

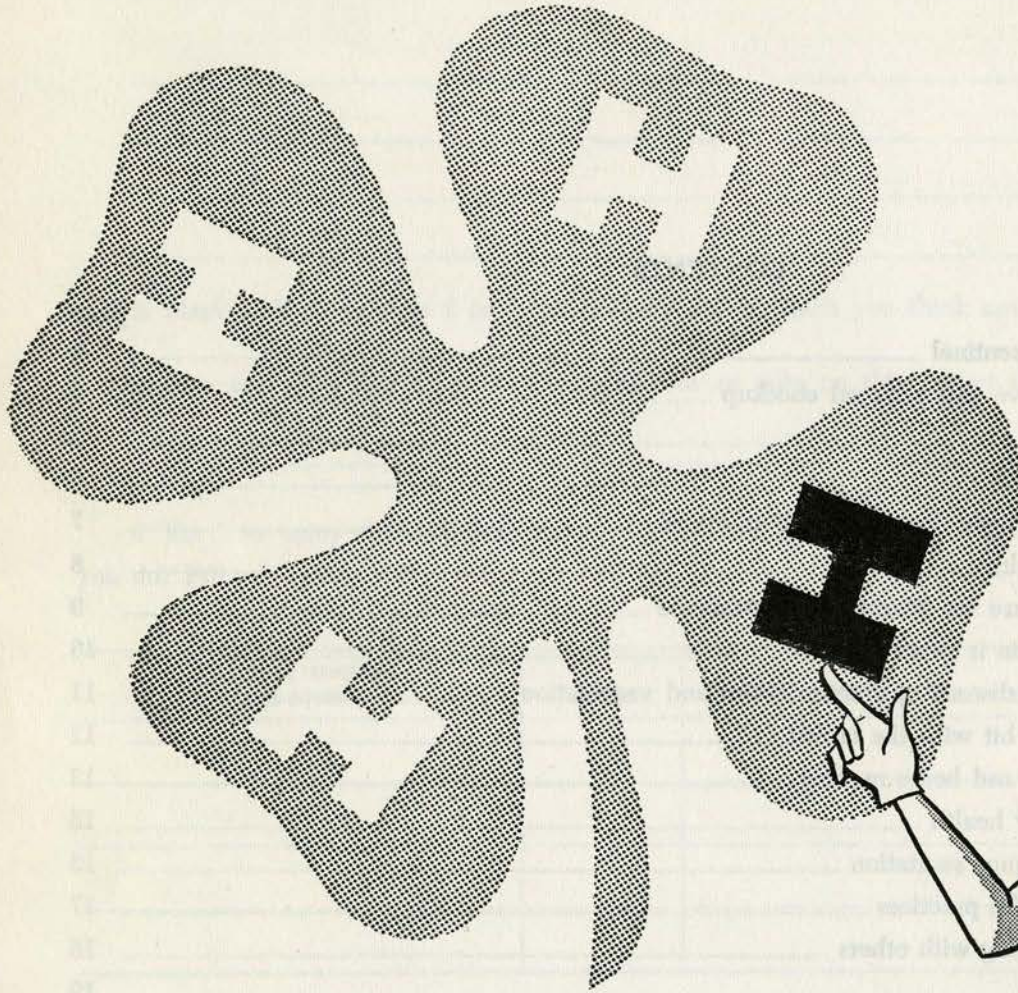
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# 4-H

## HEALTH WORKBOOK



Health - The Wealth We Keep And Share

University of <sup>①</sup>Minnesota

***AGRICULTURAL EXTENSION SERVICE*** <sup>②</sup>

U.S. Department of Agriculture

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# HEALTH WORKBOOK

## CONTENTS

	page
Worksheet I Club health sentinel .....	3
Worksheet II Growth curve and physical checkup .....	4
Girls' growth chart .....	5
Boys' growth chart .....	6
Your growth curve and physical examination record .....	7
Worksheet III Dental health .....	8
Worksheet IV Good posture for fitness and appearance .....	9
Worksheet V Eating to win is smart .....	10
Worksheet VI Preventing disease by immunization and vaccination .....	11
Worksheet VII Making a hit with the crowd .....	12
Worksheet VIII First aid and home nursing .....	13
Worksheet IX Community health .....	15
Worksheet X Farm and home sanitation .....	16
Worksheet XI Family health practices .....	17
Worksheet XII Getting along with others .....	18
Health careers worksheet .....	19

# WORKSHEET I

## Club Health Sentinel

The questions below are to be filled out in order to complete Section I of the Health Project.

