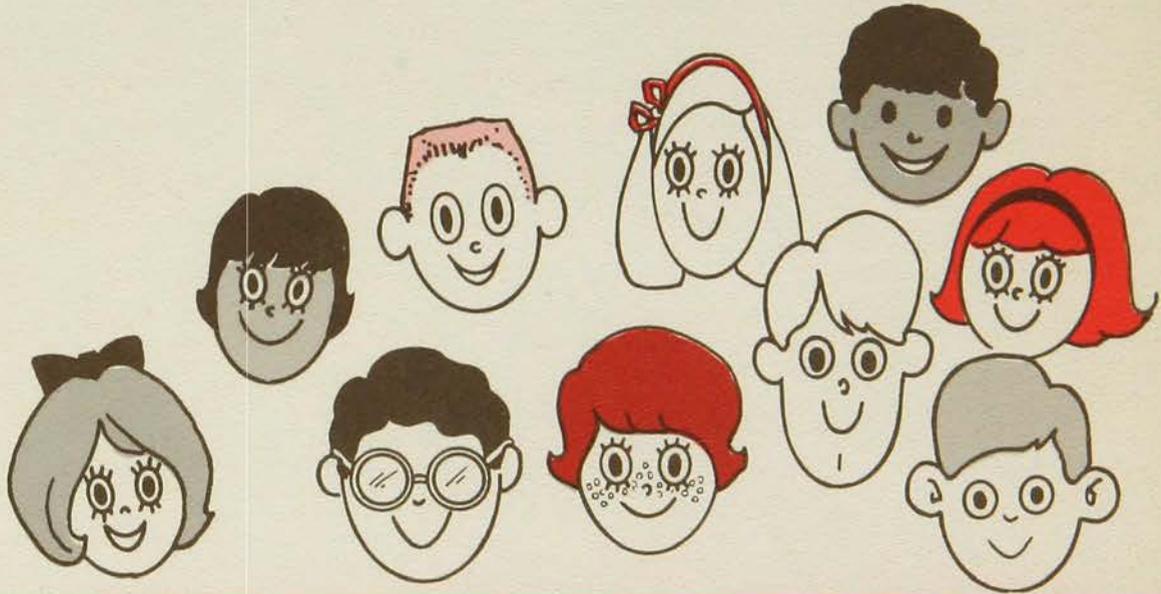
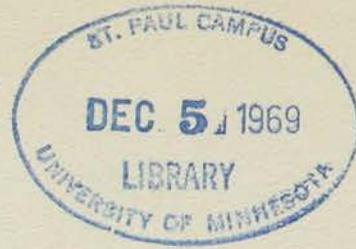


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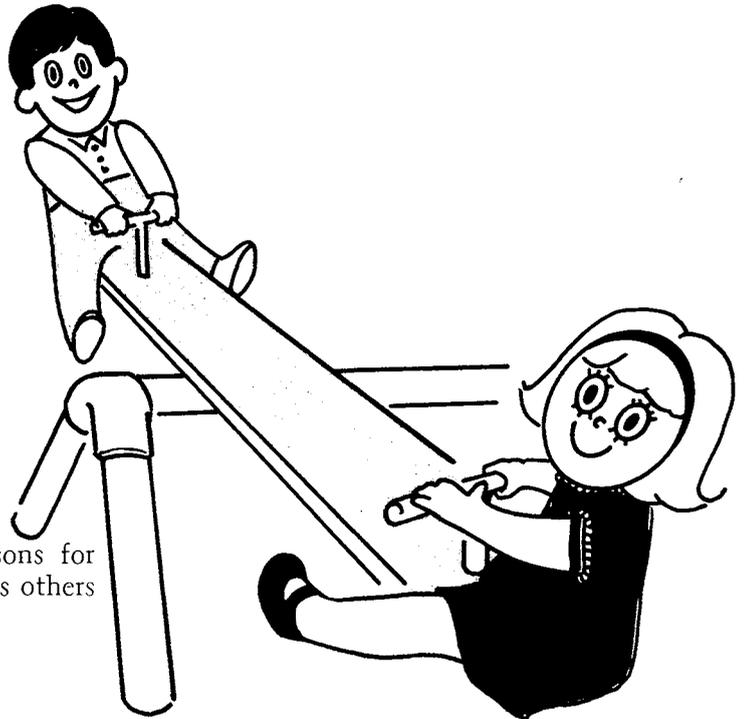
Good Health and You

4-H Beginner Health

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF MINNESOTA

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Boys and girls have lots of good reasons for wanting to keep well. Here are some reasons others have given.

