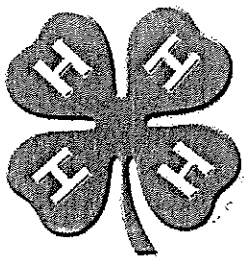
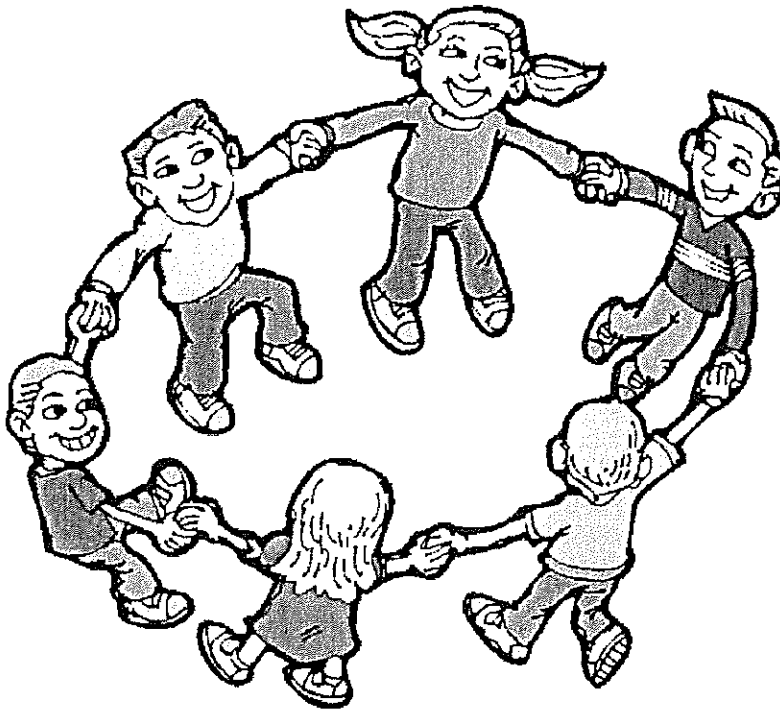
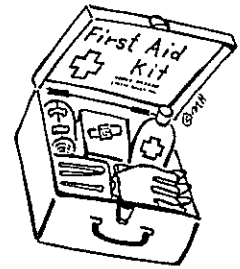




HEALTH



Vermillion County
Mini 4-H

WHAT DO I EXHIBIT AT THE FAIR FOR THE MINI 4-H HEALTH PROJECT?

*First, look through this book with a helper (Mom, Dad, or Grandparent). Do each activity, then decide on a project (listed below) that you would like to complete to turn into the fair!

*If this is your second or third year in Mini 4-H Health, be sure to pick a new activity!

*Most importantly, you and your helper should have **FUN!**

Option #1: Make a First Aid Kit



Ask your helper to gather bandages, sterile gauze, adhesive tape, antiseptic wipes, antibiotic ointment, and sterile gloves. Find an old coffee can, plastic zip-lock bag, old lunch box, plastic container, toothbrush holder, soap holder, or anything that can help hold your first aid supplies. Put each item in your container. After the fair, make sure to keep your first aid kit in a safe place you can easily get to!

Option #2: Make a Poster with Bus Safety Tips

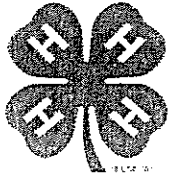


On an 11 X 22 horizontal poster board, draw OR print out a school bus. Using the bus safety worksheet, write OR print out some bus safety tips that will help you and other students can use while riding a school bus. In the bottom right hand corner, leave a 2" x 3" open area so that a name label can be attached when you bring it to the fair.