1. List 8 main things that contribute toward healthful and pleasant conditions for club meetings and parties:

_____	_____
_____	_____
_____	_____
_____	_____

2. Mark with an (x) the 2 or 3 things listed above which you think are most important.

3. Plan and give one or more demonstrations or talks on this subject during the year.

(Topic) \_\_\_\_\_

4. For how many club meetings or other events did you serve as a Health Sentinel, and what did you do? Fill out below:

Kind of meeting or event	Date	What did you do as sentinel?

5. List any references that you used for additional information or assistance while working on this subject to your Health Project.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

6. Show your completed worksheet to your leader.



## WORKSHEET II

### Growth Curve and Physical Checkup

1. With the help of your leader, weigh and measure yourself.

2. Write the date, your age, weight, and height in the table on this page.

3. Look at the top half of the chart on page 5 or 6. Weight is indicated on the left side beginning at 50 and going up to 140 pounds for girls and 160 pounds for boys. Age is indicated across the top beginning at 8 and ending at 18. Three lines curve across the page. The middle one is average. The top and bottom lines show the extent a girl or boy may vary from average and still be normal.

4. Put a dot on the chart at the point where your age and weight meet.

5. Look at the bottom half of the same chart. Height is indicated on the left side, beginning at 45 and going up to 75 inches. Age is indicated across the bottom beginning at 8 and ending at 18. The three lines on this chart indicate the average and the limits in which you may vary and still be normal for your age.

6. Put a dot on the chart at the point where your age and height meet.

7. Weigh and measure again before this 4-H club project ends to see if you have grown normally. Start your own growth curve by drawing a colored line between the dots.

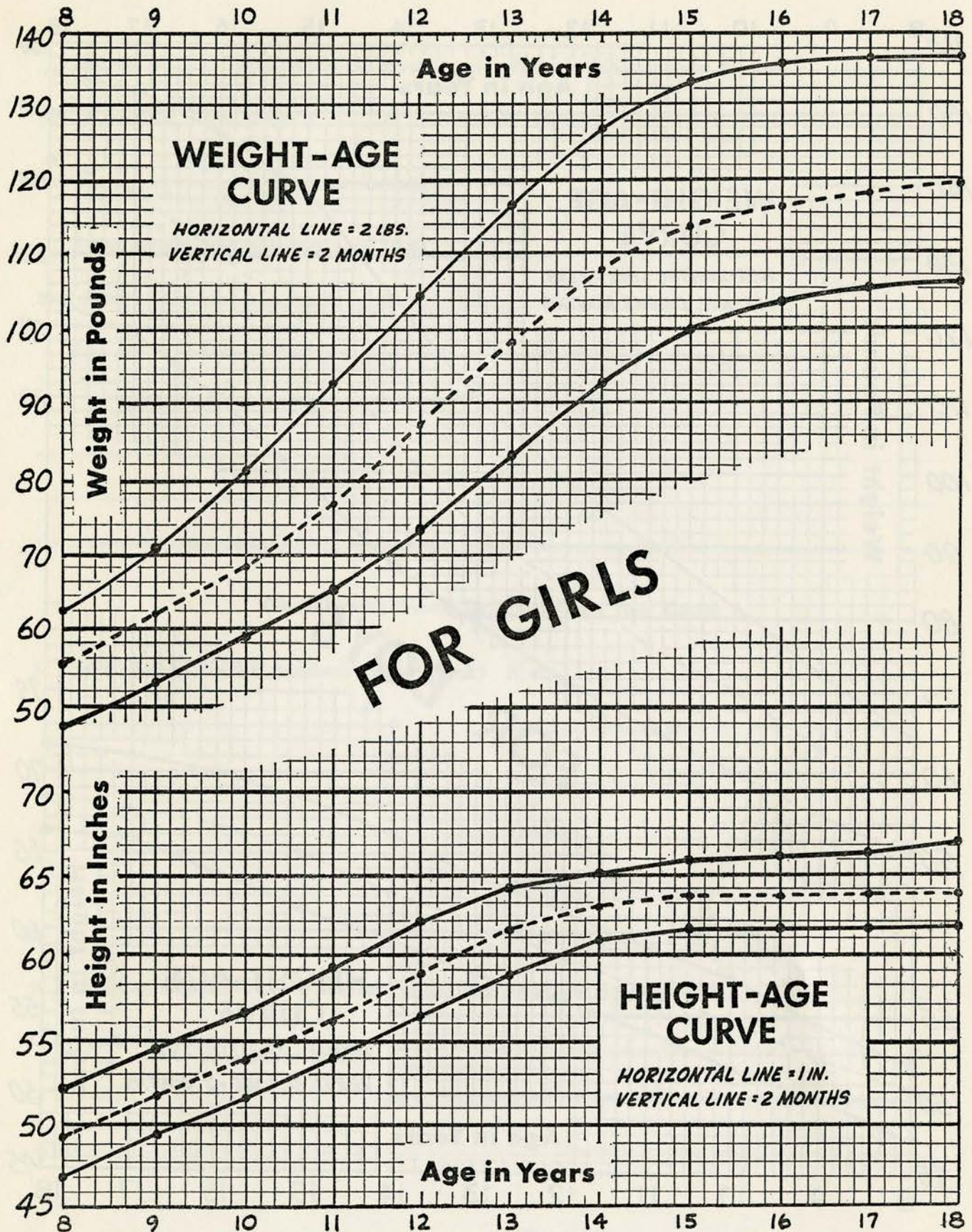
8. Ask your parents if they have any height and weight records for you when you were five or more years old. If they do, compare them with the record on your chart.

