



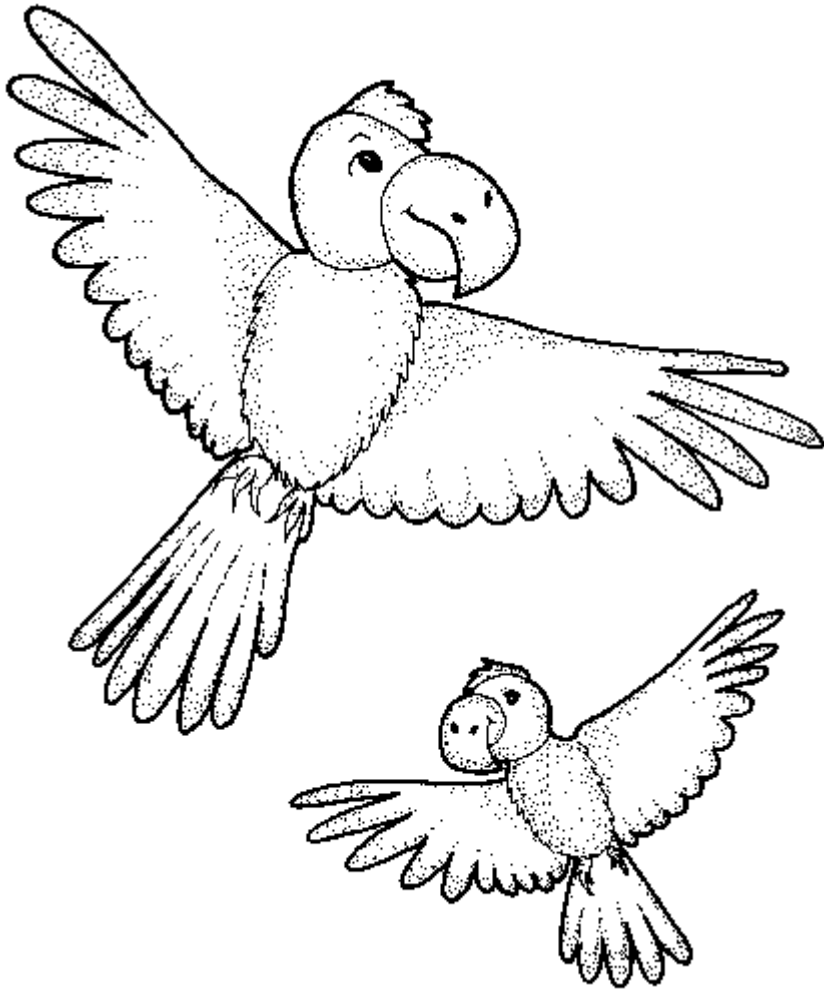
# WORKBOOK

Florida 4-H Food, Nutrition & Health Program

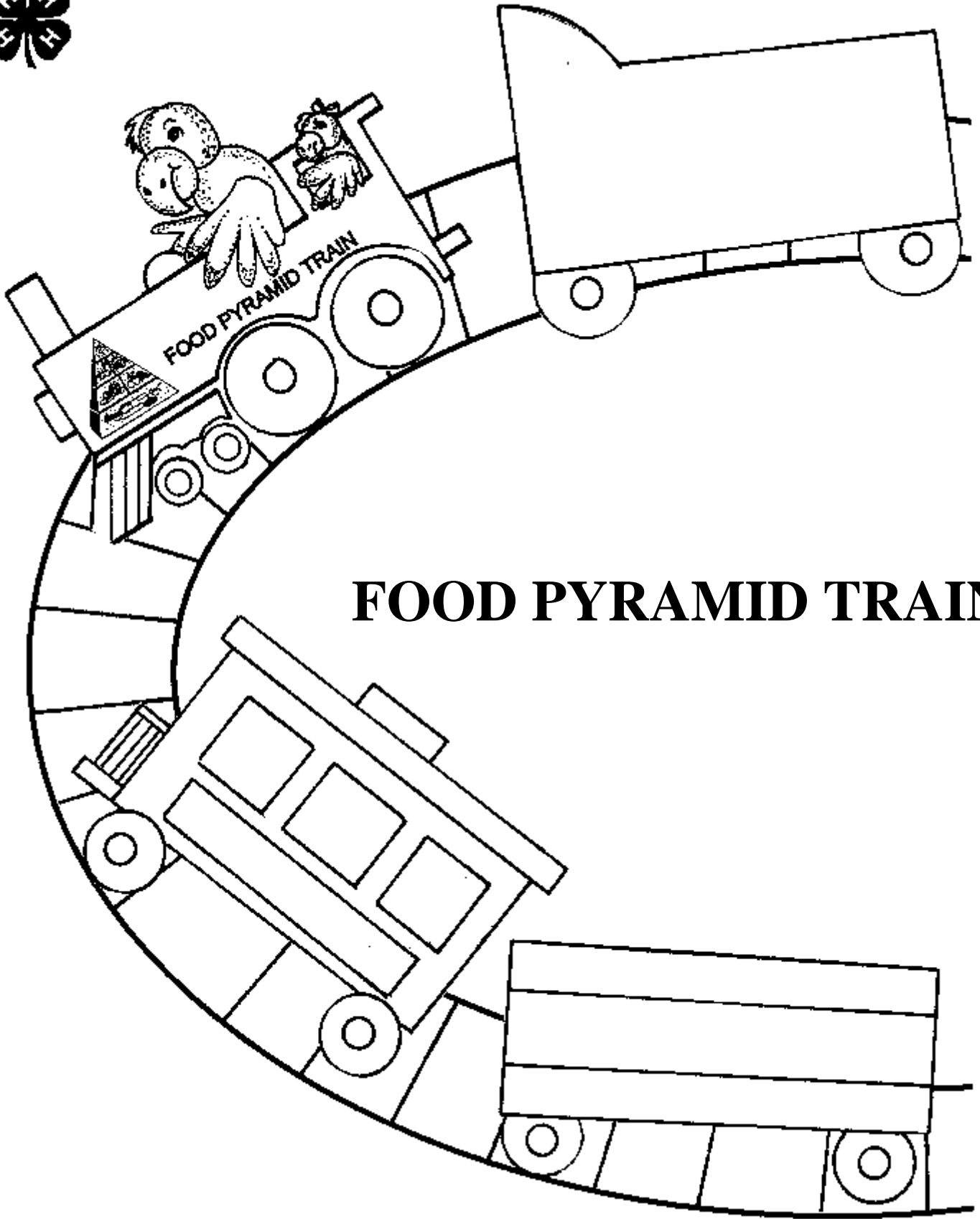


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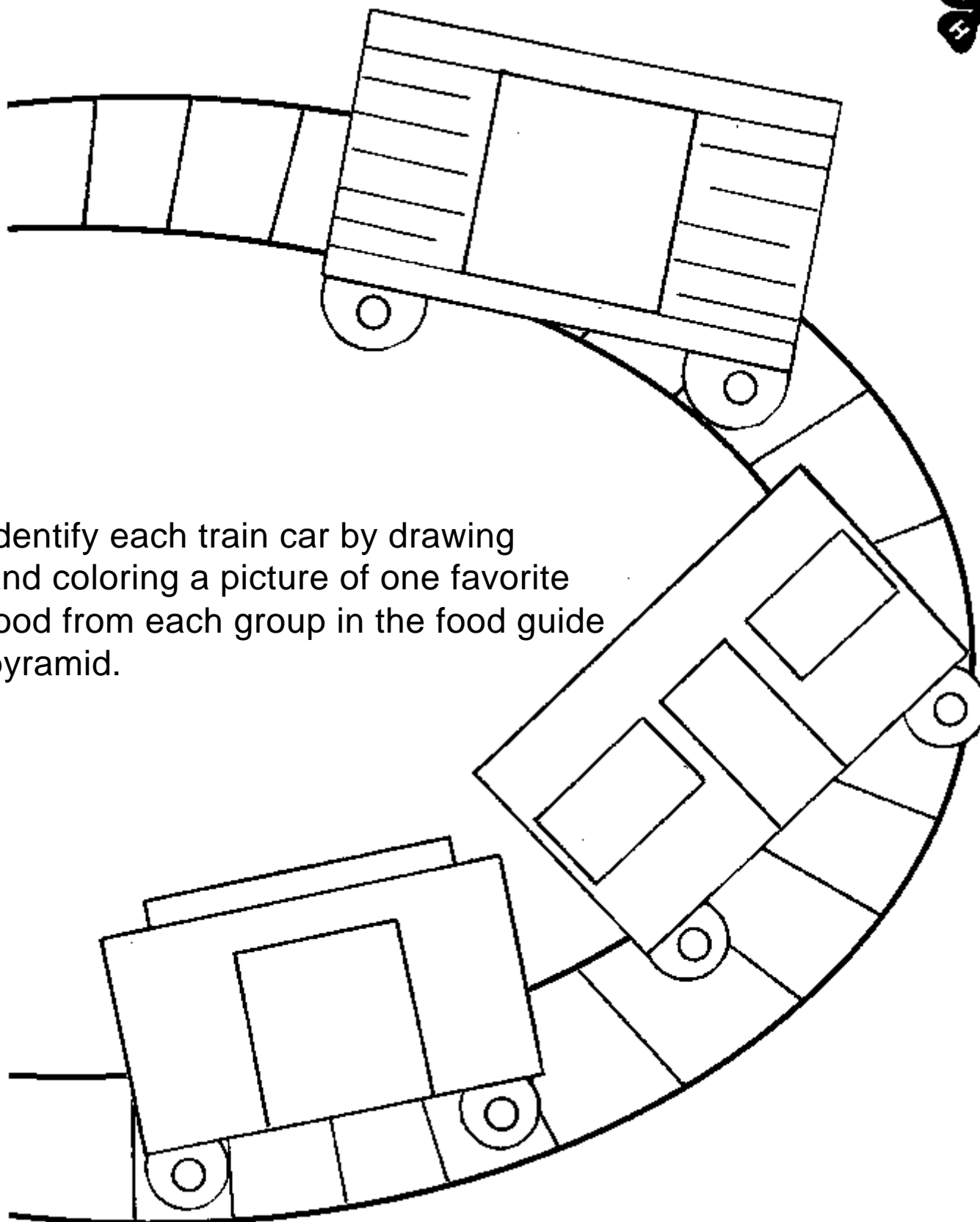