Option #3: Make a Poster using My Plate

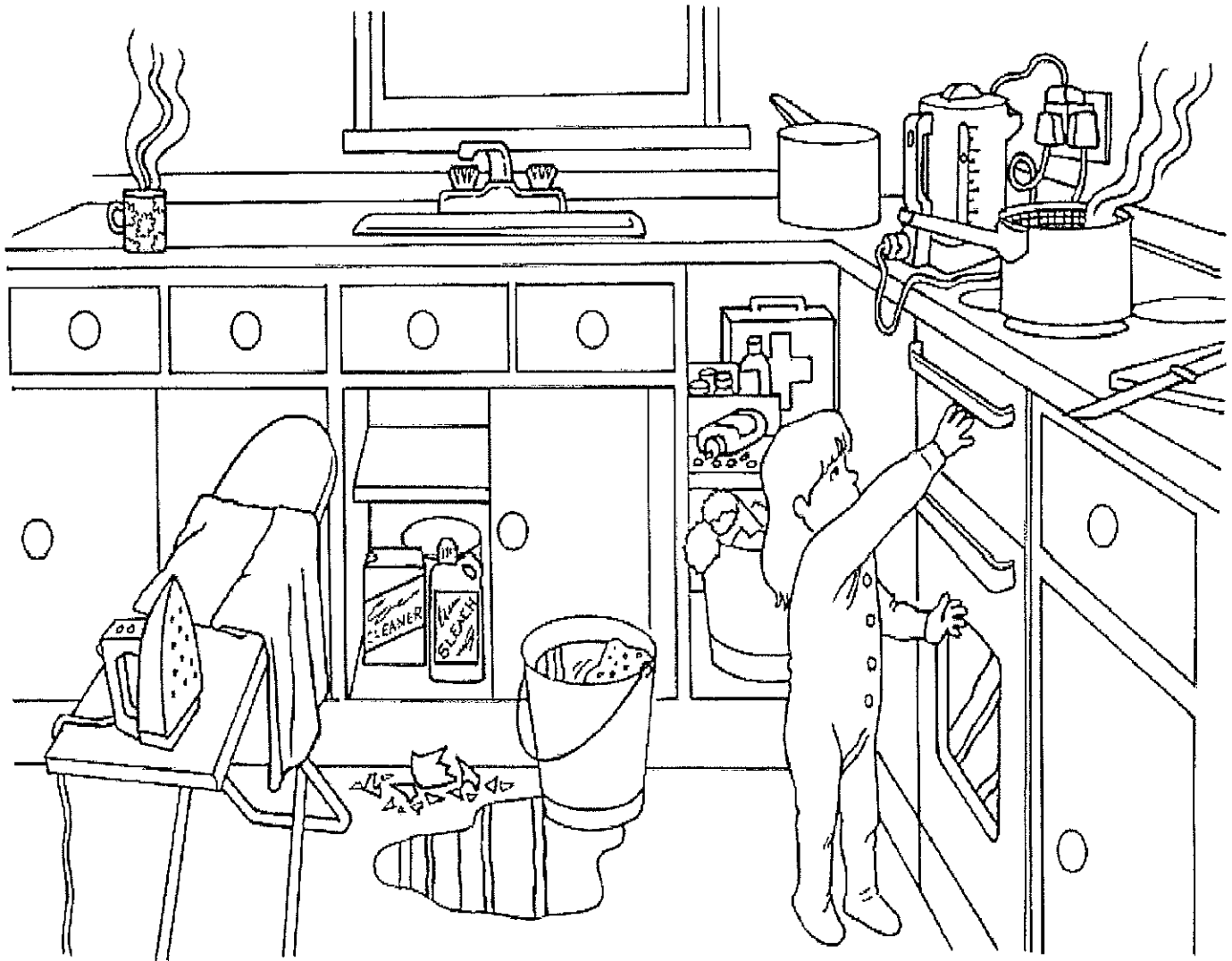


On an 11 x 22 horizontal poster board, color the My Plate worksheet and attach it to the poster board. Anywhere on the poster board, write OR print out helpful food tips into becoming a fit kid!



Kitchen Safety

Circle all of the unsafe things in this picture.



Reproduced by kind permission of Ten Alps Publishing

Do you have any of these habits in your kitchen? _____
List the things you will change about your own safety habits.

Kitchen Safety

It is fun to cook. Someday you may want to help make a tasty pizza snack. You can use the recipe below, but first learn the safety rules in the kitchen.

MINI PIZZA RECIPE

English muffins
shredded Mozzarella cheese
spaghetti sauce
basil
oregano

TO DO

- Have an adult preheat the oven to broil.
- Slice English muffins in half lengthwise.
- Put each muffin half into the toaster and toast.
- Remove the muffin from the toaster and spread one tablespoon of tomato sauce on each half muffin.
- Spread shredded Mozzarella cheese on top of tomato sauce.
- Sprinkle lightly with oregano and basil.
- Have an adult put the mini-pizzas in the broiler for about 2 minutes.
- Have an adult remove the pizzas from the broiler.