Are yours the same?

I want to keep well:

SO I can have fun

SO I'll be happy and gay.

SO I'll be good at sports.

SO my parents won't have to worry about me.

SO I won't have to stay home when the others go out.

SO I can go on trips and see people.

SO I can grow up strong.

SO when I grow up I can have a nice home and be able to take care of my children.

SO I can help other people be healthy and happy.

SO I can do all the things I want to do.

SO I can live longer.

Are You Healthy?

Check the signs of good health listed below that you now have and the ones you want.

SIGNS OF GOOD HEALTH

HAVE

NEED FOR
IMPROVEMENT

EXPRESSION: Alert and happy

ATTITUDE: Eager and willing to take part in activities

APPETITE: Good appetite and willing to try new foods

WEIGHT: Right for height, age, and body type.

POSTURE: Sit and stand straight and tall

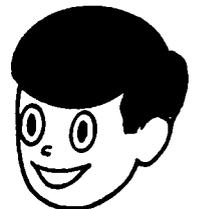
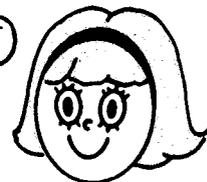
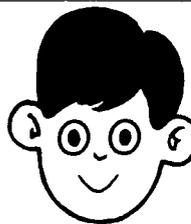
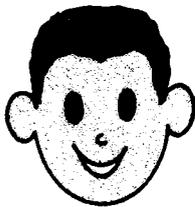
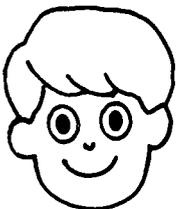
MUSCLES: Firm and strong, enjoy both work and play

TEETH: Clean and even, any defects corrected

SKIN: Smooth and clear

EYES: Bright and clear with no dark circles under them, lids free from inflammation

HAIR: Clean scalp, no dandruff



Eating Is Fun

Do you like to eat? Most of us do. Some people think getting plenty to eat is the important thing, but that's not the whole story. Getting enough of the *right* food is important too.

KEEP A RECORD OF YOUR MEALS

How can you tell if you're getting the right food for good teeth, strong muscles, and clear skin? First, start a record of what you eat for one day, and then answer the questions included with the Daily Food Guide below.

DAILY FOOD GUIDE

Meat Group

2 or more servings:
Beef, veal, pork, lamb, poultry, fish, eggs. As alternates, dry beans, dry peas, nuts.

*Did you eat 2 or more servings of foods from the "Meat Group?"

___Yes ___No

Milk Group

Some milk for everyone:
Teenagers, 4 or more cups
Children, 3 to 4 cups
Adults, 2 or more cups.

*Did you drink the right amount of milk for your age?

___Yes ___No



Bread-Cereal Group

4 or more servings:

Breads, cereals, cornmeal, rice, macaroni, spaghetti, and noodles. These should be whole grain or enriched or restored with B vitamins and iron.

*What did the labels say on the bread or cereals about addition of B vitamins and iron? _____

*Did you have 4 or more servings of these?

___Yes ___No

Fruit-Vegetable Group

4 or more servings:

Include a citrus fruit such as an orange or grapefruit or their juices; strawberries, cantaloupe; a dark green or deep yellow vegetable such as broccoli, spinach, carrots, sweet potatoes, squash; other fruits and vegetables.

*Did you eat 4 or more servings of fruits and vegetables?

___Yes ___No

*Was one of these a citrus fruit?

___Yes ___No



*Did you have a green or yellow vegetable yesterday or today?

___Yes ___No

IMPROVEMENTS I NEED TO MAKE IN MY DIET



GOOD EATING HABITS ARE FUN

It's fun to follow good eating habits. A variety of foods is needed to build and maintain your health and appearance.

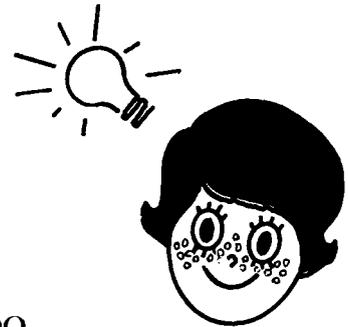
Do you follow these good habits?

- choose the right kinds and amounts of food you need each day.
- use good manners at the table.
- talk about pleasant subjects during mealtime.
- eat slowly and talk with others as you eat.
- start every day with a good breakfast.
- eat fruits, nuts, popcorn, or raw vegetables for snacks.