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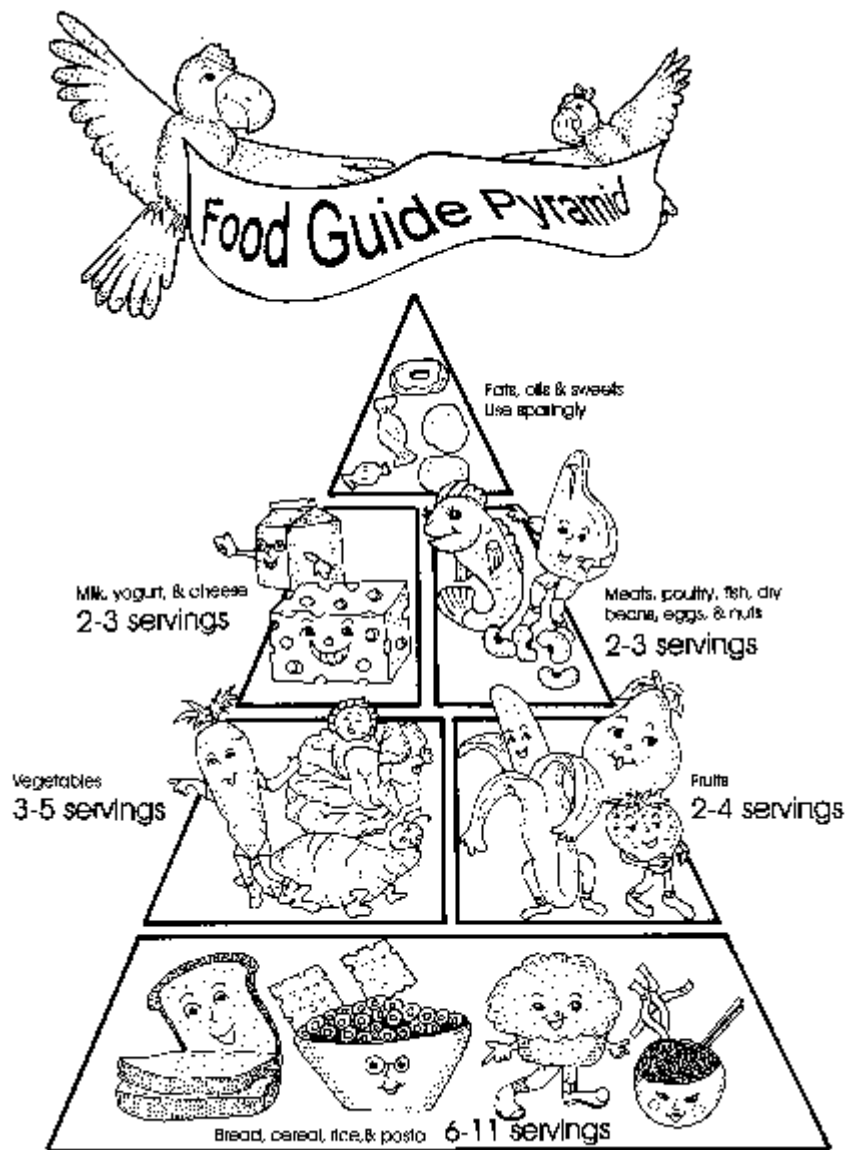
Hi, my name is Petie and this is my friend Lorie. Together we will show you the fun ways we learn about healthy and safe nutrition.