9. If your weight or height curve is outside the lines on the chart, talk to your doctor about it. He can tell you how to improve your health habits, or explain family history that may account for the outside curves.

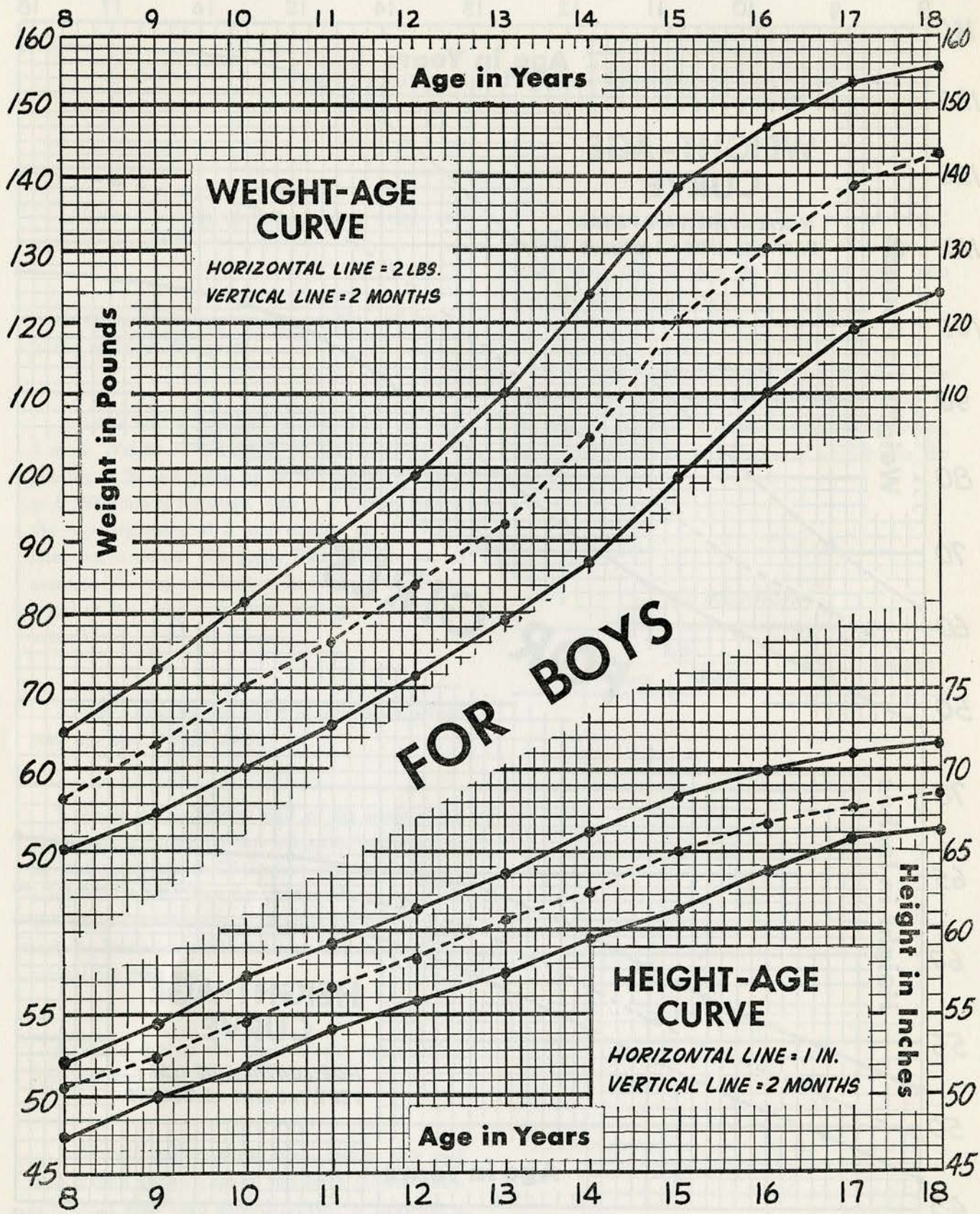
#### MY RECORDS

Date	Age		Weight	Height
	Years	Months		











## YOUR GROWTH CURVE AND PHYSICAL EXAMINATION RECORD

My age is \_\_\_\_\_. According to the growth curve chart the weight range for me is \_\_\_\_\_ to \_\_\_\_\_ pounds, and the height range is \_\_\_\_\_ to \_\_\_\_\_ inches. I am \_\_\_\_\_ the range for weight and \_\_\_\_\_ the range for height.

above or below or within

I had my physical examination on (date) \_\_\_\_\_  
by (doctor) \_\_\_\_\_

List any improvements that you have made as a result of the doctor's suggestions.

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### The Following Should Be Filled in by Your Doctor

A. I have checked this 4-H member's (please check) Eyes \_\_\_\_\_  
Ears \_\_\_\_\_  
Nose \_\_\_\_\_  
Throat \_\_\_\_\_  
Physical \_\_\_\_\_  
Teeth \_\_\_\_\_

B. I have also checked to see if vaccinations and immunizations are up to date \_\_\_\_\_

C. Suggestions for member are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed by \_\_\_\_\_  
(Doctor)



## WORKSHEET III

### Dental Health

1. During the first part of the project year, think about your dental care habits and check in the record each time you brush your teeth. Do this every day for one week. Then study your dental care habits for ways that they might be improved; and try to improve. At about 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						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
