

On the Move to Better Health

- Recognized in 2006 and in 2010 as a National 4-H Program of Distinction.
- Selected as one of five programs nationally for a Family Strengthening Award by the Annie E. Casey Foundation:

Curriculum Overview and Description:

- Revised in 2009 and based on 2005 MyPyramid Dietary Guidelines, "On the Move to Better Health" is a five-lesson curriculum developed by the NDSU Extension Service and Fargo Cass Public Health for children in grades four to six.
- The purpose is to increase student knowledge of healthy lifestyle topics such as fruit and vegetable consumption, calcium needs and physical activity.
- The curriculum includes several hands-on activities, take-home parent newsletters and evaluation surveys. Students chart their progress on provided maps and earn tokens for meeting nutrition and fitness goals.

Lesson 1 – Orientation

Lesson 2 – Fruits & Veggies

Lesson 3 – Physical Activity

Lesson 4 – Healthy Snacks

Lesson 5 - Review