# FOOD PYRAMID TRAIN



Identify each train car by drawing and coloring a picture of one favorite food from each group in the food guide pyramid.



You will need:







Paper  
Magazines

Scissors  
Glue

- Ž On a piece of paper draw a <sup>a</sup> (triangle).
- Ž Cut pictures out of a magazine that show each food guide pyramid.
- Ž Glue your pictures on your triangle so it will look like this page.
- Ž Hang your pyramid on the refrigerator for everyone t

# EATING MY NUTRIENTS

Listed below are six nutrients and some of the foods that contain them. List one food you ate today that contained one of the nutrients.

NUTRIENTS		SOURCES	WHAT I ATE
 <p>Vitamins</p>	<p>A &amp; C: Fruits and Vegetables</p> <p>B: Breads, Cereals, Pasta</p>		
 <p>Minerals</p>	<p>Milk, Yogurt, Cheese, Bread, Liver, Beans, Meat, Cereal</p>		
 <p>Protein</p>	<p>Meats, Nuts, Milk, Eggs, Cheese, Dry Beans</p>		
 <p>Fats</p>	<p>Mayonnaise, Ketchup, Margarine, Butter, Sweets</p>		
 <p>Carbohydrates</p>	<p>Breads, Cereals, Pastas, Beans</p>		
 <p>Water</p>	<p>Beverages, Water, Ice Tea</p>		

# Petie Says



**EAT BREADS & CEREALS**  
EAT **6-11** EACH DAY  
Why? They have Carbohydrates and B-Vitamins for **ENERGY!**

**EAT FRUITS**  
EAT **2-4** EACH DAY  
Why? They Have Vitamin C for Healthy Cells  
Some Fruits are high in Vitamin C

**EAT VEGETABLES**  
EAT **3-5** OR MORE EACH DAY  
Why? They have Vitamin A to prevent night blindness and fiber to help food move through the body

**EAT MILK & CHEESE**  
EAT **3** EACH DAY  
Why? They have Calcium for Bones and Teeth  
More Calcium is needed during times of growth

**EAT BEANS & MEATS**  
EAT **2** EACH DAY  
Why? They have protein for Growth and Healing and Iron to carry oxygen to cells.





# PLAN A BREAKFAST

**Draw or cut-out food pictures from magazines, to plan a breakfast that includes a variety of foods.**



# BREAKFAST FOODS!

Inside each box is a breakfast food. Follow the arrows and discover the breakfast foods. In the spaces below each box, write in the letters.

