



WE CU VOLUNTEER

4-H Legislative Day

SC State House, Columbia, SC
March 12, 2019 (11AM-12PM)



South Carolina 4-H Legislative Day is a one-of-a-kind opportunity for 4-H members to meet and interact with legislators and tell their 4-H story. Our Legislative Day creates awareness of career opportunities in South Carolina's state government, better understand state government, and network with delegates from other counties. Members of the House and Senate will recognize 4-H attendees during legislative session.

County delegations can work with their local 4-H Agent to schedule visits with their legislators and sign up for tours of the South Carolina State

House. Tours will be held at 2:30 p.m. and 3:00 p.m.

Contact your local 4-H Agent to see what your county's delegation is doing!

The ceremony will take place on Tuesday, March 12, 2019 at 11:30AM on the north steps of the SC State House in Columbia. Please dress professionally and with considerations of the weather in mind.

More Information

“Learn by Doing!”
4-H Slogan

Upcoming Statewide Programs:



Senior Presentations Contest

March 2, 2019

Opportunity for youth to showcase their knowledge (for ages 14-18 years)

Register by Feb. 15th



Senior Teen Weekend

March 1-3, 2019

Use promocode HOLIDAY by Jan. 1 to get \$15 off! (for ages 14-18 years)

Register by Feb. 15th



Engineering Challenge

March 30, 2019

Six different STEM challenges to choose from!!! (for ages 5-18 years)

Register by Mar. 1st



Legislative Day

March 12, 2019

Show your appreciation for your state's legislators! (for ages 9-18 years)

Contact your local 4-H Agent



Pinckney 4-H Leadership Conference

June 16-22 & July 21-27, 2019

Premier leadership conference at Clemson (for rising 10-11th grades)

Apply by Mar. 15th

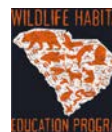


4-H Pinckney Leadership Camp

June 23-28 & July 14-19, 2019

Premier leadership conference at Camp Bob Cooper (for rising 7-8th grades)

Register by Apr. 1st



WHEP State Contest

April 27, 2019

Develop skills and compete for prizes related to wildlife (for ages 9-18 years)

Register by Apr. 12th



Sporting Clays Tournament Fundraiser

May 31, 2019

Help us raise funds to support statewide 4-H opportunities (all ages)

Register by May 22nd



Monthly 4-H Club Activity Idea

By Deborah Jamison, Clemson UPIC Intern &
Carol Hamilton, Spartanburg County 4-H Agent



Food Cupboard

Objective: To become familiar with Nutrition labels through meal planning

Age Range: Grades 3 to 6

Hands-on Activity: use inexpensive materials to implement a variety of simple healthy living challenges

Life Skills: HEAD - planning/organizing, decision making, learning to learn;
HEART - communication, sharing;
HANDS - self-motivation;
HEALTH - character, self-discipline.



Introduction

The food cupboard activity teaches youth how to make healthy food choices by examining Nutrition Facts on food labels. This activity focuses on calories and sugar content in foods.

Calories are how we measure energy food and beverages provide. Our bodies need calories to provide us energy throughout the day. But if we consumer too many calories and are not burning them off through our daily activity we will gain weight. Likewise, if we consume too few calories our bodies will use energy stored in our fat and muscle tissue, causing weight loss. Our recommended daily intake of calories depends on age, gender, metabolism and physical activity level.

Sugar is a common component used to sweeten and preserve foods. Sugar is a carbohydrate that provides energy to our cells. It also triggers a response from our pancreas to secrete insulin which is used in the digestion process. However, if we consumer too much sugar our bodies stop responding to insulin properly. This can lead to an increased risk of kidney disease, diabetes, heart disease and dental decay.

Nutrition Facts	
Serving Size 55g	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories From Fat 35
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	0%
Cholesterol <5mg	2%
Sodium 460mg	19%
Total Carbohydrates 38g	13%
Dietary Fiber 1g	4%
Soluble Fiber	
Sugars 6g	0%
Protein 6g	0%
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
Thiamin 0%	• Riboflavin 0%
Niacin 0%	• Vitamin B6 0%
Phosphorus 0%	• Zinc 0%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,800
Total Fat	Less than 55g 90g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

<http://www.amaafrim.com/Block18/16/foodlabelforKraftmacandcheese/Kraftmacaronicheese/schmierspecialshapes4hdivwebsites/researchingfoodlabelforKraftmacandcheese>

Continued on page 3

Materials

- 1 Cardboard box
- Scissors
- Velcro dots with adhesive backs
- Pictures of different foods with Nutrition Facts labels
- Marker

Instructions

1. Open your cardboard box so that the inside is facing you. Cut off the top and bottom tabs but leave the side ones.
2. Choose a variety of different food and beverage products and print out pictures of the items as well as their nutrition facts. The nutrition labels can be printed on the backside of the food items or on separate sheets.
3. Draw some shelves in your 'cupboard' with your marker. You can draw as many or as little as you like.
4. Using the Velcro dots place one loop side (softer mate) dot on the back of each food item. Then place the corresponding hook (rough) dot on the cardboard box to resemble food sitting on a shelf.
5. Choose five foods from your 'cupboard' to plan a meal (breakfast, lunch, or dinner). Breakfast should be between (350-600 Calories), Lunch (550-850 Calories), and Dinner (550-850 Calories) and a sugar goal of (0-25g) per meal.
6. Create your meal and give it a name.

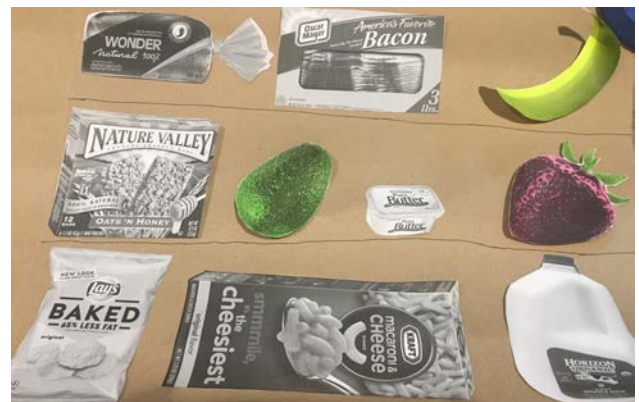
7. Add up all your calories or sugar from your meal and see how many you had. See if you met your goal. Check to see if your meal met the caloric and sugar goals. If not try swapping out different food items.

Reflective Questions

- How does food play a role in our lives?
- How do our bodies use calories and sugar?
- How might you use this activity to live a healthier lifestyle?

Conclusion

Food is an important part of our everyday life. It is where we get our energy and a way for us to stay healthy. This activity teaches us about food choices based on calories and sugar content.



Additional Resources:

Kids Health. 2018. Nemours. <https://kidshealth.org/en/kids/calorie.html>.

Healthy Eating Games and Activities. 2018. Healthy Eating Advisory Service.

<https://heas.health.vic.gov.au/early-childhood-services/healthy-curriculum-activities/healthy-eating-games-and-activities>.

Sugar. 2017. WebMD. <https://www.webmd.com/diabetes/features/how-sugar-affects-your-body>.

Calories. 2018. MedicalNewsToday. <https://www.medicalnewstoday.com/articles/245588.php>.



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