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

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.

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 of gym
• Garden center
• Grocery store - produce, health food sections
• Visit with an Emergency Medical Technician (EMT)

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

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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

**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

**Resources**

- **771 First Aid**
  - Y620 4-H Project Record
  - Y7710 First Aid in Action

- **773 Keeping Fit**
  - Y620 4-H Project Record
  - Y7730 Keeping Fit

- **772 Staying Healthy**
  - Y620 4-H Project Record
  - Y7720 Staying Healthy

**To Order**
Extension Publications online at [http://extension.missouri.edu/explore/shop/](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](http://www.4-hmall.org/educationalresources.aspx).