Start  
↓

C →	E →	R
L ←	A ←	E ↓

-----

N →	A →	N
↑	A ←	B ←
		A ↓

Start ↑

-----

Start →

E ←	S ←	↑
↓	C ↓	E ↓
H →	E →	↑

-----

K	I ↓
M	L

Start ↑

-----

G →	S
G ↑	E ←

Start ↑

-----

Start ↓

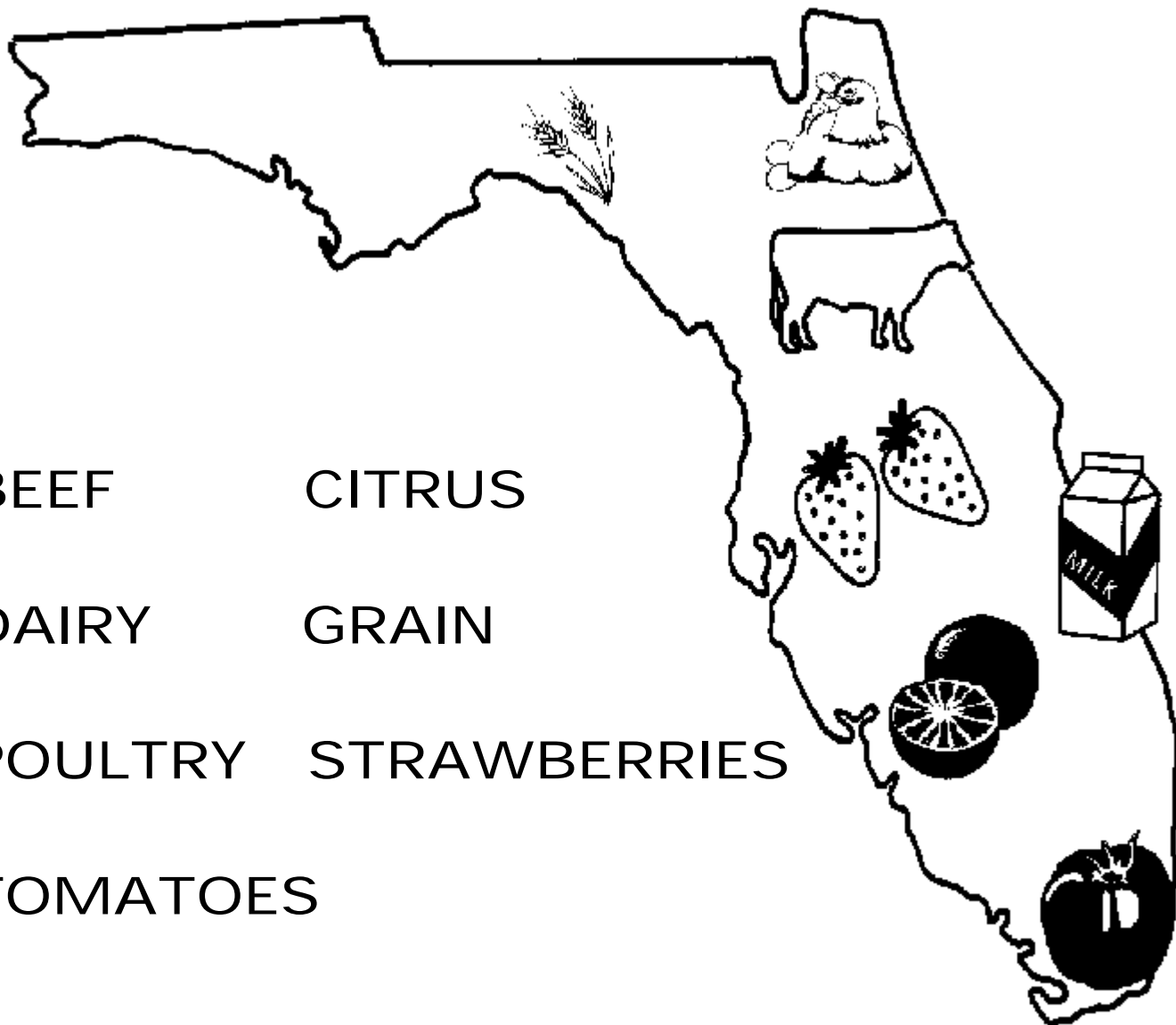
E ←	R ←	B
↓	A →	D →
		S

-----

NAME THE FOOD GROUPS INCLUDED:

# FLORIDA FOODS

Color each food and match the picture with the word label.



BEEF

CITRUS

DAIRY

GRAIN

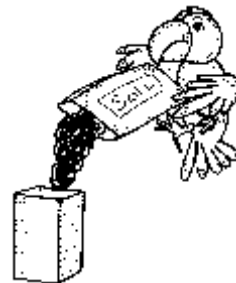
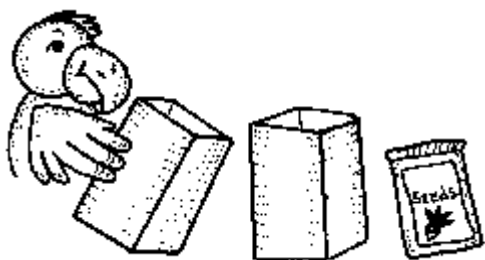
POULTRY

STRAWBERRIES

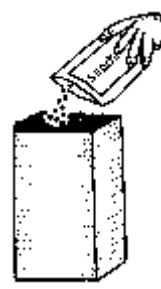
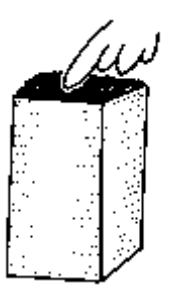
TOMATOES

# WATCHING FOOD GROW

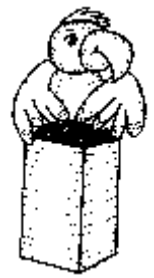
- 1) Give each youth 2 milk cartons and seeds.
- 2) Put soil in milk cartons.