After breakfast																					
After noon-meal																					
After last food at night																					

2. List needed improvements in your dental care habits \_\_\_\_\_

3. Give the date(s) when you saw your dentist and tell what he did \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Briefly state how you have improved your dental care habits during the year. Can you truthfully list three things that you now do more or better. If so, list them here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Do one or more demonstrations as per requirements listed in front of bulletin.



## WORKSHEET IV

### Good Posture for Fitness and Appearance

Completion of the following questions will show that you have completed this part of the Health Project.

1. Fill out the Posture Scorecard below for *yourself* and for *somebody else*. Each of you score the other. Name of person who scored you: \_\_\_\_\_

Name of person you scored: \_\_\_\_\_

Question	Always 5 pts.	Sometimes 3 pts.	Never 0 pts.
1. Do I carry myself proudly—head high and well-balanced?			
2. Do I hold my chest high—shoulders naturally and easily?			
3. Do my shoulder blades lie flat?			
4. Is my back erect, except for normal curves?			
5. Is my abdomen 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 the 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 look at my standing posture in the mirror, are the parts of my body in line?			
12. When I walk, do I keep the parts of my body in line, moving with self-assurance and poise?			

Total your points and check yourself on the Posture Scale below.

0	15	30	45	60
Poor		Average		Good

0-15—You're slipping; 16-45—You could look better; 46-60—Keep up the good work.

