Exploring 4-H

Dear 4-H Exploring Family,

This booklet is designed to encourage your 4-H’er to seek your help with these activities. We know you are the most important people in your 4-H’er's life. We believe that helping with these activities will be a good way for kids and parents to get together.

After Exploring: Discuss with this 4-H’er:

* Which activities were the most fun
* What was learned about:
  * Self
  * 4-H
  * Others
  * The environment

Now What?

* Discuss with this 4-H’er and the leader what opportunities are available in 4-H.
* Help your 4-H’er decide what 4-H projects he or she is most interested in.
* Plan for more family activities.

I have read this page and will help this 4-H'er.

[Adult’s signature]

Agriculture • Home Economics • 4-H • Development
Dear 4-Her,

Congratulations! You have begun a new, exciting adventure. It is called Exploring 4-H. You are a member of the largest club for young people in the world. The symbol for 4-H is a four-leaf clover. It means "good luck." The color is bright green. There are H's on each leaf of the clover. They stand for head, heart, hands, and health.

The slogan for 4-H is "Learning by Doing."

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4-H PLEDGE

I PLEDGE MY **HEAD** to clearer thinking, 
**HEART** to greater loyalty, **HANDS** to larger service, and **HEALTH** to better living, for my club, 
my community, my country and my world.

---

I learned the pledge. □ Yes □ No

Remember to show your Exploring 4-H book to your family, and let them know what you are doing. They may work with you on some of the activities. ★ Have fun Exploring 4-H!
MY CLUB

I Belong to the

4-H CLUB

MY CLUB NAME IS

__________________________________________

THERE ARE ____ MEMBERS.

____ ARE BOYS.

____ ARE GIRLS.

4-H OFFICERS

CAN YOU NAME THEM ALL?

__________________________

__________________________

__________________________

__________________________
ALL ABOUT ME

MY NAME IS _____________________.

I AM A □ BOY  □ GIRL         I WEIGH ______ POUNDS.

MY EYES ARE ______ (COLOR).

I WEAR GLASSES. □ YES □ NO

I HAVE FRECKLES.
□ YES □ NO

MY BIRTHDAY IS:

MONTH ___________       I AM __________ FEET,

DAY _______        _______ INCHES TALL.

YEAR _______        ONE INCH IS 2.5

CENTIMETERS.

I AM ______ YEARS OLD.

A GOOD CITIZEN KNOWS ABOUT THE
PLACE HE OR SHE LIVES, AND IS A GOOD
NEIGHBOR. ______ (YOUR NAME) IS A
GOOD CITIZEN.

THE 4-H MOTTO IS "TO MAKE
THE BEST BETTER." A GOOD CITIZEN
FOLLOWS THE 4-H MOTTO AND TRIES TO
MAKE THE PLACE WHERE HE OR
SHE LIVES BETTER.

DRAW A STAR ON THE MAP
WHERE YOUR COUNTY IS
LOCATED.

I LIVE IN ________
COUNTY IN THE STATE
OF ________.

DRAW A MAP OF YOUR
COUNTY. PUT A □ WHERE
YOU LIVE.

PUT A DOT WHERE THE COUNTY
SEAT IS LOCATED.

THE COUNTY SEAT IS ________.
PLANTS AND SOIL

PLANTS NEED WATER TO GROW.

PLANTS NEED ENERGY FROM THE SUN TO MAKE FOOD FROM WATER AND CARBON DIOXIDE.

THE FLOWERS GROWING IN MY YARD ARE:


HINT: DON'T FORGET WILDFLOWERS!

WE CALL THE OUTER LAYER OF THE EARTH'S SURFACE SOIL. SOIL IS ONE OF THE THINGS PLANTS NEED TO GROW. SOIL IS FORMED BY THE BREAKDOWN OF PARENT MATERIAL BY HEAT, COLD, WATER AND RAIN.

