

Mini Health Project Instructions

You may need an adult helper for projects and activities.

1. Choose an exhibit from these project options (pick one):

- Filling MyPlate
- Brain Box
- Meal Planning

NOTE: Directions to complete each option are in this manual.

2. Complete **two** of the following activities in this manual:

- (Heart)beat the Clock
- Exercise Experiment
- Toothbrushing Egg-spert

3. Bring all of the following to Mini 4-H check-in at the fair:

- Your project exhibit
- Your completed activities (in this manual)
- Your completed Record Sheet (in this manual)

Have fun learning all about being healthy!





Mini Health Activity #1 (Heart)beat the Clock



Our hearts pump a lot of blood. They have to be able to pump blood very quickly through our whole bodies to bring oxygen to our cells. We do not realize how much blood our hearts can pump, or how fast they can do it. In this activity, you will experience what your heart does every minute of every day to better understand how important your heart is to your health and well-being.

You will need: 2 large buckets/bowls, 1 gallon of water (1.3 to be exact!), $\frac{1}{4}$ cup measuring cup, stopwatch/timer, a pencil and this manual.

Directions: Fill one of the buckets with the gallon of water. This is the amount of blood your heart pumps every minute. Set your timer for one minute. Your task is to use the $\frac{1}{4}$ cup measuring cup to scoop all of the water from the full bucket into the empty bucket. See if you are faster than your heart is. Try to move all of the water to the other bucket in less than a minute.

What I learned:



Mini Health Activity #3

Toothbrushing Egg-spert



Teeth are very important, and you need to take care of them. You need them so you can chew the foods that you eat. Sometimes even the things we drink do damage to our teeth, so we need to keep them strong by brushing them every day! In this activity, you will explore how certain drinks can do damage to your teeth.

You will need: 3 hard-boiled eggs, 3 cups/bowls, toothbrush, toothpaste, some type of soda (root beer, cola, etc.), coffee, water, a pencil, and this manual.

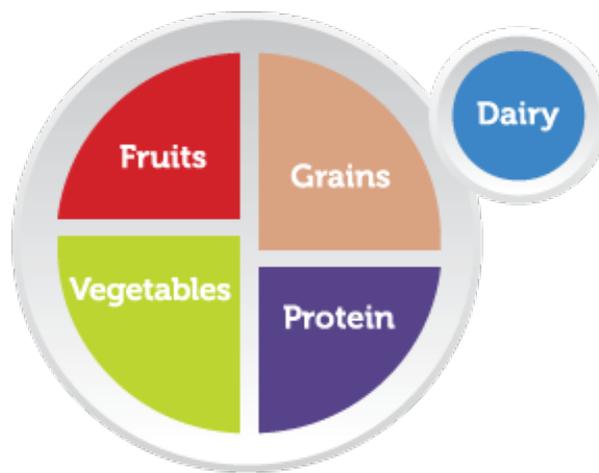
Directions: Place one hard-boiled egg into each glass/bowl. Pour the soda into one of the glasses, covering the first egg. Pour the coffee into another glass, covering the second egg. Pour the water into the remaining glass, covering the third egg. Let the three eggs sit in their glasses overnight. The next day, look at the eggs. What do they look like? How does the egg in water compare to the eggs in the soda and the coffee? Take the toothbrush and toothpaste, and use them to brush the eggs that are stained from the drinks, just like you would brush your teeth. Does brushing help remove the stains?

What I learned:

Mini Health Project Exhibit

Option #1: Filling MyPlate

A very important part of staying healthy is eating foods from all five food groups. One useful tool that we can use to help us keep track of how much of these foods we need to eat is called MyPlate:



MyPlate shows how much of each food group we should eat in a day. For this exhibit option, you will fill each spot on the MyPlate with healthy foods! Draw the MyPlate on a poster using the picture above as a guide. Use whatever flyers, magazines, catalogs, or advertisements you can find around your house to find pictures of healthy food choices that fit into each category. Cut them out and paste them onto the poster to fill your own MyPlate!

Your exhibit: a poster featuring a cut-and-paste collage of healthy food choices, using the MyPlate template as a guide. Identify what a serving size is for each section on the plate.

Mini Health Project Exhibit

Option #2: Brain Box

Another important part of staying healthy is taking care of not only your body, but your mind. Mental health is something we sometimes forget about, but it's always good to make sure we keep our emotions in check when we are feeling negative feelings.



One way to help deal with these feelings is to make a Brain Box. A Brain Box is a box filled with objects and activities to help you handle your negative emotions. This way, if you're feeling sad, or angry, or stressed, you can have a box full of things to use that can help you deal with these emotions. This could be anything from your favorite book to a soccer ball. Anything you think could help you deal with negative emotions can be in your Brain Box.



Your exhibit: a "Brain Box" filled with objects and activities to help you handle your negative emotions (sadness, anger, etc.)
Tell why you included the object in your box.

Mini Health Project Exhibit

Option #3: Meal Planning

Part of staying healthy is making sure that your meals include healthy options. This means choosing lots of fruits and vegetables, adding color to your meals, and picking home-cooked foods over fast foods. Planning meals with your family can be fun, and can also be a good way to find healthy options to eat!



You will search for a meal to make for your family that includes foods from each of the five food groups: dairy, protein, fruits, vegetables, and grains. With the help of an adult, you will plan, prepare, and serve your healthy meal to your family!

Your exhibit: A notebook or poster with recipe(s), dinner menu, pictures, and anything else you would like to add to showcase the healthy dinner that you planned and prepared for your family.

Mini 4-H Health Project Record Sheet

Name _____

Club _____

Township _____ Grade _____

What was your exhibit? _____

How many hours did it take for you to complete your project and activities? _____

What lifeskills did your use? _____

What did you learn from your two activities? _____

Did you enjoy this project? Yes No

Suggestions: _____

Parent or leader Signature _____