For shinier hair, a clearer skin, and fewer cavities in your teeth, eat fewer sweets.

For a good breakfast choose a fruit, milk, and cereal. When you want to eat more for breakfast, choose a fruit, egg or meat, toast and milk.

These habits will help you enjoy eating for fun and health. They also help you look and feel better as you work and play.



THINGS TO DO

1. Keep a record for a week of the foods and beverages you've eaten. Decide how to improve your diet.
2. Eat a good breakfast every day.
3. Suggest serving refreshments such as milk and fruit at your 4-H meetings.
4. Demonstrate good and poor eating habits by giving a skit showing a family at the dining table.
5. Your project group may want to plan a tour through a food processing plant in your community. On the tour look for ways in which your health is considered as the food is processed and packaged.

A Smile to Keep

To be really attractive and healthy, a boy or girl needs well-cared-for teeth. Good teeth depend on three health habits:

1. WELL-BALANCED DIET

If you're eating foods that are good for you generally, you'll be eating the right foods to keep your mouth healthy. This means you're getting the proper amounts of the essential foods shown on pages 3 and 4.

EATING TOO MANY SWEETS IS A DIRECT INVITATION TO TOOTH DECAY

Bacteria in your mouth quickly turn sugar into acid that attacks tooth enamel. Each time you eat a sweet, your teeth are attacked by acids. Between-meal sweets are especially bad because you can seldom brush afterwards.

YOUR TEETH AND GUMS NEED EXERCISE

Foods that require thorough chewing like apples, celery, and carrot sticks exercise your chewing muscles as well as clean your teeth. These are called *detergent* foods. Foods that require little chewing like bread, potatoes, cereals, and sweets tend to cling to your teeth and pack into the grooves and crevices of your teeth. These are called *impacting* foods. You can see which of the two would encourage tooth decay.

2. BRUSH YOUR TEETH AFTER EATING

Brush your teeth *immediately* after eating. If you wait even a half-hour some damage might be done. This rule applies to regular meals *and* snacks.

If you can't brush, rinse your mouth with clear water. The old custom of brushing teeth first thing in the morning and just before bedtime at night has little value except to make your mouth feel clean.

HOW YOU BRUSH YOUR TEETH IS IMPORTANT, TOO

Brush the inside and outside of each row of teeth. Brush the chewing surfaces.



THE RIGHT TOOTHBRUSH WILL HELP YOU DO A BETTER JOB

A good toothbrush has these characteristics:

1. A flat brushing surface.
2. Firm bristles.
3. A small enough head to fit all surfaces of the teeth.

The kind of toothpaste or powder used is not as important as *when* and *how* you brush and the *kind of toothbrush* you use. However, toothpaste or powder will help keep your mouth clean and fresh.

3. VISIT YOUR DENTIST REGULARLY

Each family should have a dentist it can visit regularly. Many dentists will notify you when it's time to have your teeth checked again. The general rule is every six months. Visiting your dentist regularly helps solve teeth problems early.

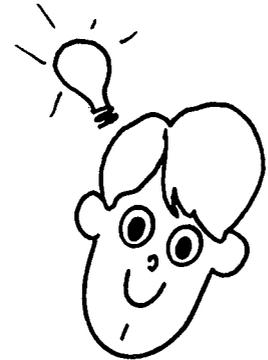
Tooth decay is the main reason you lose permanent teeth. Today many young people have three or four permanent teeth pulled because of decay. Some young people are wearing one or more false teeth by the age of 20. The type of enamel on your teeth is formed by the time you're 8 or 9. If they're strong, your teeth will have less decay and will last longer.

It's important not to eat or drink sweets too often or to hold something sweet in your mouth like gum or candy because decay acid from bacteria caused by the sugar solution is at work within 30 minutes. This is why it's important to rinse your mouth with water, milk, or fresh vegetables or fruit. Be especially careful to rinse teeth after snacks.

Another serious dental condition is "peridental disease". This disease attacks the gums, causing them to become infected. Proper diet and dental care will help prevent gum diseases.

Crooked teeth cause poor chewing of food, defective speech, and poor appearance.

Today it's not unusual to see young people wearing braces on their teeth. This is a good idea, and you should not be embarrassed by braces. It shows that your family is interested in proper dental care and good appearance.



THINGS TO DO

1. During the first part of the project year, think about your dental care habits and check the record each time you brush your teeth. Do this every day for a week. Then study your dental care habits for ways they might be improved, and try to improve. Around the middle of the project year, check your progress by keeping another record for one week. Toward the end of the project year, keep your dental care habit record for a week. Then notice if any improvements have been made—continue trying to improve.

