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You Yourself : Extension Circular 0-25-2

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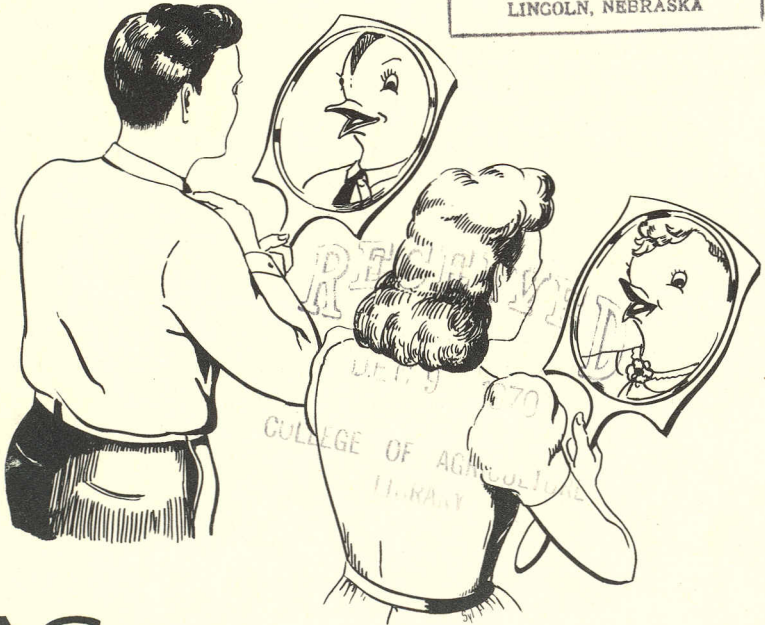
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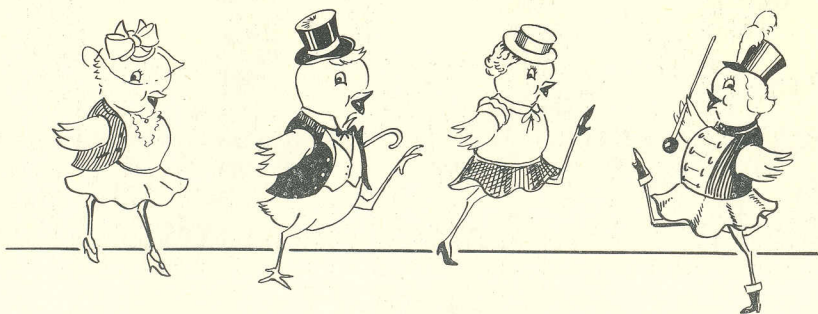
YOU YOURSELF

1946

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AS-
A Slick Chick



BE HEALTHY - STRUT YOUR STUFF!

Are you the slickest chick that you can be? Do you eat the foods regularly that will help you stay healthy?

Slick chicks need plenty of rest. What about your roosting hours?

Yes, slick chicks do a lot of strutting in the sunshine. Do you exercise and strut your stuff?

Slick chicks fix their feathers so they are perky as can be. How about your grooming?

You know what happens to that confused chicken in the road. Are you always alert with your head up so as to be prepared when danger is near?

Slick chicks won't eat too much corn and get too fat. Corn is the candy of the chick world. Can you keep from being corny by not eating sweets between meals?

What you will be

What you will do

What you will look like

All depends on your health. Make "You Yourself" the slickest chick that you can be by developing your health to the maximum. Use the chart on the next page.

SLICK CHICK CHART

This year it is suggested that each of you 4-H members think of yourself as a slick chick. A slick chick will need to check food and health habits every day to keep in condition. As soon as you start a 4-H project, make your first week's check on your slick chick chart. Do not try to improve your habits the first week, but make this check to see where you need improvement. Make two other weekly check-ups about a month apart by placing an (x) in the

square for each day if you have had at least the number of servings indicated under "Minimum Servings for One Day." Place an (x) in the squares where you have practiced the health habits listed. At the end of a week put a check (✓) where you have had a perfect score. Let this chart make a slick chick out of you. Transfer results to the health improvement report, Form 0-26-2.

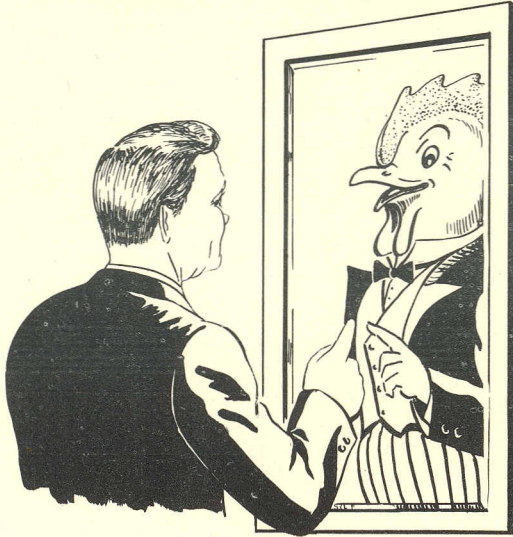
THE SLICK CHICK YOU CAN BE
 Don't Be Heads Up Corny
 Fix Your Feathers
 Strut Your Stuff
 Roosting and Scratching
 Feeding Table

	Minimum Servings for One Day	Sample Day	FIRST CHECK							Perfect Week	SECOND CHECK							Perfect Week	THIRD CHECK							Perfect Week
			S	M	T	W	T	F	S		S	M	T	W	T	F	S		S	M	T	W	T	F	S	
Milk (cups)	4	x																								
Vegetables (including leafy, green or yellow)	3	x																								
Fruit (including citrous or tomatoes)	2	x																								
Protein*	2	x																								
Whole grain or enriched or restored bread or cereal	2	x																								
Butter or fortified Margarine	2	x																								
Rest (9-12 hours)		x																								
Exercise (2 hours)		x																								
Chest up		x																								
Posture Abdomen flat		x																								
Chin in																										
Head erect		x																								
Shoulders even		x																								
Grooming																										
Hair combed		x																								
Hands washed before meals		x																								
Teeth brushed night, morning		x																								
Be Alert No mishap like cut finger, broken dish		x																								
No sweets between meals		x																								

* Meat, fish, eggs, cheese, dried beans and peas.

** 2 slices whole grain bread equals 1 serving of cereal.

Take a look at Yourself -



What kind
of an
'OLD BIRD'
will
you
be
?

This "old bird" is a foxy grandpa with plenty of pep and ready for fun. He is a slick old rooster because he has eaten the right foods and formed good health habits.

As you look in the mirror the rest of your life will you be able to say that you are the picture of health? Will you always have a good posture, a clear skin and a sparkle in your eyes?

If you really want to be a foxy grandpa or a perky grandma, you will need to form good health habits today. Your health depends not only on your looks and vitality, but also much of your happiness and success. What you eat, how long you sleep, what you do about rest and recreation -- in other words, "Your Daily Health Habits" are, believe it or not, the foundation for your health in the future.

Join with all the rest of the Nebraska 4-H Club members in strengthening the health "H" of 4-H Club work.

"I PLEDGE MY HEALTH TO BETTER LIVING"