PLANTS ALSO NEED FERTILIZER TO HELP THEM GROW.
A D O P T  A  T R E E

FIND A TREE YOU LIKE. GIVE IT A NAME THAT FITS. WHAT KIND OF TREE DID YOU ADOPT? ______
GIVE ITS COMPLETE NAME. EX: RED MAPLE. WHAT NICKNAME DID YOU GIVE IT? ______
WHY DID YOU SELECT THIS TREE? ______

PLACE A TAPE MEASURE AROUND YOUR TREE 4 1/2 FEET ABOVE THE GROUND. MEASURE AROUND THE TRUNK. THIS IS THE CIRCUMFERENCE OF YOUR TREE. MY TREE MEASURES ______ INCHES.

BEAUTIFY YOUR MAIL BOX. CLEAN IT UP & GIVE IT A NEW COAT OF PAINT. PLANT SOME FLOWERS AROUND IT.

MOST PLANTS HAVE FLOWERS. THE PURPOSE OF FLOWERS IS TO PRODUCE SEEDS. THE STAMEN IS THE "FATHER" PART OF THE FLOWER. THE PISTIL IS THE "MOTHER" PART OF THE FLOWER.

FIND A FLOWER, TAKE IT APART TO FIND THE PETAL, PISTIL AND STAMEN.

MOUNT AND LABEL YOUR FLOWER HERE.
SEE WHAT'S IN SOIL:

* Get a quart jar with a top and enough soil to fill ¼ of the jar.
* Let the soil dry, crush all the lumps and remove trash & rocks.
* Fill jar ¼ full with the soil & ¾ full with water.
* Add 1 tablespoon of laundry detergent, close lid and shake hard for 3 minutes. Shake until particles are separated.
* Put jar down & watch very closely for a few minutes. Write down what you see happening.

Do not disturb jar for 2 days.

* Place a card beside the jar & mark the different layers of soil. Find out what the layers are.
* Bring the card to your club meeting and tell what happened.

DIG DEEPER

Did you know that you can grow house plants from garbage?! Lemon, orange and grapefruit seeds that are usually thrown out in your kitchen garbage can grow into very attractive plants. Fill some 3-inch clay pots with new potting soil. Plant 1 to 3 seeds in each pot. Put pots in dimly lit place and keep moist but not wet. Bring into the light as soon as seeds germinate and the first leaves appear.

What kind of seeds did you plant? __________

How long did they take to sprout? __________

Take your plants to your club meeting and report on what you did.
**Crunch, Yum,**

All foods that make you healthy belong in one of the basic food groups below. You need two to four servings from the milk group, two servings from the meat group, five or more servings from the fruit and vegetable group and six to eleven servings from the bread and cereal group every day to grow up healthy and strong. List what you ate today.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Supper</td>
<td></td>
</tr>
</tbody>
</table>

I ate the right number of servings from each food group: Yes [ ] No [ ]

To find out write the number of servings you ate from each food group on the sign for each food group below.
**Gulp, Chomp**

**LET'S GO SHOPPING!**

The name of the grocery store where my family shops is _________.

Overhead aisle signs help you find what you are looking for. This is the sign on the second aisle of my grocery store.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>FOOD GROUP</th>
<th>DEPARTMENT</th>
<th>AISLE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLE</td>
<td>FRUIT &amp; VEGETABLE</td>
<td>PRODUCE</td>
<td>1</td>
</tr>
<tr>
<td>GROUND BEEF</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MILK</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CORN FLAKES</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Look for the foods in the chart above in your grocery store. Fill in the blanks.*

**Aisle Two**

(Fill in.)

---

Explore new foods.

**FRUIT & VEGETABLE**

**BREAD & CEREAL**
MORE FOR YOUR MONEY... COMPARE 2 SIZES OF PEANUT BUTTER JARS IN YOUR GROCERY STORE. FIND THE UNIT PRICE OF EACH JAR. DIVIDE THE PRICE OF THE JAR BY THE NUMBER OF OUNCES OR GRAMS IN THE JAR TO GET THE UNIT PRICE. (UNIT PRICE IS THE PRICE PER OUNCE OR GRAM.)

<table>
<thead>
<tr>
<th>JAR NO. 1</th>
<th>JAR NO. 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Weight</td>
</tr>
<tr>
<td>Unit Price</td>
<td>Unit Price</td>
</tr>
</tbody>
</table>

JAR NO. _____ IS THE BEST BUY FOR THE MONEY.