First recording	Second recording	Third Recording	Fourth Recording
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S

After breakfast

After noon meal

After last food at night

2. List needed improvements in your dental care habits: _____

3. For refreshments, plan to serve something other than sweets. Fresh fruits such as apples or oranges will look glamorous wrapped in cellophane.

4. Ask a dentist to visit your club to talk about dental health or tour your dentist's office.

5. At a project meeting suggest a tooth brushing session. Compare methods of brushing and use the small red pills you can get from your dentist.

6. Give an illustrated talk on dental health problems and what simple steps can reduce them.

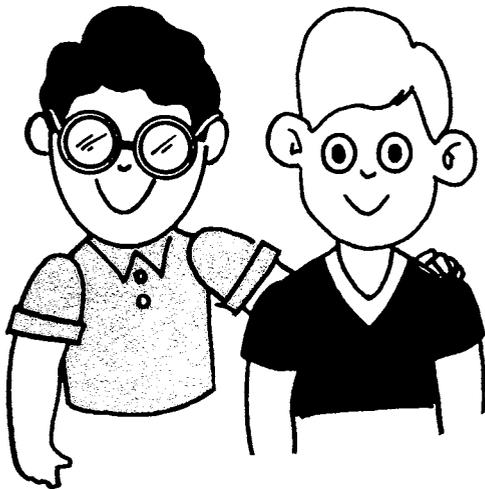
7. Give a tooth brushing demonstration to small children.

8. Study and criticize toothpaste advertisements.

Healthy Eyes and Ears

YOUR EYES

Every minute you're awake you use your eyes. More than half of all your experiences will reach you through your eyes. They help you understand and enjoy the world around you. You have two eyes to last a lifetime. How well they serve you will depend on how you treat them.



PROTECT YOUR EYES

The best light for your eyes is neither too bright nor too dim. Never let light shine directly into your eyes from an unshaded lamp. Reading or sewing in a dim light strains the eye.

When watching television, sit at least 6 feet from the set.



1. Frequent headaches
2. Red eyelids
3. Watery eyes
4. Twitching eyelids
5. Need to have book nearer than usual
6. Losing your place while reading

Never put dirty hands, towels, or handkerchiefs in your eyes. Germs on these may cause sties, pink eye (conjunctivitis), and other eye infections. Eye infections are dangerous.

If you get something in your eye, try not to rub it. Rubbing only makes it worse. Let tears wash the tiny object away. Blinking your eye will help bring tears. Only an experienced person should remove an object from the eye. His hands should be clean, and he should use only a soft cloth or gauze to remove it.

If the object can't be removed at home, you should go to a doctor.

HAVE CORRECT LIGHT FOR READING OR WRITING

At school or at home, read with the proper amount of light coming from behind or over either shoulder.

For writing, have light falling over left shoulder if you're right-handed, so your hand won't cast a shadow over the writing.

Avoid glare on books or work you're doing. Avoid reading in direct sunlight.

Rest your eyes often when you're reading or doing close work of any kind.

If you have any signs of eyestrain, or you can't see things your friends can see, tell your parents and suggest that you need an eye examination.

YOUR EARS

From the outside, the most important thing about ears is that they be clean. Dirty ears aren't attractive. Regular washing with warm water every day is usually all you need to do.

The wax that forms in your ears is useful because it keeps dust and insects from getting into the ear. Sometimes too much wax forms and becomes hard. (Washing ears with soap also makes wax harden.) This hard wax may interfere with your hearing. It's not safe to try to remove this yourself. Have a physician or nurse remove it in the proper way.

HEARING TESTS

Many boys and girls don't know they're hard-of-hearing. This is the reason it's important to have your hearing tested. Hearing problems can usually be corrected if discovered early. Even slight deafness can be a handicap and may get worse if not corrected.

PROTECT YOUR EARS

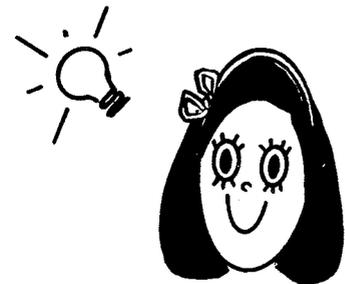
To protect your ears, learn to blow your nose the right way. If you blow too hard, you may close the Eustachian tube and get an earache. The correct way to blow your nose is to leave both nostrils open and blow gently.

