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 Total - 374-5
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 Counted - 5/19/92
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FOOD

Acct # 34-050-6490-722

Makes the Difference #4

*How Much to Eat? 4-H Leader-Junior Leader Guide
 4-H 1335L • Reprinted July 1992*

Important idea

Eating the 4-4-3-2 way is the key to getting enough servings of the "basic 4."

Before the meeting

Do you wish to have a junior leader conduct the lesson? If so, assign the responsibility in advance.

If you plan to have a snack, make it a delicious, nutritious one.

Roll call activity—a review

Call out the name of a food, followed by a 4-H'er's name. The 4-H'er should respond with the name of a food group. The basic 4 includes milk, meat and meat alternates, fruits and vegetables, breads and cereals.

(See 4-H 1333L, *Balancing the Diet.*)

Eat the 4-4-3-2-way

Eating the 4-4-3-2-way will help assure the rider of enough vitamins, minerals, protein and calories to stay in top shape.

Teenagers need more calories (energy) than provided by the 4-4-3-2 alone. They should eat additional servings from the four food groups along with some foods from the "extra" food group such as jam, butter, mayonnaise.

For the Rider: Eat the 4-4-3-2 Way		
Number of Servings	Food Group	Size of Serving
4	Fruits and vegetables	1/2 cup or a whole fruit eaten out of hand
3	Milk	1 8-oz glass
2	Meat	2 1/2 oz cooked meat, fish, or poultry; 2 eggs; 4 Tbsp. peanut butter; 2 oz cheese



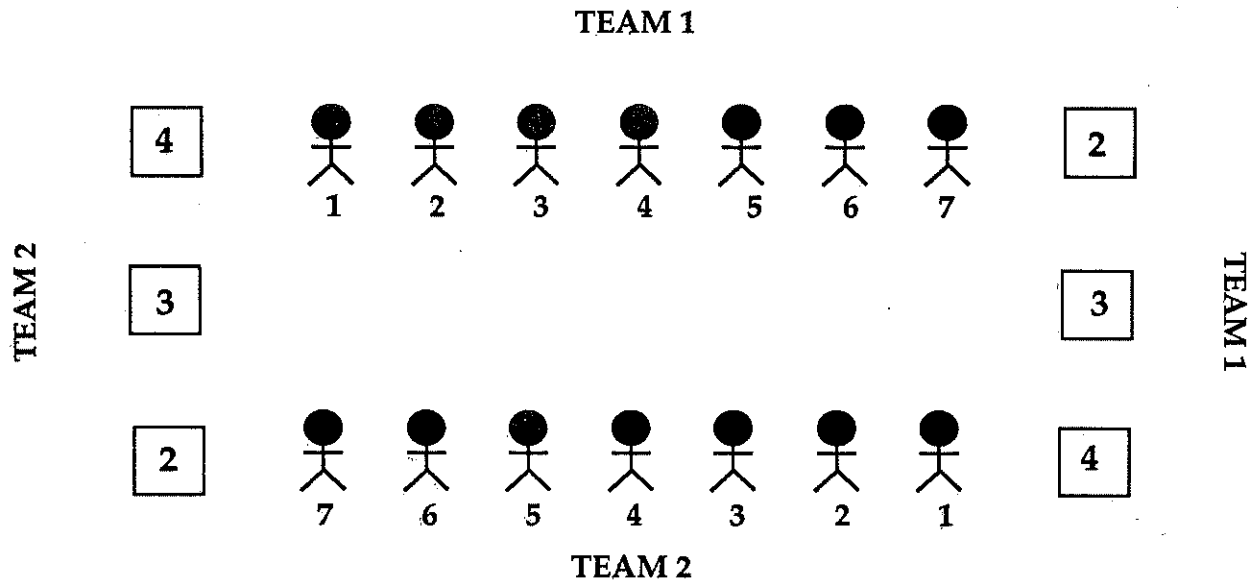
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Relay game

Divide the children into two teams. Put one team on one side of the room and the other team on the other side of the room. Both teams should be lined up so they are facing the other team. Teams should be separated by no more than 30 feet.

Halfway between the two teams (in the center face down) put an equal number of foods (names or pictures) from each of the four food groups. If you wish, you can use the same foods you used for the relay game last month. Between the two teams at both ends of the line, draw with chalk or use

masking tape to make three 3-foot squares on the floor. Leave a 3-foot space between the squares. Make the squares in line with the other squares and at right angles to the opposing teams. (See diagram.) Write the numbers 4, 3, and 2 in the squares.



Have each team number off so that the #1 of one team is at the opposite end of #1 of the other team. Decide how many times each team will run (once or twice).

When the whistle blows, #1 of each team runs to the center, picks up a food and runs to deposit it in the square, telling the correct number of servings

needed each day, then returns to his spot. Then #2 follows. Continue until each team member has run once or twice.

After the running is completed, each team inspects the opposing team's foods. The team may question any it thinks are incorrectly placed. Discuss the correct placement for foods that are questioned.

Scoring

- +3 for finishing first
- +1 for each correctly placed food
- 1 for each incorrectly placed food identified by the opposing team
- 1 for each opposing team's food that the team incorrectly questioned.



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