4-H health projects are designed to help you learn about staying healthy through a variety of hands-on activities to keep you and your family healthy.

- Learn how to assemble a first-aid kit and how to treat cuts, stings, strains, bruises and other injuries.
- Learn about the benefits of staying fit.
- Learn about keeping your hair, skin, nails, teeth, ears and eyes healthy.

**Here’s what you can do all year!**

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**Beginner Level 1**
- Learn how to make a first-aid kit and how to do first aid for:
  - Cuts and scrapes
  - Choking
  - Sprains, strains and bruises
  - Nosebleeds
  - Getting rid of foreign objects
  - Stings
  - Bites
  - Poisons
  - Broken bones
  - Burns

**Basic Level 2**
- Learn about:
  - Fitness components (flexibility, strength and endurance)
  - Tracking your water intake to monitor your hydration
  - Choosing nutrient-rich foods to fuel activity
  - Recognizing accurate and false information about supplements
  - Warming up and cooling down
  - Wearing protective gear
  - Measuring heart rate and BMI

**Intermediate Level 3**
- Learn how to:
  - Complete a self-assessment
  - Recognize where germs hide
  - Keep your hair, skin, nails, teeth, ears and eyes clean
  - Choose “power foods” that are nutrient-rich
  - Create healthful snacks and portion sizes
  - Choose physical activities to stay healthy

**Pass it on!**
Now that you know how, share it with others. Here are ideas to get you started.

**Communication**
- Teach friends how to make a first-aid kit.
- Tell your family about the importance of staying healthy.
- Design a poster about health and fitness.

**Citizenship**
- Volunteer at a nursing home or hospital.
- Volunteer at a health fair or fitness event in your community.

**Leadership**
- Encourage someone to become your club’s “Healthy 4-H Club” officer.
- Help organize a health fair in your community.
- Help someone with his or her health or fitness project.
- Invite someone to your club to talk about staying healthy.
- Teach your family or friends something you learned about health.

**Entrepreneurship**
- Organize a fundraiser for your club (such as first-aid kits for sale).

Learn more at [www.ndsu.edu/4h](http://www.ndsu.edu/4h) or contact your county NDSU Extension office.

Updated 4-2016
Here are other opportunities to explore health:

- Look up accurate information about health and fitness on the websites provided.
- Keep a journal of your fitness activities and food intake.
- Videotape role-playing on good vs. bad habits related to health.
- Survey kids about germs, fitness and nutrition, then chart and graph the data.
- Consider taking an exhibit or piece of your project to the fair for judging and to show what you have learned throughout the year.
- Contact your county NDSU Extension office for local workshops, activities and events.
- Meet others interested in health.
- Attend the 4-H Youth Conference and participate in workshops, motivational speakers and a community service project.

### 4-H Resources

- National 4-H Health Curriculum
  - First Aid in Action (ED111)
  - Staying Healthy (ED112)
  - Keeping Fit (ED113)
- Educational Trunks including “Eat Smart. Play Hard.”
- Healthy ND 4-H Clubs recognition program
- Family Mealtime Challenge

### Other Resources

- Eat Smart. Play Hard. Together
- MyPlate (U.S. Department of Agriculture)

### Record Keeping

- Planning for My Project Adventure (PA093)
- ND 4-H Project Plan (PA095)
- ND 4-H Plan of Action (PA096)
- ND 4-H Participation Summary for 11-19 years old (PA098)

Learn more at [www.ndsu.edu/4h](http://www.ndsu.edu/4h) or contact your county NDSU Extension office.

### Exhibit Ideas

- Make a calendar featuring healthful recipes for a gift.
- Create a portfolio or display about assembling a first-aid kit.
- Create a portfolio or display about treating cuts and scrapes, choking, sprains, strains and bruises, nosebleeds, getting rid of foreign objects, stings, bites, poisons, broken bones or burns.
- Create a display about preparing healthful snacks.
- Create a portfolio or display showing fitness activities.