Loud noises can cause sound waves strong enough to harm your ears. If you know loud noises are coming, open your mouth. This will allow some of the sound waves to reach your ear through the Eustachian tube and help equalize pressure on the eardrum.

Never hit anyone on the ear. This forces air rapidly against the eardrum and may harm it. Do your best to protect your ears from any blows on the side of the head.

We all know that young people like to listen and dance to very loud music. Because of this the evidence and concern is growing that extremely loud music over long periods of time may cause one to lose some of his hearing ability. You should be aware of this as you begin to purchase records and attend dances.

When you swim or dive, it's a good idea to wear a bathing cap or put plugs in your ears.



THINGS TO DO

1. Give a demonstration on how light should fall if you're reading, correct position of light for writing, or correct TV viewing.
2. Invite the public health or school nurse to test your group's hearing.
3. Have your doctor check your eyes and ears.
4. Have your school or public health nurse show you how to do a simple vision test using the Snellen Chart. Then demonstrate this vision test at a 4-H meeting.

Have a Shining Look

YOUR SKIN

Your skin is the house you'll live in all your life—and what a remarkable house it is! If not scratched or broken this wonderful covering helps keep out dirt and germs. But if it gets broken it repairs itself and is soon as good as new. As you grow your skin grows too, so that it always fits perfectly. If you gain weight, it stretches. If you lose, it shrinks. On cool days your skin helps keep you warm by closing up the sweat glands to save your body heat. On hot days, the sweat glands open up and give off water which evaporates and makes you feel cooler.

YOUR SKIN NEEDS CARE

You should always be sure that your skin is completely clean. When you run, jump, walk, sit, and even when you sleep, your body is giving off waste. This waste forms as perspiration on your skin. Perspiring is a natural part of the body's actions. But if you don't clean your skin regularly, perspiration can have an unpleasant odor that others may notice. Perspiration odor can be embarrassing to you and to those around you, and excess perspiration will stain and possibly rot clothing.

Boys and girls who want clear, healthy skin that smells clean and pleasant should follow these six rules:

1. Take a daily bath with plenty of soap.
2. Use clean underclothing each day.

3. Wash hands before eating and after each time you go to the toilet.
4. Keep hands, pencils, and other objects away from your face.
5. Dry your skin well.
6. Always use your own washcloth and towel.



YOUR HAIR

The hair on your head protects you against heat, cold, and too much sun. Besides that, you know it makes you look better.

Hair grows on most parts of your body except the palms of your hands and soles of your feet. Each kind of hair does something different for the body. For instance, your eyebrows keep perspiration out of the eyes, and your eyelashes keep dust and dirt out. The hair in your nose helps to keep dust out of it.

CARE OF YOUR HAIR

Look at your hair right now. Does it need combing? This is a job you may need to do several times a day. Hair that does not get combed very often gets snarled and untidy looking.

Wash your hair when it looks and feels like it needs it. In hot dusty weather it may need to be



washed several times a week. At other times of the year once a week may be enough.

Soft water and a soapy shampoo are best for washing your hair. If your hair is neatly trimmed, it will be easier to wash and care for.

BRUSH YOUR HAIR

It's a good idea to brush your hair each day. Brushing helps spread the oil evenly and helps keep your hair looking soft and healthy. Both boys and girls should brush their hair each night. This helps keep it clean between washings.

Use firm, upward strokes. Brush through the hair from the scalp to the ends of the hair.



THINGS TO DO:

1. Take a look at yourself in a large mirror and ask yourself these questions:
 - a. Do I wear clean clothes? _____
 - b. Is my skin clear? _____
 - c. Are my hands and fingernails clean and well-groomed? _____
 - d. Do I keep my body clean and odor-free? _____
 - e. Is my hair glossy, clean, and styled becomingly? _____
2. Find out how to file your fingernails correctly. Practice giving yourself a manicure.
3. Give a demonstration on hair and skin care.

Perfect Posture

Do you stand straight and tall and look people in the eye when you meet them? Or do you hang your head and let your shoulders sag? (Posture will affect the impression you make.) Your posture is one of the most important indications of what you're like.

Good posture tells others that you have good muscles, your body is well-balanced, and you have confidence in yourself.

Poor posture tells just as plainly that you're not sure of yourself, that you've not yet learned to use and control your muscles properly, and that you're tired. Actually poor posture makes you tired by putting extra strains on your body.

Good posture comes from sitting, standing, and walking properly at all times.

STANDING

You should stand tall at all times with your feet 4 to 6 inches apart and your toes straight ahead. Your back should be straight, your chin in, your chest high, and your abdomen pulled in. If you're standing correctly you should be able to balance a book on the top of your head.