HELPFUL HINT: YOU CAN FIND THE BEST BUYS ON MOST FOODS ON YOUR GROCERY SHOPPING LIST BY COMPARING THE PRICES IN DIFFERENT STORES. DO THIS BY READING THE GROCERY STORE ADS IN THE FOOD SECTION OF YOUR NEWSPAPER. MAKE A COMPARISON LIST OF 5 FOODS. WRITE THE PRICE OF THE SAME 5 FOODS FROM 2 STORES AND SAY THE BEST BUY. BRING THE LIST TO YOUR CLUB. (IF YOU MAKE A POSTER, MORE PEOPLE CAN SEE IT.)
IT IS OUR RESPONSIBILITY TO TAKE CARE OF OUR NATURAL SURROUNDINGS. THAT'S CALLED CONSERVATION.

HAVE YOU EVER NOTICED THE AIR FILLED WITH SMOG AROUND A LARGE CITY? HAVE YOU EVER SEEN A POLLUTED STREAM? HAVE YOU SEEN A MUDDY RIVER AFTER A HEAVY RAIN? IF YOU HAVE, THEN YOU KNOW THAT WE NEED TO IMPROVE OUR SURROUNDINGS. ANOTHER WORD FOR SURROUNDINGS IS ENVIRONMENT. WHAT WE EAT, WEAR AND USE MAY BE TRACED TO SOIL, WATER, ROCKS, MINERALS, AIR AND SUNLIGHT AND THEIR PRIMARY PRODUCTS.

ECOLOGY IS THE SCIENCE OF THE RELATIONSHIP BETWEEN LIVING THINGS AND THEIR ENVIRONMENT.

FORESTS SUPPLY TREES THAT ARE USED TO MAKE PAPER, FURNITURE, CLOTH AND MANY OTHER VALUABLE PRODUCTS.

TREES ARE ALSO THE HOMES OF MANY BIRDS AND ANIMALS. CIRCLE THE ONES YOU FIND IN THE PICTURE ABOVE.

TREES HELP KEEP THE SOIL FROM WASHING AWAY AND HELP SAVE OUR VALUABLE WATER SUPPLY.

FORESTS ARE ALSO RECREATION AREAS FOR CAMPING, HUNTING AND FISHING. WE SHOULD ENJOY OUR FORESTS AND PROTECT THEM.
CATCH AN INSECT!

DRAW A PICTURE OF YOUR INSECT HERE AND LABEL THE PARTS OF ITS BODY.
MY INSECT IS A(AN) ________

INSECTS DO NOT HAVE BACKBONES!!
THEY HAVE A HARD EXTERIOR.
THEY MAY HAVE NO WINGS, ONE PAIR OF WINGS OR TWO PAIRS OF WINGS.
INSECTS HAVE A HEAD, A THORAX AND AN ABDOMEN.
THEY HAVE 3 PAIRS OF JOINTED LEGS. SOME INSECTS ARE OUR FRIENDS AND SOME ARE NOT.

ENTOMOLOGY IS THE STUDY OF INSECTS.

THORAX

ABDOMEN

HEAD

THEY USUALLY HAVE COMPOUND EYES.
THEY HAVE ONE PAIR OF ANTENNAE.

---

DIG DEEPER

MAKE A PINE CONE BIRD FEEDER.
PUT PEANUT BUTTER ON THE PETALS OF A PINE CONE AND ROLL THE CONE IN BIRD SEED. HANG IT FROM A TREE. WATCH IT FOR A FEW MINUTES EVERY DAY FOR A WEEK. HOW MANY BIRDS DID YOU SEE? ______ HOW MANY DIFFERENT KINDS OF BIRDS DID YOU SEE? ______ LIST THE NAMES OF SOME BIRDS YOU SAW. (A BOOK ON BIRDS WILL HELP YOU.)

PLANT A SEEDLING TREE. DIG A HOLE AT LEAST 12 INCHES DEEP AND 18 INCHES ACROSS. PUT TREE IN CENTER NO DEEPER THAN IT ORIGINALLY GREW. PUT SOIL AROUND ROOTS. MULCH SURFACE WITH OLD LEAVES OR PINE STRAW. WATER WELL. WHAT KIND OF TREE DID YOU PLANT?