KITCHEN SAFETY RULES

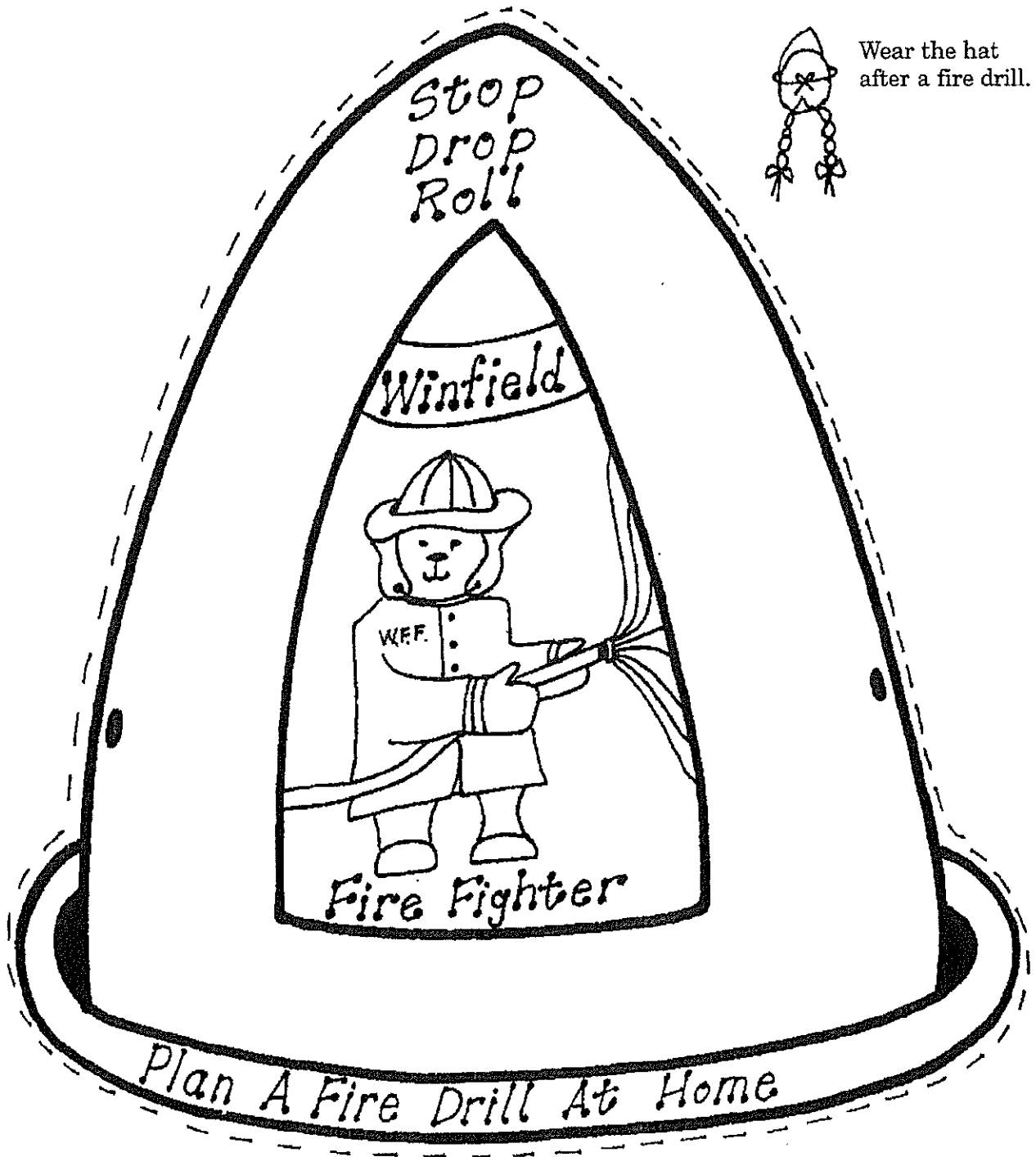
1. Wash your hands before touching food.
2. Do not stick metal objects in the toaster at anytime.
3. Do not use electrical appliances near water.
4. Use thick potholders when you pick up hot pots or pans.
5. Wipe up spills at once to prevent someone from slipping and falling.
6. Turn handles toward the back of the stove so they will not be knocked off or pulled off by younger children.

CAN YOU THINK OF ANY RULES YOU WANT TO ADD TO THIS SAFETY LIST?



Community Worker Hat—Firefighter

Use your bright red crayon to color Winfield Bear's fire hat. Cut it out. Use red yarn to tie it on.

