



UTAH 4-H

SECTION 8
4-H PHOTOGRAPHS

Year 2014



National Youth Health Summit - Washington, D.C. 1/8/14
I learned about several healthy living curriculums for youth. I was asked to help facilitate a Mock Town Hall Meeting.

I made posters to hang up in the high school to advertise for the teen council. These posters helped me recruit teens by making them aware of the teen council. 1/16/14



Meeting with the teen council committee that would help me carry out the 6 week healthy living club. I am explaining how the club will work, and making assignments for each of the weeks that we will meet. 1/22/14



This is our first afterschool club meeting. We played some ice breaker games to get to know the kids and help them get to know us. We also explained what we would be learning in our 6 weeks together. 1/29/14

During the first 3 weeks of our club we spend a lot of time filling out Youth Science Journals to record the results of our experiments. We also had the students fill out evaluations after each meeting. 1/29/14



One week our experiments focused on the effect of heat on fruits and vegetables. Here the students are preparing red cabbage and a variety of solutions that will be used in 4 different experiments. 2/5/14



On the last week of our food science section Lizzy prepared a PowerPoint presentation to teach the differences between osmosis and diffusion. This helped the kids better understand what would be happening in their experiments. 2/12/14

Here the students are performing some osmosis and diffusion experiments with cucumbers and with hot water/cold water and food coloring. 2/12/14



The osmosis experiments also included making apple sauce and apple rings. Here the students are taste testing their results. 2/12/14





One week of our club was dedicated to teaching the kids group games and physical activities that would help them improve their physical, mental, and social health. We encouraged them to turn off the TV and video games and be more involved in physical activity. 2/19/14



One of the kid's favorite activities was when they had a chance to prepare skits about healthy living. They were all given a location (school, the park, etc.) and they had to prepare a skit about what healthy foods they would eat and what activities they could do while at that location. 2/26/14



As our final activity we made healthy quesadillas and a low fat version of ice cream in a bag. It was a beautiful day so we went outside to make the ice cream. As we shook our bags, we talked about all the things we had learned in the past 6 weeks. 3/5/14