SITTING

If your chair is not right you can't sit correctly, no matter how hard you try. If it's too high, your feet will dangle, if too low, the seat will press against

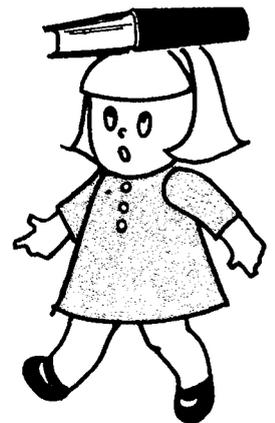
the under part of your legs, and your feet won't be flat on the floor.

Here's how to test your chair. Sit tall with your chest up. Sit well back on the chair so that your hips touch the back of it.

Your feet should be flat on the floor. It's important to sit correctly because sitting straight and tall helps to strengthen your back muscles. You need strong back muscles to have good posture.

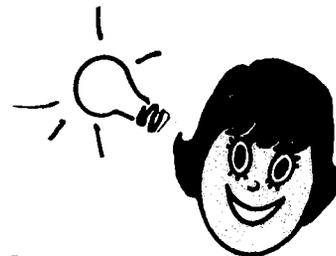
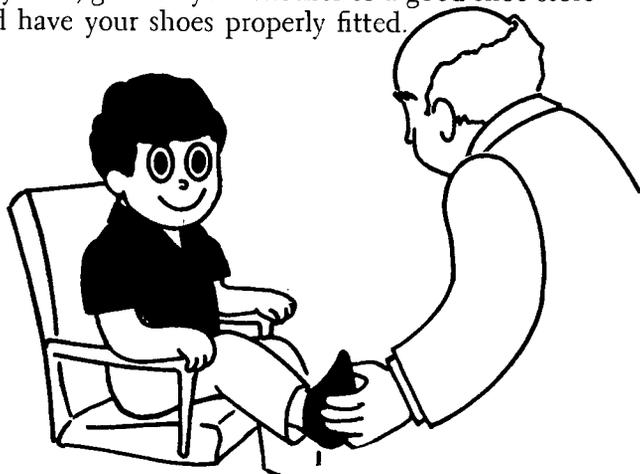
WALKING

Watch the boys and girls around you. How do they walk? Do some slouch, some drag their heels, some clump? Are there some whose walk is especially pleasing? If so, they probably walk relaxed and tall with a light, springy step. Their feet are kept parallel and close together with toes straight ahead.



SHOES ARE IMPORTANT

Just as you can't sit correctly in a chair that's too large or too small, you can't walk correctly in shoes that are the wrong size or stockings that are too long or too short. Be sure that your shoes and stockings are comfortable and there's plenty of room for your toes. Shoes that are too large may rub blisters or fail to give you proper support. Shoes that are too small will pinch and make walking very difficult. Don't choose your shoes simply because you like the way they look; go with your mother to a good shoe store and have your shoes properly fitted.



THINGS TO DO

1. Answer the following questions. Add your points and check yourself on the posture scale below. Talk about the topics on the chart with your leader at a project meeting.
2. Give a posture demonstration on correct sitting and walking.
3. Have your group practice some posture exercises at your meeting.
4. Show how to check for good posture. Hang a weighted cord from a light fixture. Check to see if the line passes through ear, shoulder, center of hip, knee joint, and slightly in front of ankle.
5. Check your shoes for correct fit. Can you lay your finger between the end of your toes and the end of your shoe? Does the heel grip tightly?
6. Walk with a book on your head.

	Always 5 pts.	Sometimes 3 pts.	Never 0 pts.
1. Do I carry myself proudly with head high and well-balanced?			
2. Do I hold my chest high with shoulders natural and easy?			
3. Do my shoulder blades lie flat?			
4. Is my back erect, except for normal curves?			
5. Is my "tummy" flat?			
6. Do I tuck my hips under?			
7. Are my knees relaxed and easy?			
8. Do my toes point straight ahead?			
9. Do I walk with my weight on the outer borders of my feet?			
10. Do I stand as tall as I can, with weight poised over balls of feet?			
11. When I see my standing posture in the mirror, are the parts of my body in line?			
12. When I walk, do I keep in line, moving with self-assurance and poise?			