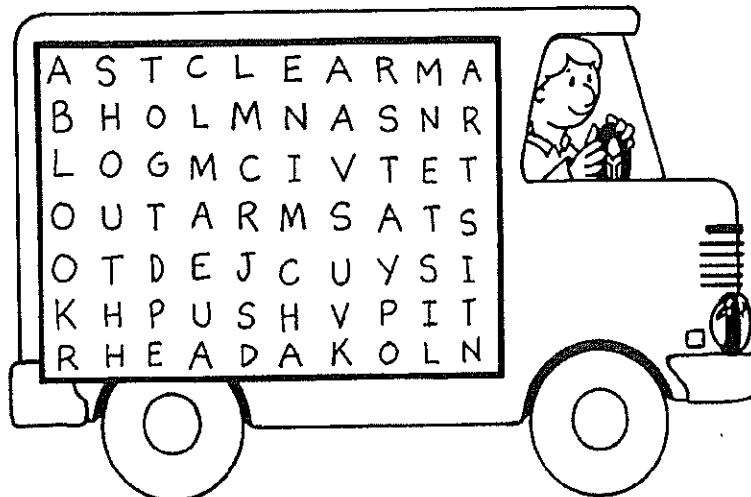


Bus Safety

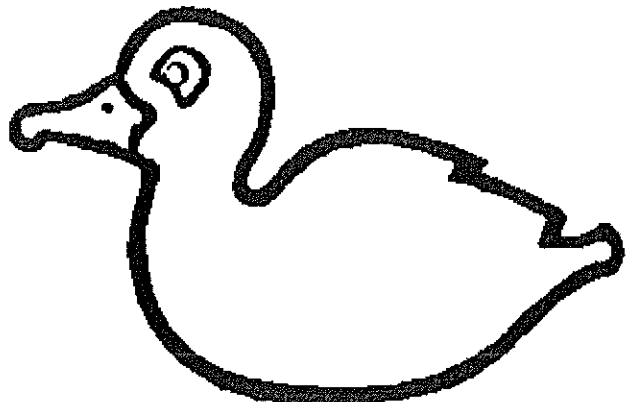
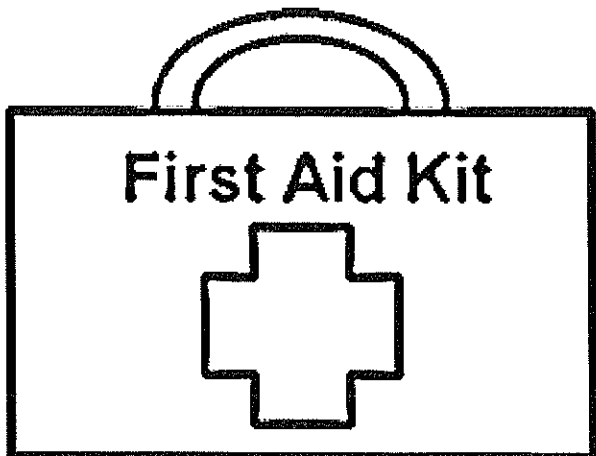
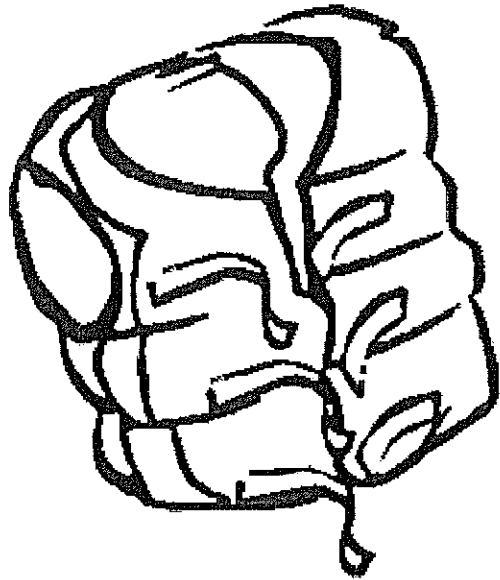
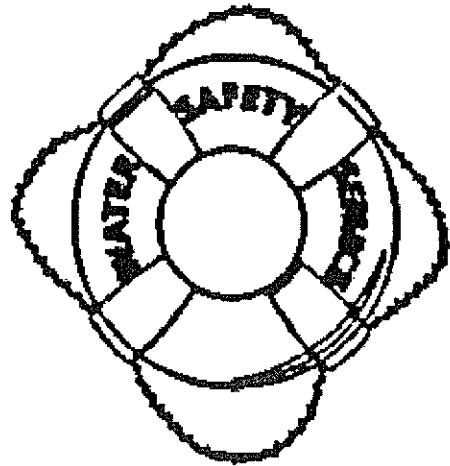
Read the sentences. Use the Word Box to help you fill in the missing words. Then circle these words in the wordsearch.