2. Give a posture demonstration before your club from the section on Facts and Ideas.

3. In the chart above check the items which you actually practiced at home.



## WORKSHEET V

### Eating to Win Is Smart

During the first part of the project year, observe your eating habits by answering the questions below and recording the answers. Do this every day for a week. Give the date. Then study your eating habits for ways that they might be improved; and try to improve. List the needed improvements at bottom. Then about the middle of the project year check your progress by keeping a record for another week in the middle columns. Toward the end of the year make a third recording in the right-hand columns. At end of the Study compare the three recordings, and list below the improvements you actually did make. Do they make you proud or ashamed of yourself?

	Date							Date							Date						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Had food from Milk Group; as recommended per day																					
Had food from Meat Group; 2 or more servings per day																					
Had food from Veg-Fruit Group; 4 or more servings per day																					
Had food from Bread-Cereal Group; 4 or more servings																					
10 Followed good food selection when eating school lunch at school																					
Had healthful snacks as recommended																					
Washed hands and face before eating—always																					
Ate properly at table																					
Chewed food well and not too fast																					
Washed teeth or rinsed well after each meal and snack																					

1. After first recording, list improvements needed: \_\_\_\_\_  
\_\_\_\_\_
2. After last recording, list improvements made during year: \_\_\_\_\_  
\_\_\_\_\_
3. Do one or more demonstrations as required in front of bulletin for your age. List what you did: \_\_\_\_\_  
\_\_\_\_\_



## WORKSHEET VI

### Preventing Disease by Immunization and Vaccination

The following things are to be done for completion of this part of the Health Project. Make sure that you do them well. You will get more enjoyment out of doing a good job.

1. Find out what the immunization record is of all members of your family and fill it in below:

Family member	Have first shots been obtained for the indicated diseases?			Have proper booster shots been obtained?	
		YES	NO	YES	NO
Father	Diphtheria Measles Polio Smallpox Tetanus Whooping Cough				
Mother	Diphtheria Measles Polio Smallpox Tetanus Whooping Cough				
Yourself	Diphtheria Measles Polio Smallpox Tetanus Whooping Cough				
Brother or sister Name _____	Diphtheria Measles Polio Smallpox Tetanus Whooping Cough				
Brother or sister Name _____	Diphtheria Measles Polio Smallpox Tetanus Whooping Cough				
The dog	Rabies				

2. Discuss with your club the idea of having an Immunization Checkup as a club project for the year. I did this: Yes \_\_\_\_\_ No \_\_\_\_\_

3. Draw up a form for making a Family Immunization and Disease Record Book, and show to your leader. Get other members to do Part VI of the Health Project.

4. Plan and give one or more demonstrations.



## WORKSHEET VII

### Making a Hit with the Crowd

During the first part of the project year, observe your cleanliness and social habits by answering the 10 questions below and recording the answers. Do this every day for one week. Then study your cleanliness and posture habits for ways that they might be improved; and try to improve. At about 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 cleanliness and posture habit record for a week. Then notice if any improvements have been made—continue trying to improve.

	Date							Date							Date							
	First recording <sup>1</sup>							Second recording							Third recording <sup>2</sup>							
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
Did I have a clean face, ears, neck, hands, and fingernails this morning and evening?																						
Did I brush my teeth after each meal?																						
Did I take a bath or shower?																						
12 Did I wash my hands before each meal?																						
Did I have clean and neatly combed hair?																						
Did I have clean and polished shoes?																						
Did I have neat and clean clothes?																						
Did I put everything in its place?																						
Did I walk, stand, sit, and lie straight?																						
Did I show more good manners and courtesy today than poor?																						

<sup>1</sup> List needed improvements \_\_\_\_\_

\_\_\_\_\_

<sup>2</sup> List improvements made \_\_\_\_\_

\_\_\_\_\_



## WORKSHEET VIII

### First Aid and Home Nursing

Below are a number of questions to be answered carefully in order to complete this part of the Health Project.

1. List below the six first aid practices which you think are the most important for a person to know. List them in order of importance, putting the one you think most important as No. 1, the next most important as No. 2, and so on.

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2. Explain what you did in (a) putting on some demonstrations in first aid, or (b) in organizing a Red Cross First Aid class.

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3. Why should every home have a well planned and well located medicine chest? \_\_\_\_\_

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# WORKSHEET IX

## Community Health

The main purpose of this worksheet is to serve as a guide for your work on this part of the 4-H Health Project. Below are the things to do, if you choose to work on Community Health.