Posture Scale

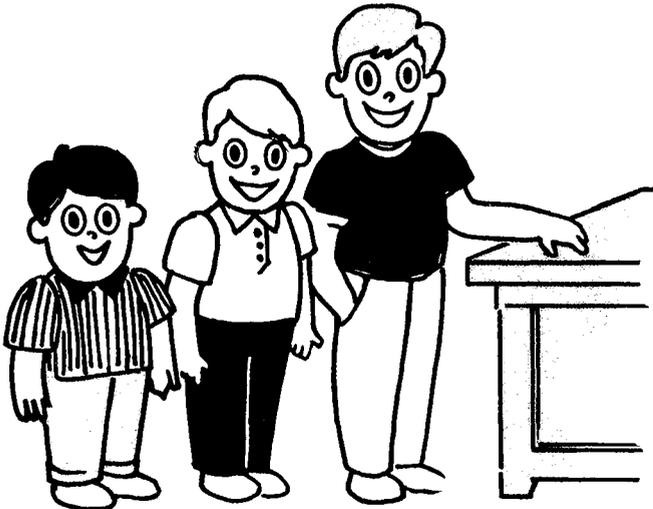
- 0-15: are you slipping?
 16-45: could you look better?
 46-60: keep up the good appearance.

Are You Growing?

Regular growth is one sign of good health. Some young people seem to grow tall overnight; many boys and girls grow a great deal during summer vacations and return to school "all arms and legs."

Don't be concerned if you seem to shoot up overnight or if you grow very slowly. Growth rates vary among individuals.

With the help of your leader, weigh and measure yourself. How much taller and/or heavier are you now than you were the last time you were weighed and measured? Make a note of your present weight. (See No. 1 under "Things To Do" for a plan to weigh and measure yourself regularly.)



THINGS TO DO

1. Record your height and weight on your *Growth Record* below. Check weight each month, and height every two months. If you're worried about your height or weight, discuss your problem with your parents and the family doctor.

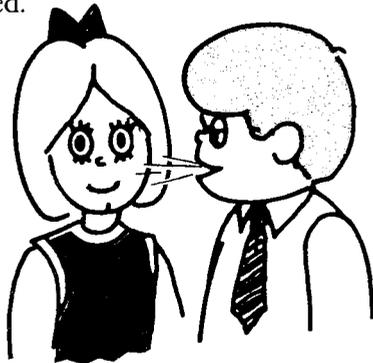
GROWTH RECORD

Date	Age		Height	Weight
	Years	Months		
Jan.				
Feb.				
Mar.				
Apr.				
May				
June				
July				
Aug.				
Sept.				
Oct.				
Nov.				
Dec.				

Stay Healthy

THE COMMON COLD

If you've had a cold lately you probably caught it from someone. If you weren't careful you may have passed it on to someone else. Colds are usually passed from person to person. Here's how it may have happened.



1. SOMEBODY SNEEZED

One good sneeze sends 20,000 infection-laden droplets as far as 12 feet.

2. YOU GOT TOO CLOSE

A person can pass a cold on to others 2 days before he knows he has it.

3. YOU WERE CHILLED, WORRIED, OR OVERTIRED

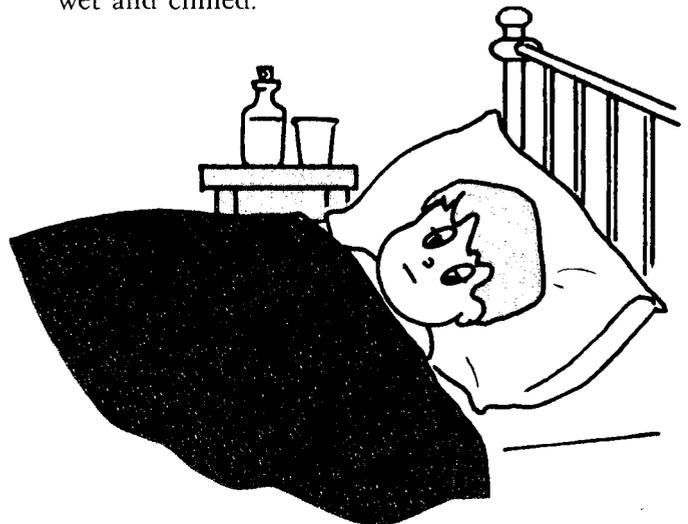
These things don't cause colds, but they make people more susceptible.

IF YOU CATCH A COLD FOLLOW THESE SUGGESTIONS

1. Go to bed and rest.
2. Eat light meals. Drink plenty of water and fruit juices.
3. Don't blow your nose too hard.

THE BEST REMEDY FOR A COLD IS TO KEEP FROM GETTING ONE.