SIT	LOOK	ARMS	HEAD
PUSH	SHOUT	LISTEN	CLEAR
STAY			

1. I _____ in my seat.
2. I do not _____ on the bus.
3. I _____ in my seat until the bus comes to a complete stop.
4. I do not stick my _____ or _____ out of the window.
5. I keep the aisle _____.
6. I _____ to the bus driver, and do what he or she says.
7. I do not _____ to get on or off the bus.
8. When I get off the bus, I _____ both ways before crossing the road.



Color the items that you should have on your boat if it's under 16 ft and circle the items you should have on boats over 16 ft.



Basic First Aid

It is important in any emergency or survival situation to follow basic first aid procedures. It is wise for everyone to know these rules and techniques.

Remain Calm: When treating someone who is injured, try to remain calm. If you are calm, it will help the victim also remain calm.

Survey the Situation: Before beginning any treatment, always take a quick look at the situation. You may be able to learn more about what is wrong, and you will ensure that it is safe for you to help.

Poisoning: If you suspect that someone has swallowed something poisonous, immediately call the poison control center or the emergency services in your town. Tell the dispatcher exactly what the victim swallowed. Wait for instructions.

Shock: Any person who has been badly injured is likely to go into shock. This means that the body is shutting down and is depressing its normal functions. While waiting for emergency help to arrive, you can maintain the victim's body temperature by wrapping him or her in a blanket. If the person has no head or facial injuries, it is often helpful to lie the person down and elevate his or her feet 8–10 inches (20–25 cm). Try to keep the person calm.

Cuts and Scratches:

Direct Pressure: You can usually control bleeding by placing a bandage over the wound and pressing firmly with the palm of your hand.

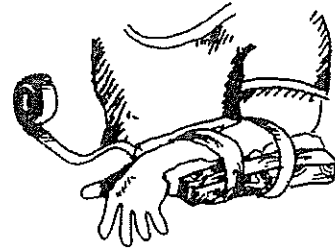
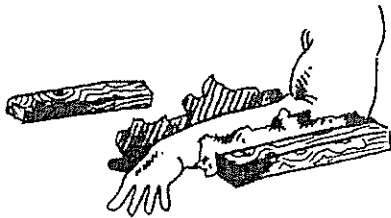
Elevate: If the injury does not involve broken bones, you can also lift the wounded limb higher than the victim's heart.

Breaks and Sprains:

If you can wait for emergency services to arrive, it is best not to move the person. This will ensure that the break does not become more severe. You can treat this person for shock.

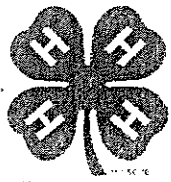
If you are not able to call or send for help, you can immobilize the limb by using a splint. (Always try to splint the limb as it lies. Do not move it. If you move a broken limb, it may worsen the situation.)

1. Place two stiff, well-padded splints on each side of the limb. You can use sticks, newspaper, cardboard, or any straight, stiff material to make your splint.
2. Use bandages, cord, or cloth to secure the splint in place. Tie the splint in several places so the limb cannot move. Do not tie a knot directly over the break.



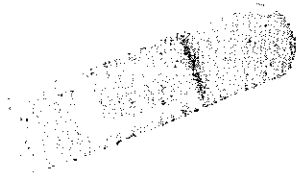
Activities:

1. Make up injury scenarios and have students role play the situations.
2. Have students practice splinting techniques by referring to a first aid book.

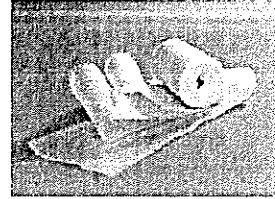


First Aid

Examine the items you find in a first aid kit, and write what they are used for.



Bandages



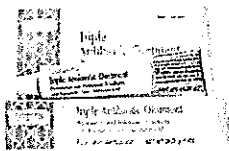
Sterile Gauze



Adhesive Tape



Antiseptic Wipes



Antibiotic Ointment



Sterile Gloves

Now, let's make a First Aid Kit!

