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!

<table>
<thead>
<tr>
<th>Beginner Level 1</th>
<th>Basic Level 2</th>
<th>Intermediate Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn how to make a first-aid kit and how to do first aid for:</td>
<td>Learn about:</td>
<td>Learn how to:</td>
</tr>
<tr>
<td>- Cuts and scrapes</td>
<td>- Fitness components (flexibility, strength and endurance)</td>
<td>- Complete a self-assessment</td>
</tr>
<tr>
<td>- Choking</td>
<td>- Tracking your water intake to monitor your hydration</td>
<td>- Recognize where germs hide</td>
</tr>
<tr>
<td>- Sprains, strains and bruises</td>
<td>- Choosing nutrient-rich foods to fuel activity</td>
<td>- Keep your hair, skin, nails, teeth, ears and eyes clean</td>
</tr>
<tr>
<td>- Nosebleeds</td>
<td>- Recognizing accurate and false information about supplements</td>
<td>- Choose “power foods” that are nutrient-rich</td>
</tr>
<tr>
<td>- Getting rid of foreign objects</td>
<td>- Warming up and cooling down</td>
<td>- Create healthful snacks and portion sizes</td>
</tr>
<tr>
<td>- Stings</td>
<td>- Wearing protective gear</td>
<td>- Choose physical activities to stay healthy</td>
</tr>
<tr>
<td>- Bites</td>
<td>- Measuring heart rate and BMI</td>
<td></td>
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<tr>
<td>- Poisons</td>
<td></td>
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<tr>
<td>- Broken bones</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Burns</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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/ or contact your county NDSU Extension office.

Updated 9-2019
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)
- 4-H Food Preservation (ECC115)
- Educational Trunks including “Eat Smart. Play Hard.”
- Healthy ND 4-H Clubs recognition program

### Other Resources

- Family Mealtime Challenge
- MyPlate (U.S. Department of Agriculture)
- Energizers for Nutrition Education

### 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)

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