1. Stay away from people with colds.
2. Eat a well-balanced diet.
3. Get plenty of rest.
4. Avoid extreme changes in temperature or getting wet and chilled.



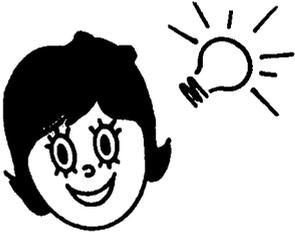
OTHER CATCHING DISEASES

There are certain diseases young people are often exposed to as they grow up, such as:

- Diphtheria
- Whooping Cough
- Mumps
- Chicken Pox
- Measles
- "Strep" infection
- Flu
- Tetanus
- Polio



When you were a tiny baby you probably had "shots" to immunize you against some of these diseases. Two years later and again when you started school you probably had "booster shots." As yet no way is known to prevent mumps and chicken pox. If you catch these diseases while you're young, they'll be fairly mild and you'll have lifelong immunity to them.



THINGS TO DO

1. Check with your mother or doctor to see what shots you've had and booster shots you may need. Fill in chart below.

Keep a complete record of your immunizations.

2. Since most families have a dog, cat, or other pets, invite a veterinarian to your meeting to discuss immunization of pets or visit a veterinary clinic.

Have first shots been received for:	Yes	No	Have proper booster shots been received for:	Yes	No
Diphtheria					
Measles					
Polio					
Smallpox					
Tetanus					
Whooping Cough					

You and Your Friends

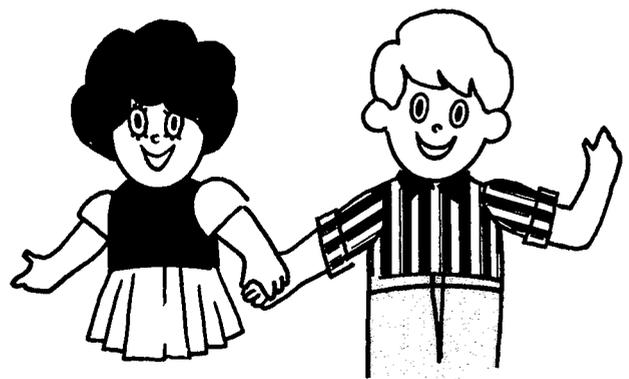
You can't live in this world without friends. You do things with and for your friends, and they do many things for you. Making friends with others begins with you. Try to understand how others feel and be polite and kind. Don't take out your anger and disappointments on your friends.

Your personality means all of your characteristics, the way you look and act, your posture and grooming, and your friendliness or timidity.

THINGS TO DO

1. At the beginning of your project, check yourself (Check Lists 1 and 2) on "How I Look" and "How I Act" and decide how you'll improve during the year. With your leader, discuss the topics on the

chart at a project meeting. Work hard on what you need to improve during your project.



HOW I LOOK

Check List 1

My Personal Record

What I
do now

What I
need to do

What I
have done

What has
become
a habit

I look cheerful

I take a daily bath or shower

I brush my teeth at least twice a day

I use a deodorant

I stand and sit correctly

- I keep my nails clean and filed or clipped
- I keep my feet and legs clean
- I brush my hair every day and keep a comb handy
- I shampoo my hair frequently
- I take pride in keeping myself neat and clean
- I see that my clothes are clean, mended, and well-pressed
- I keep my shoes polished and in place
- I keep my clothes and room orderly
- I'm learning what to wear for all occasions

HOW I ACT

Check List 2

My Manners	What I do now	What I need to do	What I have done	What has become a habit
I talk pleasantly				
I use "thank you" and "please" often				
I do cheerfully the things I'm asked to do				
I'm on time				
I'm cooperative				
My manners at home are as good as when I'm with company				
I'm courteous in public				
I try to remember names of people				
I can admit that I'm wrong				
I'm loyal to my friends and family				
I'm a good sport				
I'm a good listener when others are talking				
I have a cheerful smile				
I say nice things about others				
I'm learning good table manners				

2. Present a skit showing how people react to good and poor manners or good and poor appearance.

3. Give a demonstration and talk on "The Total You." Include tips on personal hygiene and good

grooming to improve your appearance. Show how you can improve your manners.

4. If you have a friend or know of someone from another country, find out about manners that are different from ours and give a talk at a meeting.

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Acknowledgment is made of the National Tuberculosis Association's publication, *Ways to Keep Well and Happy*, as a reference for portions of this publication.

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Rolana H. Abraham, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55101.

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