Ask an adult to help gather the materials listed above. Find an old coffee can, plastic zip-lock bag, old lunch box, plastic container or anything that can help hold your first aid supplies. Keep your first aid kit in a safe place you can easily get to.

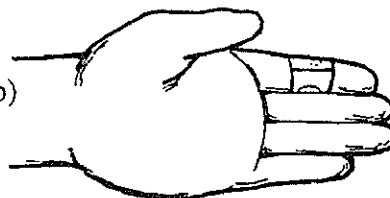


First-Aid Treatments

Students can practice and improve their first-aid knowledge by describing how they would react in four situations and learning the proper treatment in each case.

Materials

- copies of the following page (one for each group)
- paper and pencils



Directions

1. Briefly discuss the uses and limitations of first aid. Emphasize that it is the initial treatment of an injury and is not meant as a substitute for getting expert medical treatment. Emphasize the importance of notifying parents or trusted adults immediately if an injury occurs.
2. Discuss how first aid can be useful in helping to deal with minor injuries. Ask students to tell stories about minor injuries and how they were handled.
3. Divide the class into groups of four. Have each group assign the following tasks to the group members: one student reads the stories on page 53, one student leads the discussion of the story, one student writes the treatment and one student presents the proposed treatment to the class.
4. Groups can role-play the story, or ask the group reader to read the stories aloud. As each story is completed, have students discuss the possible treatments that could be initiated. As a class, compare the treatments proposed by each of the groups. When all groups have had the opportunity to suggest treatments, read the treatments outlined below.

Story A: Check to be sure that the object is not stuck in Timmy's foot. Apply pressure to the wound. Be patient. You may need to apply the pressure for up to 15 minutes. Raise the foot if possible. Put a sterile dressing over the wound. Get an adult.

Story B: Check to see if the stinger is still in the skin. If so, use the edge of a plastic card (credit card, etc.) to gently scrape the stinger out of the skin. (Do not use tweezers as this might squeeze more of the venom into the wound.) Apply a cold compress.

Story C: Wash your hands. Tilt the victim's head to the side. Keep the eye open and run cool, clean water gently over it until the object comes out. If you see the object, lift it out with the corner of a clean handkerchief. If that is not successful, have the person pull the upper eyelid down and over the lower eyelid. Get medical help if this procedure does not work.

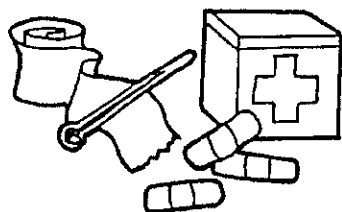
Story D: Run cold water in the sink, and have the person put the burn area into the cold water for 10–20 minutes. Cover the area with sterile dressing.



First-Aid Treatments *(cont.)*

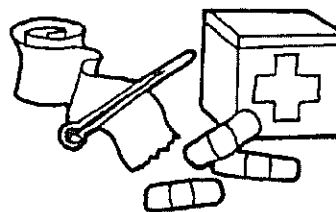
Name _____ Date _____

Directions: Read the following stories. Decide the course of treatment you would use in each story. Be prepared to discuss your decisions with the class.



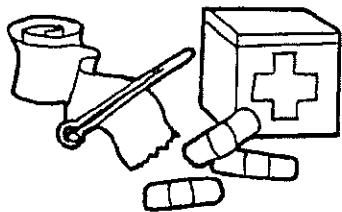
Story A

You are playing in the park near your house one day. John and you are throwing the baseball back and forth. John's brother, Timmy, is walking barefoot in the grass and steps on a sharp object. The foot is cut and is bleeding. What do you do?



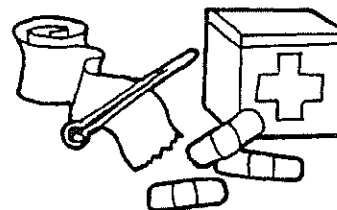
Story B

The family is having a picnic in your backyard. The adults are all inside, and the children are playing. Your sister is over near a flower bush, and suddenly a bee lands on her arm. She gets scared and tries to shake it off. It stings her. What do you do?



Story C

It is late at night, and you are doing your homework. You hear your brother say "Ouch," and you go into his room to see what is the matter. He is holding his eye and sitting on his bed. "There's something in my eye," he complains. What do you do?