WHERE DID YOU PLANT IT?

(WATER IT EVERY WEEK FOR THE FIRST YEAR.)

SPECIAL REFERENCES:
SOIL CONSERVATION SERVICE
U.S. FOREST SERVICE
DEPT. OF NATURAL RESOURCES
Machines and Tools

A bicycle is a machine that young people like to use. Use a bicycle to help you answer these questions. You need to learn about your bike so that you can care for it.

What brand is your bike?

__________________________

How many speeds does it have?

__________________________

Name three parts on your bike that are safety features.

1. _______________________

2. _______________________

3. _______________________

Tires that are filled with air have valve stems. Sometimes valve stems become loose and the tire loses air a little at a time. Write the name of the tool that is designed just for tightening valve stems.

__________________________

WHERE ARE THE BRAKES?

__________________________

WHAT SIZE ARE THE TIRES?

__________________________

What is the tire pressure? (Look on the side of the tire.)

__________________________

Do you know 3 things that can cause a flat tire?

__________________________

__________________________

Bicycles and many other machines have ball bearings to make them run smoother. Where are the ball bearings on your bicycle?

__________________________

Some bicycle parts should be lubricated now and then to make them run smoother and to prevent rust. You should use oil on some parts and grease on other parts. What should you use to lubricate the ball bearings in the axles?

__________________________

IT WON'T DO ANY GOOD TO KEEP YOUR BIKE IN GOOD SHAPE IF YOU LET SOMEONE STEAL IT! GET A LOCK AND CHAIN FOR YOUR BIKE IF YOU DON'T ALREADY HAVE ONE!
IF YOU ARE PLANNING TO WORK WITH MACHINES, YOU NEED TO KNOW WHAT SOME OF THE TOOLS ARE THAT YOU WILL USE.

MATCH THE PICTURE WITH THE NAME OF THE TOOL. PUT THE LETTER IN THE BLANK.

A. REGULAR SCREWDRIVER 2  
B. PHILLIPS HEAD SCREWDRIVER 1  
C. BOLT 11  
D. NUT 13  
E. HAMMER 5  
F. WRENCH 15  
G. FILE 8  
H. CARPENTERS SAW 7  
I. TAPE MEASURE 12  
J. SOCKET WRENCH 14  
K. HAND DRILL 9  
L. ADJUSTABLE WRENCH 10  
M. HACK SAW 8  
N. SCREW = Z, 4

DIG DEEPER

ASK ONE OF YOUR PARENTS, A NEIGHBOR OR A MECHANIC TO EXPLAIN THE PARTS OF A CAR AND WHAT THEY DO. YOU CAN USE THIS LIST OF CAR PARTS TO HELP YOU GET STARTED. GIVE A REPORT TO YOUR CLUB.

- CARBURETOR  
- AIR CLEANER  
- BATTERY  
- DISTRIBUTOR  
- SPARK PLUGS  
- FAN  
- RADIATOR  
- BLOCK  
- DIMMER SWITCH  
- DIP STICK  
- MUFFLER  
- GEAR SHIFT  
- SPEEDOMETER  
- ODOMETER  
- SHOCK ABSORBERS

SPECIAL DIG DEEPER REFERENCES:
PEOPLE WHO WORK IN GAS STATIONS AND BICYCLE REPAIR SHOPS
COMMUNICATION MEANS TELLING OR SHOWING PEOPLE WHAT YOU THINK AND FEEL AND UNDERSTANDING WHAT OTHER PEOPLE THINK AND FEEL. PEOPLE CAN COMMUNICATE IN MANY WAYS. YOU COMMUNICATE WHEN YOU TALK TO PEOPLE, LOOK AT PICTURES OR POSTERS, WATCH TELEVISION OR NOTICE SOMEONE'S FACIAL EXPRESSIONS. WHAT ARE SOME OTHER WAYS YOU CAN COMMUNICATE?

Writing letters is a good way to communicate with friends and family members who live in other towns.

Write a letter to someone. If you need any help, ask your teacher or a parent to help you.

Now address an envelope and mail your letter. Don't forget the ZIP code! And the stamp!!

