food contains to the amount of time it would take to walk off the calories consumed with each food.

Example:

<u>Fair Food</u>	<u>Calories</u>	<u>Walking Time To Burn Calories</u>
Regular hot dog	215 calories	1 hour
Caramel apple	334 calories	1.6 hours

2. After the members have matched each food to its calories and the amount of time needed to burn those calories, use the *Eat This, Walk That* answer sheet from Indiana University to help them determine the correct answers. Tip: The walking time is based on a 140-pound male walking at a pace of 2.5 miles per hour, or about the pace someone would use to walk through the mall or to walk their dog.
3. Ask the group the following questions:
 - What did you notice about the food with the most calories? (*You have to walk farther to burn it off.*)
 - What happens when we eat more calories than our bodies can use? (*Our bodies hold on to the extra calories and we gain weight.*)
 - What are some ways to make sure we don't gain weight by eating too many calories? (*Be physically active by walking, swimming, running, playing, etc.*)
 - Which fair foods might be better nutritional choices?
 - What did you learn from this activity?

Summary: Making the connection between calories consumed and the amount of physical activity needed to burn those calories can help youth make smarter nutritional choices.

What 4-H projects does this activity connect with: Health, Sports and Foods

Resources:

http://iuhealth.org/images/uploads/14300_IUH_COE_State%20Fair%20Eat%20This%20Handout_v2.pdf