1. Make a list of, or write a short story about, the most crucial community health problems in your locality. You may first want to have a discussion on this subject at a club meeting, or to discuss the subject with some other persons. Find out what the public health people, the doctors, and some of the community organization leaders think are the main health problems or needs of the community.

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2. Work on one or more demonstrations or talks as listed in the requirements at the front of this bulletin.

3. Name all the different kinds of health resources that serve your community—the health agencies, organizations, officials, and private practicing health people.

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4. (a) Help initiate and carry out one or more community health projects of your club.

(b) List below what these projects were, and what was done on them from beginning to completion. Especially mention the cooperation with health officials and organizations that was used in planning and carrying out the club community health projects.

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# WORKSHEET XI

## Family Health Practices

The purpose of this worksheet is to serve as a guide for you in working on this subject and for recording what you did on it.

1. What specific subject in Family Health did you decide to work on this year? \_\_\_\_\_

\_\_\_\_\_

2. Briefly state why you decided to select this subject. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. With whom did you discuss the matter before deciding, if anybody? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Do one or more demonstrations as listed in requirements at front of bulletin.

5. From where did you get advice and assistance, if any, in your work on this subject? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. What do you consider are the main needs for improving family health conditions in your community? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## WORKSHEET XII

### Getting Along with Others

1. Score yourself at three different times during the year before your project closes, using the score sheet below. After the first time, save sheet for the later scorings.

Personality trait	Beginning		Middle		End	
	At club meetings	At home	At club meetings	At home	At club meetings	At home
1. Unselfishness						
2. Broadmindedness						
3. Adaptability						
4. Sense of humor						
5. Sportsmanship						
6. Cheerfulness						
7. Dependability						
8. Control of emotions						
9. Consideration for others						
10. Loyalty						
11. Sympathy						
12. Tactfulness						
13. Courage						
14. Cooperation						
Total score						

Instructions: Score on each point as follows:

0 = never	Excellent 55-64	Keep up the good work
2 = sometimes	Good 40-54	Not too bad but need improvement
3 = usually	Fair 25-39	Better start disciplining yourself
4 = always	Poor Under 25	Really bad. Who would want you?

2. Did you progress during the year? YES \_\_\_\_\_ NO \_\_\_\_\_

3. (a) What were your strong points at the beginning of year? \_\_\_\_\_

(b) What are you still weak on at the end of year? \_\_\_\_\_

4. Work up a demonstration or illustrated talks as per requirements in front of bulletin.







HEALTH CAREER WORKSHEET

The following questions and questions with answers guide to help you work on this part of the health career project. Write your answers on the lines provided. The amount of subject matter is included in the outline on your own copy a small amount of subject matter is included in the outline.

1. The one or more demonstration of subject matter is listed in the outline. Write your answers on the lines provided.

2. Write a short report on your own copy of the outline. Write your answers on the lines provided.

3. Write a short report on your own copy of the outline. Write your answers on the lines provided.

4. Write a short report on your own copy of the outline. Write your answers on the lines provided.

5. Write a short report on your own copy of the outline. Write your answers on the lines provided.

6. Write a short report on your own copy of the outline. Write your answers on the lines provided.

7. Write a short report on your own copy of the outline. Write your answers on the lines provided.

8. Write a short report on your own copy of the outline. Write your answers on the lines provided.

9. Write a short report on your own copy of the outline. Write your answers on the lines provided.

10. Write a short report on your own copy of the outline. Write your answers on the lines provided.

11. Write a short report on your own copy of the outline. Write your answers on the lines provided.

12. Write a short report on your own copy of the outline. Write your answers on the lines provided.

13. Write a short report on your own copy of the outline. Write your answers on the lines provided.

14. Write a short report on your own copy of the outline. Write your answers on the lines provided.

15. Write a short report on your own copy of the outline. Write your answers on the lines provided.

16. Write a short report on your own copy of the outline. Write your answers on the lines provided.

17. Write a short report on your own copy of the outline. Write your answers on the lines provided.

18. Write a short report on your own copy of the outline. Write your answers on the lines provided.

19. Write a short report on your own copy of the outline. Write your answers on the lines provided.

20. Write a short report on your own copy of the outline. Write your answers on the lines provided.