YOUR NAME

STREET NO. AND NAME

TOWN State ZIP

OTHER PERSON'S NAME

STREET

TOWN State ZIP code
MAKE A BULLETIN BOARD OR A POSTER

Bulletin boards and posters tell people things they need to know. Ask your teacher if you can design an exploring 4-H bulletin board for your classroom. If you would rather make a poster, ask if you can hang it in your classroom.

My bulletin board or poster was about______________________.

HOW DO YOU FEEL?

Circle the face that shows how you feel about these questions. If you have a lot of ☒ answers, you need to spend more time communicating with your family.

Do members of your family appreciate you enough? ☐ ☐ ☐

Is it easy for you to tell them about things that make you unhappy? ☐ ☐ ☐

Are you more comfortable at home than anywhere else? ☐ ☐ ☐

Do you like the way your family shows affection? ☐ ☐ ☐

Do you plan to keep in touch with members of your family when you are older and don’t live with them anymore? ☐ ☐ ☐

VISIT A TELEPHONE COMPANY, A NEWSPAPER, RADIO STATION OR OTHER BUSINESS THAT HANDLES COMMUNICATIONS. WRITE A REPORT FOR YOUR CLUB.

The telephone is one of the most commonly used forms of communication. Ask a teacher to tell you about proper telephone etiquette. Call her and let her analyze your "telephone voice."

Make a camera. (Ask your county agent for a 4-H photography leader's manual for directions.)

Make a picture story using pictures you have taken or that you find in magazines. It should be about something you have done in one of your 4-H subject areas or meetings.

Expressions and body movements also communicate the way people feel. This is called "body language." Watch some people and write down how they look when they are happy, sad, confused, jealous, reading, writing and walking down the street.

Dig Deeper
HOME, Friends

TO HAVE A FRIEND IS TO BE A FRIEND.
MY FAVORITE FRIEND’S NAME IS ____________________.

THE THINGS I LIKE ABOUT MY FRIEND ARE:
1. (EXAMPLE) HE/SHE IS KIND.
2. ____________________
3. ____________________
4. ____________________
5. ____________________
6. ____________________

CIRCLE THE THINGS ABOVE THAT FIT YOU.

DO YOU THINK YOU ARE A GOOD FRIEND?

😊 YES 🙁 NO

CHOOSE A FRIEND 6 YEARS OLD OR YOUNGER.
WHAT IS YOUR FRIEND’S NAME?

____________________________________

READ A STORY TO YOUR FRIEND.
WHAT STORY DID YOU CHOOSE?

____________________________________

TEACH YOUR FRIEND A SONG OR LISTEN TO MUSIC TOGETHER.
WHAT SONG DID YOU TEACH?

____________________________________

GIVE A SMILE AWAY TODAY!
NAME 5 PEOPLE YOU SMILED AT TODAY:
1. __________  2. __________
3. __________  4. __________
5. __________

NAME 5 PEOPLE YOU SMILED AT TODAY:
LOOK IN THE MIRROR!
CHECK (✓) THE THINGS THAT YOU SEE THAT TELL ABOUT YOU.

I DRESS NEATLY. ___
I LOOK HAPPY. ___
MY HAIR IS COMBED. ___
I AM A MESS. ___
I WOULD LIKE TO CHANGE SOMETHING ABOUT THE WAY I LOOK. ___
MY HAIR IS CLEAN. ___
I LIKE THE WAY I LOOK. ___
I LOOK SAD. ___

HOW DO YOU WASTE TIME?


LIST SOME FAVORITE THINGS YOU LIKE TO DO WITH OTHER PEOPLE. PUT A STAR ★ BY THE THINGS YOU LIKE TO DO WITH FAMILY MEMBERS.


NOW LOOK INSIDE!

I AM COURTEOUS TO OTHERS. ___
I HELP WITH CHORES AT HOME. ___
I PLAY AND LET GROWNUPS WORK. ___
I SHARE WITH MY FAMILY. ___

LOOK AT YOUR FAMILY!

WHO IS THE MOST THOUGHTFUL?

WHO LISTENS TO YOUR PARENTS MOST?

WHO IS THE BEST STUDENT?