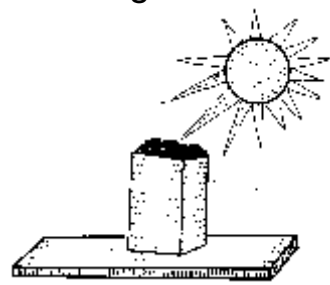
- 3) Make a hole in the soil with your finger.
- 4) Place seeds in the hole.



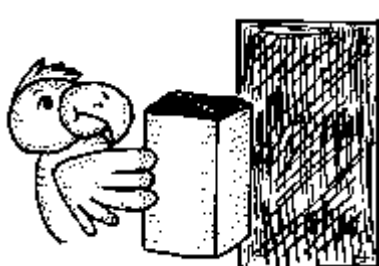
- 5) Cover the hole with soil.



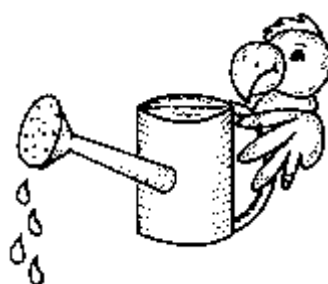
- 6) Put one milk carton in a special place that has sunlight.



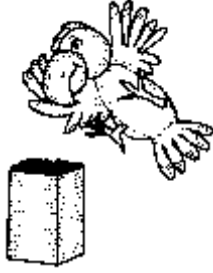
- 7) Put the other milk carton in a dark place.



- 8) Water you plants every other day.



9) Watch your plants grow.



10) After two weeks radishes will appear.



11) Wait two more weeks for radishes to ripen



12) Write below how your plants are growing.



DIRECTIONS:

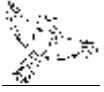
Write down what is happening to your seeds after each week in the space provided.

	After One Week	After Two Weeks	After Three Weeks
Plants that received sunlight and water.			
Plants that did not receive sunlight and water.			

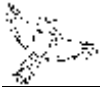
## "FOOD HABITS"

Ask the following question of a friend, relative, or neighbor to learn about another person's eating habits, favorite foods, etc.

- a What are some of your favorite foods? Why are they favorites?



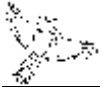
- a Is there a food you don't like to eat? What is it? Why do you not like it?



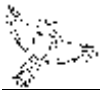
- a Pick a special time of year (holiday or celebration). What foods do you eat?



- a How do the food habits of your friends, relative or neighbor differ from yours?



- a What food habits would you like to try?

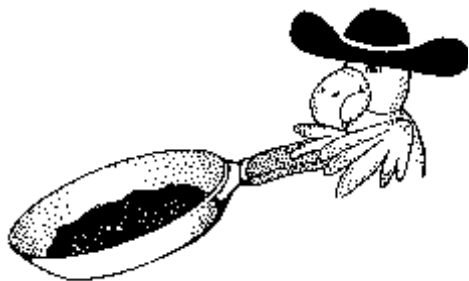


# CHILI

You will need:

1 lb. ground beef  
1/2 cup onion, chopped  
1/2 cup green pepper, chopped  
1 lb. can kidney beans  
Grated cheese for topping

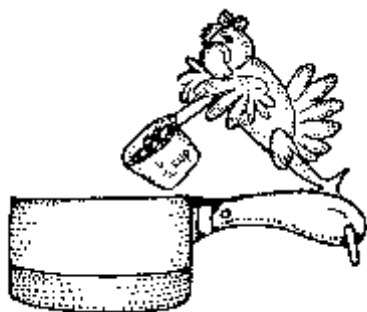
1 lb. can tomatoes  
1-8 oz. can tomato sauce  
1 Tbsp. chili powder  
1 tsp. salt



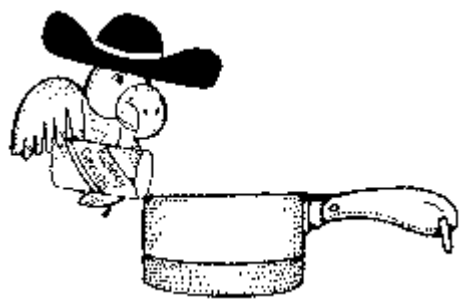
1. Brown 1 lb. of ground beef in a skillet.



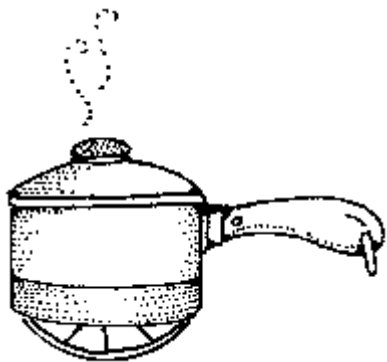
2. Drain off fat.