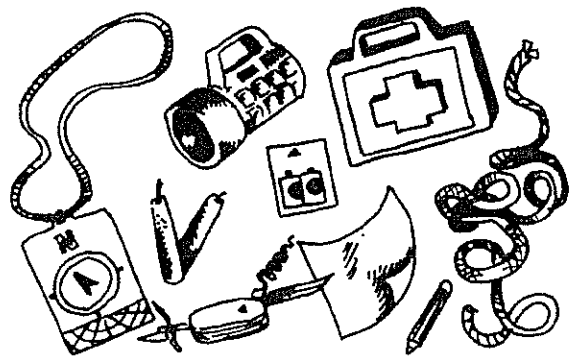
Story D

It is getting near dinnertime, and the roast in the oven is almost done. Your sister is playing with her friend. They run into the kitchen, and her friend slides on the floor. She puts out her hand to keep herself from falling, and she puts it right on the door of the hot oven. It really hurts. What do you do?

Survival Kits

Being prepared in an emergency situation is the first step to survival. A survival kit can help provide you with the tools you will need.

Discuss unpredictable emergency situations such as floods, earthquakes, or tornadoes with your class. (You may live in an area where some of these emergencies commonly occur.) Ask your students about the benefits of being prepared for an emergency. Discuss the purpose of making a survival kit and where you might store it for easy access in an emergency situation.



Tell students that they will be putting together their own survival kits with items from school and home. Remind them that the kits need to be small and light so the boxes they bring in should be about the size of a shoe box.

To start your students brainstorming about what should go into their kits, write "Survival Needs" on the board. Under this you can write "food," "water," "clothing," and "shelter." Ask the students to list items that they could place in their kits to meet these needs. Have students take home their lists and begin gathering items to make their kits.

Here is a list of items that you might wish to include in the survival kits:

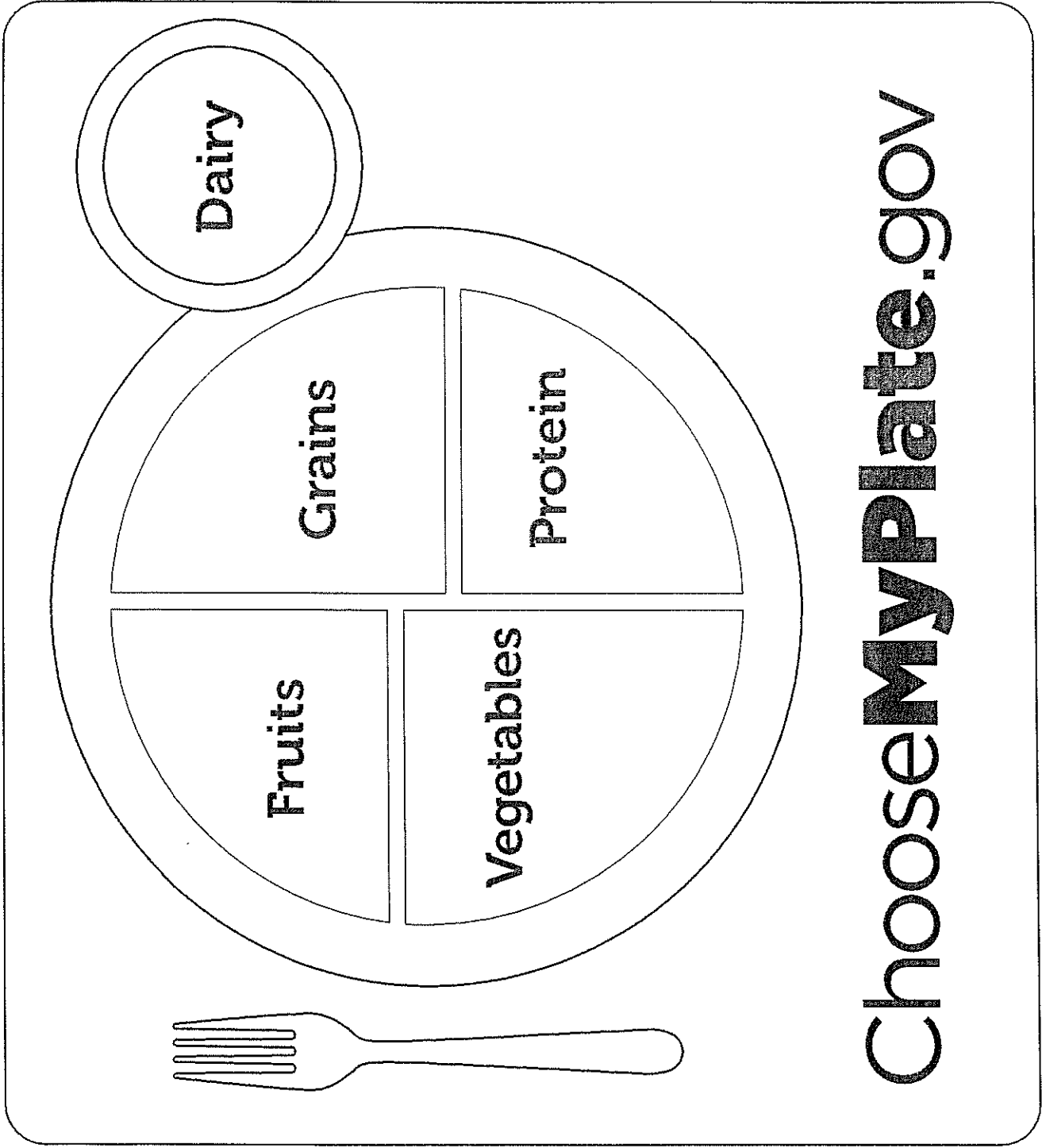
- compass
- iodine tablets
- dehydrated food
- pocket knife*
- matches in an airtight plastic bag*
- candle
- sealed water bottle
- rope
- flashlight with fresh batteries
- paper and pencil
- lightweight space blanket
- basic first aid kit (enclosed in a clean, sealed plastic bag)**