WHOkeEPS HIS ROOM NEATEST?

• FRIENDS AND FAMILY ARE IMPORTANT TO US. SOMETIMES WE DON'T REALIZE HOW IMPORTANT THEY ARE. DO YOU?

DIG DEEPER

• HAVE A "BE KIND TO OTHERS" DAY.
• FOR ONE WEEK SPEND 10 MINUTES EACH DAY JUST "DAYDREAMING."
• WRITE AND ILLUSTRATE A SHORT BOOK FOR CHILDREN. READ IT TO YOUR LITTLE FRIEND.
• ASK YOUR FRIEND TO DRAW HIS OR HER FAVORITE THING ABOUT YOUR WALK TOGETHER. (PUT THE DRAWING IN THIS BOOK.)
Animals are living things. There are over one million species (kinds) of animals in the world. Some are warm-blooded animals. Others are cold-blooded.

I am a reptile.

We are fish. We must live in water.

Name 4 cold-blooded animals: 1. 2. 3. 4.

Reptiles, fish, and amphibians are cold-blooded because their body temperatures change with the temperature of the air or water in which they live.

Mammals and birds are warm-blooded. Their body temperature is about the same at all times.

Normal temperatures of some warm-blooded animals:

- Human 98.6°F
- Cow 101.5°F
- Pig 102°F
- Dog 102°F
- Cat 101.5°F
- Horse 100°F
- Chicken 104°F

A large change in temperature will mean they are sick.
BELIEVE IT OR NOT:

ANIMALS HAVE CHANGED IN APPEARANCE OVER SEVERAL MILLION YEARS. SCIENTISTS TELL US THAT THE COMMON PET DOG DEVELOPED FROM A WILD WOLF-LIKE ANIMAL.

LIST 4 WAYS A PET DOG MAY STILL BE LIKE A WOLF:
1. __________________
2. __________________
3. __________________
4. __________________

THE HORSE DEVELOPED FROM A SMALL DOG-LIKE ANIMAL. THE EARLIEST HORSES HAD PADDED FEET WITH TOES, SHORT LEGS AND A SLENDER BODY. TODAY THEY HAVE ONE HOOF ON EACH FOOT, LONG LEGS (FOR SPEED) AND LARGE BODIES.

HOW DO ANIMALS FIT INTO OUR LIVES?

MANY FAMILIES KEEP ANIMALS IN THE HOUSE AS PETS. DOGS, CATS, HAMSTERS, BIRDS AND FISH MAKE GOOD PETS. DO YOU HAVE A PET? IF YOU DO, WHAT KIND OF ANIMAL IS IT?

MY PET'S NAME IS __________________

MY PET IS A
MALE ⬜  FEMALE ⬜
Farm animals are raised for food and products that we need in our lives. Hogs and almost all other farm animals produce meat. Cows also give milk. Chickens lay eggs, and sheep supply wool.

Can you name another product that comes from farm animals?

When you visit a grocery store meat counter, notice the different cuts of meat that come from farm animals. What is your favorite cut of meat from these farm animals?

Chicken (poultry)

Hog (pork)

Cow (beef)

Animal Hunt

Circle the 25 animal words in the puzzle below.

EQUINESWINE
RROB
HORSEPH
PAVIANCKBIA
OBTREDCATGM
UBQDYIRDGS
LIPNHTRIKOT
TTOCLOMLAE
RPMICENBTR
YZGDUCKHENX
RODENTSHEEP
CAINESTFW

Care for & Learn About an Animal

The animal you choose can be your own or it can belong to a neighbor. It can be a farm animal or a bird.

The type of animal I selected to study is a(an) _________.

It is a pet □ farm animal □

My animal's weight is _________.

(pounds or ounces)

My animal's age is _________.

It's temperature is ________ °F.

It's heartbeat is about ________ times per minute.

My animal's food is made up of _________.

Answers to puzzle: EQUINE, HORSE, CAT, MICE, HEN, SHEEP, PIG, RABBIT, PIG, BEEF, CHICKEN,
Feelin' Good!

It's up to you to make your body last by keeping it strong and healthy.

