



**Title:** STEPS to a Healthy Teen

**Type of 4-H Material:** Group Curriculum

**Grades:** 8<sup>th</sup> – 12<sup>th</sup> (Ages 14-18)

**Format:** Project manuals

**Category:** Healthy Living

**Focus Area:** Physical Activity, Nutrition

**Summary:** Consists of One (1) Facilitator's Guide and One (1) Youth Notebook

The National 4-H Curriculum, *STEPS to a Healthy Teen: Segments To Emphasize Physical activity and nutrition Steps*, is a part of the 4-H Healthy Living Mission Mandate. The curriculum consists of 10 activities that target youth ages 14 to 19.

The purpose of the curriculum is to help youth develop skills and knowledge in physical education and nutrition. Using identified learner outcomes and success indicators, facilitators can easily lead fun, interactive learning experiences. Participants experience a variety of learning methods and tools such as games, case scenarios, computer software programs, cooking demonstrations, and fitness challenges. These interactive activities enhance learning and retention. Most activities range from 45 to 60 minutes.

Each activity includes a Teen Research (TR) Challenge, a take-home task. The TR Challenge encourages healthier lifestyles through thought-provoking activities for teens to solve themselves or with their families.

The 10 activities are:

1. *On the Right Track!* – learning about personal health plans and nutrient-rich foods
2. *Getting a Handle on Nutrition* – understanding the functions of various nutrients
3. *The Balancing Act* – identifying food groups and understanding portion sizes in a meal plan
4. *Label Lingo* – exploring food labels and learning what they tell about packaged foods.
5. *The Importance of Hydration: Avoiding Energy Drinks* – learning the importance of drinking water and understanding energy drinks
6. *Physical Fitness Options* – learning about the 5 pillars of physical fitness
7. *Healthy Body Image* – learning about healthy body image and ways advertisements may help create distorted perceptions of body image
8. *Building a Physical Activity Plan or Fitness Plan* – achieving physical fitness by developing SMART goals
9. *Building a Nutrition Plan* – using SMART goal setting to develop a nutrition plan
10. *In the Zone With YOUth* – understanding community factors that influence food access and physical activity

Additional resources are available online: [www.4-H.org/curriculum/STEPSforHealth](http://www.4-H.org/curriculum/STEPSforHealth)

To purchase National 4-H Curriculum: [www.4-hmall.org/curriculum](http://www.4-hmall.org/curriculum)