3. Put drained ground beef in a pot and add 1/2 cup onion, 1/2 cup green pepper, and cook until tender.



4. Stir in 1 lb. can of kidney beans, 1 lb. can tomatoes, 1-8 oz. can tomato sauce, 1 Tbsp. chili powder, 1 tsp. salt.



5. Cover and simmer 30 minutes, stirring occasionally.



6. Top each serving with cheese.



# HOME SAFETY CHECK-UP

Directions: Observe meal preparation time at your house and record w

		<u>YES</u>	<u>NO</u>
1)	Long hair is tied back.	_____	_____
2)	Hands are washed.	_____	_____
3)	The food preparation area was cleaned with a clean, damp sponge or cloth.	_____	_____
4)	The recipe was read to make sure you have all the food and equipment you need.	_____	_____
5)	The ingredients and equipment you will need were put on the counter.	_____	_____
6)	The ingredients were measured carefully and all steps followed in order.	_____	_____
7)	Clean up was done as you cooked.	_____	_____
8)	The ingredients were put away when you finished with them.	_____	_____
9)	The stove and burners were turned off when you were done.	_____	_____
10)	All dishes and containers were washed with hot soapy water. Sharp knives were washed separately.	_____	_____



# MEASUREMENT INVESTIGATION

## Liquid Measure Investigation

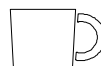
- 1) Measure a cup of liquid into each of the following



Liquid Cup



Dry Cup



Coffee Cup

- 2) Place a second liquid cup at eye-level on a table and pour each cup into the liquid cup and record the results:

	<u>Just Right</u>	<u>More</u>	<u>Less</u>
Liquid Cup	_____	_____	_____
Dry Cup	_____	_____	_____
Coffee Cup	_____	_____	_____

- 3) Conclusions:

## Dry Measure Investigation

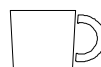
- 1) Measure a cup of sugar into each of the following



Liquid Cup



Dry Cup



Coffee Cup

- 2) Place a second dry cup on a table or counter. Pour the dry cup and record the results:

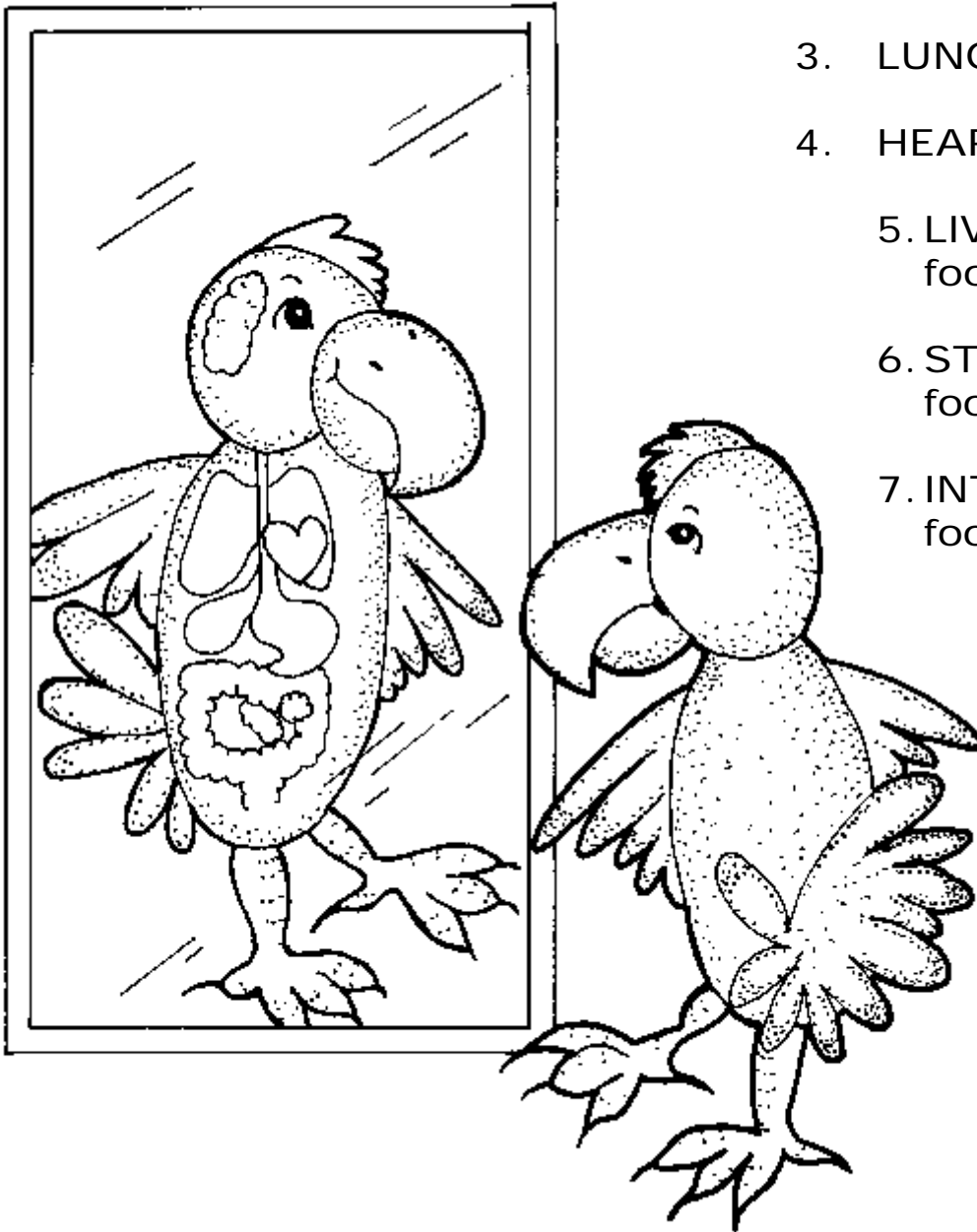
	<u>Just Right</u>	<u>More</u>	<u>Less</u>
Liquid Cup	_____	_____	_____
Dry Cup	_____	_____	_____
Coffee Cup	_____	_____	_____

- 3) Conclusions:

# DO YOU KNOW?

Do you know what's in your body? Match the number of the body part to the reflection.