I have a family doctor. Yes □ No □
My doctor's name is ________________________.
I go to the health center. Yes □ No □

Characteristics of Good Health

Expression: Alert & Happy
Attitude: Eager, willing to take part
Appetite: Good!! Willing to try new foods
Posture: Stands up straight, doesn't slump
Weight: Right for age, height & body type
Muscle: Firm and strong, enjoys work & play
Teeth: Clean & even
Skin: Smooth & clear
Eyes: Bright, clear, no circles under them
Hair: Shiny, scalp free from dandruff

Score yourself on the characteristics of good health. Have your teacher, leader or school nurse score you, too.

Good Health Scorecard

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>My Score</th>
<th>Other Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attitude</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appetite</td>
<td></td>
<td></td>
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<tr>
<td>Weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posture</td>
<td></td>
<td></td>
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<tr>
<td>Muscles</td>
<td></td>
<td></td>
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<tr>
<td>Teeth</td>
<td></td>
<td></td>
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<tr>
<td>Skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hair</td>
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<td></td>
</tr>
</tbody>
</table>

I need to improve on these points:
____________________________________

My score was good on these points:
____________________________________
There are other careers in the health field besides being a doctor. See if you can match the job descriptions with the correct titles.

A. Treats animals when they are sick
B. Makes and distributes prescription drugs
C. Trained in methods of treatment other than the use of drugs or surgery
D. An individual trained in first aid who rides with ambulances
E. Works in a laboratory conducting various tests to provide information to help doctors determine treatment
F. A person skilled in caring for the sick, usually under supervision of a doctor
G. Plans meals so that they are nutritious
H. Person trained in the science of the mind and human behavior
I. A specialist in methods of proper waste disposal
J. A special dentist who puts braces on people's teeth

Orthodontist
Dietitian
Nurse
Therapist
Ambulance attendant
Pharmacist
Medical technician
Veterinarian
Sanitary engineer
Psychologist

Dig Deeper

- Select a health career person, talk to them about their work and ask them to give a talk at your 4-H club meeting.
- Inspect your school playground for sharp, dangerous objects. Make a report to your 4-H club.
- Find out when each of your family members had their last shots. Make a chart of the shots they need now.
- Learn how to take blood pressure and tell your club what you learned.
CONGRATULATIONS on completing the Exploring Project.

 WHAT I DID IN EXPLORING

 NAME ______________________________ OFFICE HELD ______________________________
 SCHOOL ______________________________ NUMBER OF MEETINGS ATTENDED ______________________________

 CHECK EXPLORER AREAS YOU COMPLETED

 ___ MY CLUB __ ALL ABOUT ME
 ___ ANIMAL WORLD __ BIRDS AND BEES
 ___ PLANTS AND SOILS __ FEELIN' GOOD
 ___ YAKETY-YAK __ CRUNCH, YUM, GULP, CHOMP
 ___ MACHINES AND _ HOME, FRIENDS AND I
 ___ TOOLS

 CHECK YOURSELF ON YOUR KNOWLEDGE OF 4-H, THE GROUP YOU BELONG TO IS YOUR CLUB. TO BE A SUCCESSFUL MEMBER YOU SHOULD KNOW THE FOLLOWING ABOUT 4-H:

 ___ 4-H PLEDGE __ 4-H COLORS
 ___ 4-H MOTTO __ 4-H EMBLEM
 ___ 4-H SLOGAN

 WRITE A SHORT STORY. HERE ARE SOME SUGGESTIONS OF THINGS TO INCLUDE:
 • WHAT I ENJOYED MOST IN EXPLORING
 • INTERESTING THINGS THAT HAPPENED
 • THINGS MY CLUB DID IN WHICH I TOOK PART
 • WHAT I PLAN TO DO IN 4-H NEXT YEAR

 THERE ARE EVEN MORE THINGS TO DO IN 4-H.
 THERE ARE PROJECTS TO EXPLORE, ACTIVITIES TO DO, AND PLACES TO GO. IF YOU HAVE ANY QUESTIONS, ASK YOUR COUNTY EXTENSION AGENT FOR MORE INFORMATION.

 This publication was adapted by the University of Kentucky 4-H Programs from "Exploring," published by the Georgia Cooperative Extension Service.

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