*Students may not be allowed to bring these items to school, but they may choose to place them in their kits when they store them at home.

**The contents of a basic first aid kit are the following:

- bandages
- roll tape
- band-aids
- needle and thread
- disinfectant
- first aid cream
- small scissors
- list of emergency numbers

When the kits are complete, students can decide where they will keep them for future emergency use. Students' completed kits would also make an interesting display on a survival theme night.

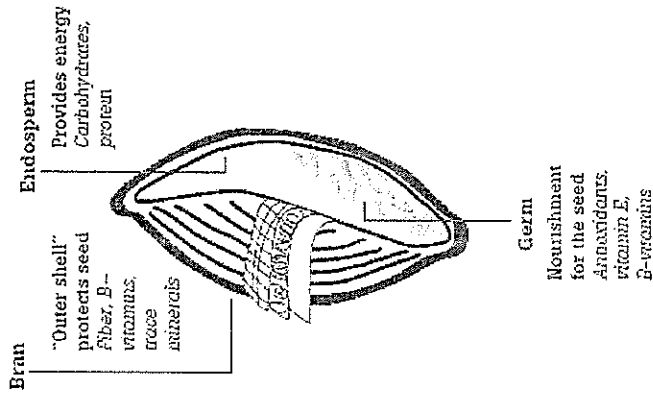


ChooseMyPlate.gov


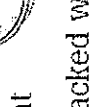


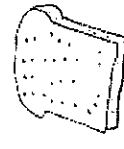

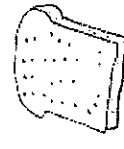











Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Whole grain kernel

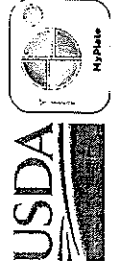


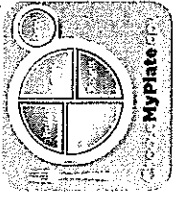
Some Examples of Whole Grains:

- brown rice 
- buckwheat 
- bulgur (cracked wheat) 
- oatmeal 
- popcorn 
- whole-wheat cereal 
- muesli 
- whole-grain barley 
- whole-grain cornmeal 
- whole rye 
- whole-wheat bread 
- whole-wheat crackers 
- whole-wheat pasta 
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas 
- wild rice 
- whole cornmeal 
- shredded wheat cereal 

Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.





10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack!
Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



6

pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

7

try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



freeze a frozen treat!

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

9

power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

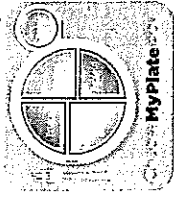
10

build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.



10 tips for being active every day



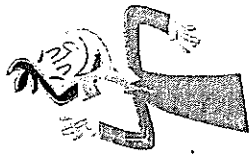
Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!



5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes at the bottom of the page with the same number to boxes. Copy the letters from the numbered boxes into the decode the hidden message.

PCNROPO

--	--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--

5

9

1

--	--	--

1

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3

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14