1. BRAIN (for thinking)
2. ESOPHAGUS (for getting food to the stomach)
3. LUNGS (for breathing air)
4. HEART (for pumping blood)
5. LIVER (for helping change food into energy)
6. STOMACH (for digesting food)
7. INTESTINES (for digesting food)





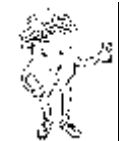
# BODY BUILDER

## Match

Directions: Draw a line from the nutrient in column one to its match in column two



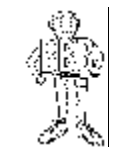
**STRONG BONES AND  
TEETH**



**CELL CEMENT**



**RELEASE ENERGY  
FROM FOODS**



**ENERGY**



**CONTROL  
TEMPERATURE**



**CARRIES OXYGEN  
THROUGH THE BODY**



**GROWTH AND  
REPAIR OF BODY  
CELLS**

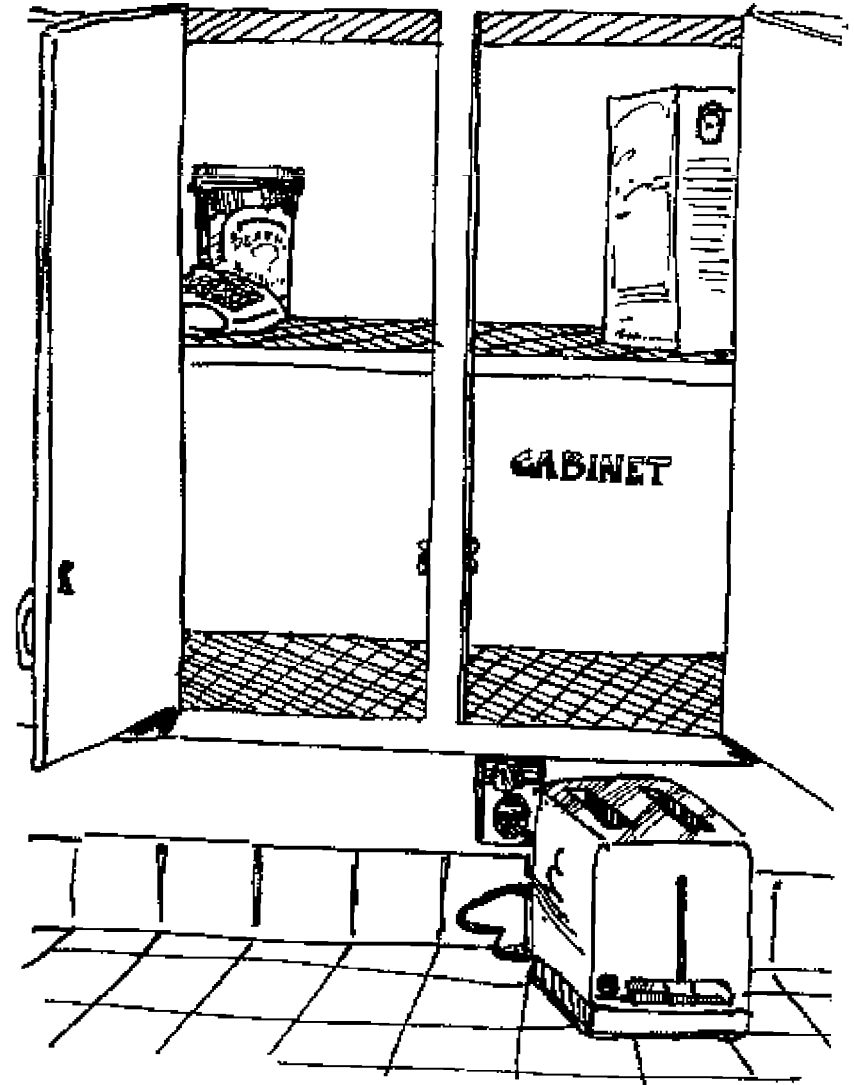
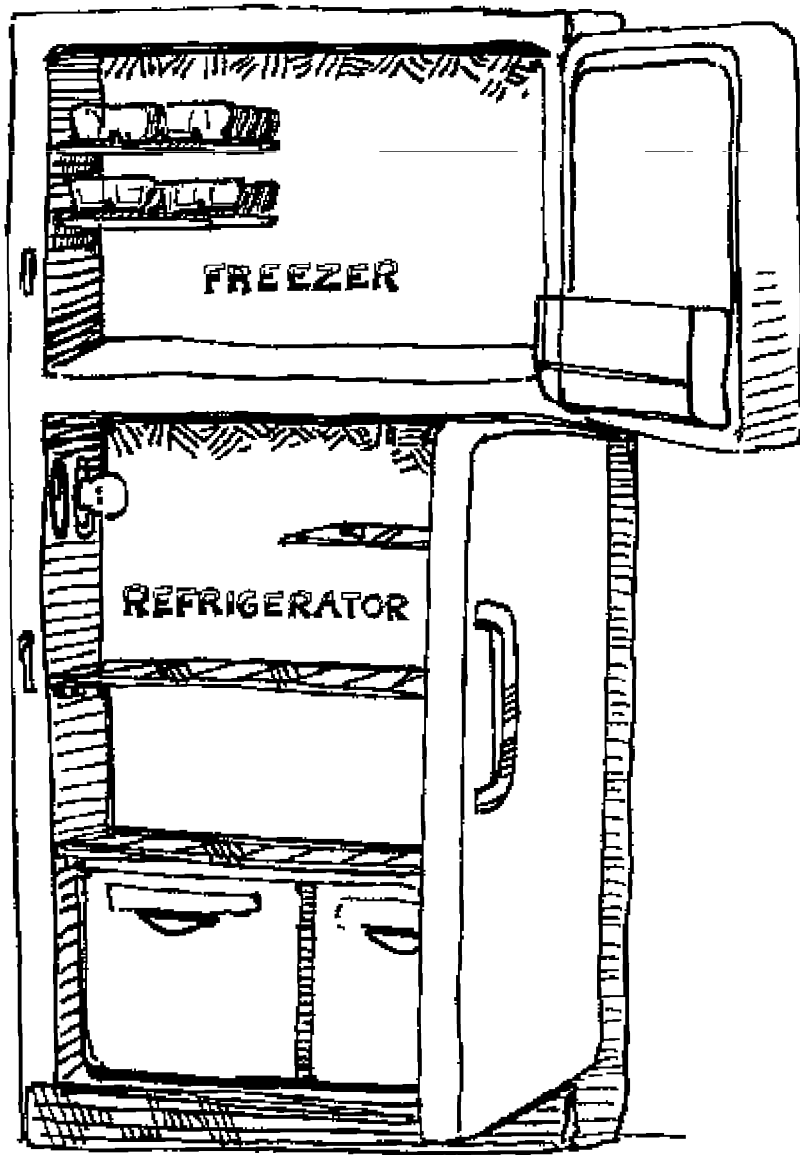


**NIGHT VISION**

# FOOD STORAGE HUNT

Direction:

List five foods you find in the freezer, refrigerator and cabinets at your house.



# SAFE FOOD DISCOVERY



## You Will Need:

- ! Four slices of bread without preservatives
- ! Four plastic sandwich bags
- ! One clean fork
- ! Masking tape (roll)
- ! One Marker
- ! Paper plate
- ! Water
- ! 1 teaspoon measuring spoon

- Ë Use a clean fork to put one slice of bread into a clean plastic bag. Put 1 teaspoon of water on the bread. Close the bag with a twist tie. Use some masking tape to label the bag "NOT TOUCHED."
- Ë Use a clean fork to put one slice of bread on the table - drag it back and forth a couple of times. Put it into a clean plastic bag, add 1 teaspoon of water, close the bag.
- Ë Use a clean fork to put a slice of bread on a paper plate. Let it sit out for five minutes, use the fork to put the bread in a clean plastic bag, add 1 teaspoon water and close the bag. Label the bag "AIR."
- Ë Use your hands to put one slice of bread in a clean plastic bag, add 1 teaspoon water and close the bag. Label the bag "HANDS."
- Ë Place the bags with bread in a dark place, check them every day.
- Ë Use the chart to record observations.

	Day 1	Day 2	Day 3	Day 4	Day 5
NOT TOUCHED					
TABLE					
AIR					
HANDS					

Which bread grew mold first?

Which bread grew the most mold?

What colors are the molds?

What does this teach us about storing food?

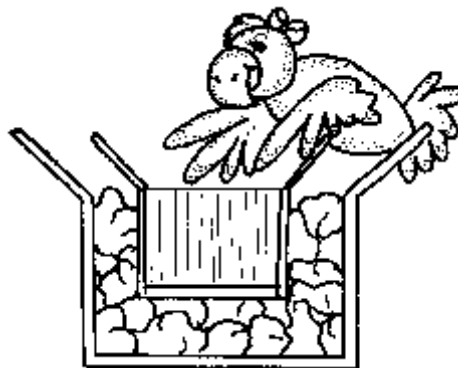
## ***MAKE A COOLER***

You will need:

- Ž two different sizes of sturdy cardboard boxes with lids
- Ž newspaper
- Ž ice in plastic bags



1. Place one inch of tightly crumpled newspaper on the bottom of the largest box.



2. Place the smaller box inside the larger box. Fill the space between the sides of the boxes with tightly crumpled newspaper.



3. Place foods in closed containers or in closed plastic bags inside the smaller box. Pack ice in closed plastic bags around the food in the smaller box. Close lid.



4. Place 1/2 inch of tightly crumpled newspaper on top, and close the lid of the larger box.

# TELL PETIE WHAT YOU DID?



## WHAT DID YOU LEARN?

Check the new words you learned doing this project.

- |       |          |       |               |
|-------|----------|-------|---------------|
| _____ | nutrient | _____ | protein       |
| _____ | vitamins | _____ | carbohydrates |
| _____ | safety   | _____ | minerals      |
| _____ | fat      | _____ | pyramid       |

## Food and You

Check the things you know and do...

	YES	SOMETIMES	NO
Do you eat a variety of foods from all food groups?	_____	_____	_____
Do you eat breakfast on a regular basis?	_____	_____	_____
Do you recognize the cultural background in the foods you eat?	_____	_____	_____
Do you exercise and take care of yourself regularly?	_____	_____	_____

---

Name

4-H Club Motto  
"To make the best better"

---

Address

4-H Pledge

---

Name of Club/School

I Pledge:  
My head to clearer thinking,  
My heart to greater loyalty,  
My hands to larger service, and  
My health to better living,  
for my club, my community,  
my country, and my world.

---

Leader/Teacher's Name

4-H Colors:  
Green and White



4-H Food, Fun and Fitness was developed through a team effort of the Florida 4-H Youth Programs and the Department of Family, Youth and Community Sciences including the Expanded Food and Nutrition Education Program.

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Cooperative Extension Service  
Institute of Food and Agricultural Sciences

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