March is National Nutrition Month

Can you complete the statements below? Each “_” is one letter - some answers are one word, some have two words. You can visit the internet site listed at the bottom for some clues, and for more information about nutrition!

Some people do not get enough ___ ___ ___ ___. (Often found in dairy foods) For this reason, it is added to the nutrition label.

The bread, cereal, rice, and pasta group is a good source of ___ ___ ___ ___ ___ __; this is the best source of energy for our body.

Citrus fruits are a good source of ___ ___ ___ ___;

Foods from the meat, poultry, fish, dry beans, eggs, and nuts group are a good source of ___ ___ ___. This can also be found in dark colored leafy greens.

The milk, cheese, and yogurt group are important for our teeth, muscles, and to develop ___ ___ ___ ___ ___ ___ ___ ___ ___

The ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ is the official state vegetable of North Carolina

The ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ is the official state fruit of North Carolina

http://www.ncagr.gov/cyber/kidswrld/nutrition/index.htm
2010 North Carolina 4-H Volunteer Leaders Conference

This conference provides an opportunity for volunteer 4-H leaders from across the state to get together, learn from one another, and learn about new possibilities with 4-H. This year’s conference featured hands-on workshops on the 4-H Electric program, Diversity, Citizenship, and a new curriculum called 4-H Victory Gardens, that will be revealed within the coming months. Overall, this was a great conference! Thank you to all of the Granville County 4-H Leaders who were able to attend - especially those of you who helped make it happen!

And, if you weren’t able to attend, please watch for local workshops that will help to bring this information to you!

2010 Area 4-H Poultry Show & Sale

The time has arrived to register for the 2010 Area 4-H Poultry Show and Sale. This event will include 4-H youth from Warren, Vance, Franklin, and Granville Counties. This year, breeds for the show will include Black Star Sex Link, Rhode Island Red, and New Hampshire.

If you register for the show, you will receive 10 chicks that are about 1-day old. You will be responsible for feeding them, caring for them, and getting them ready for the show. You will also be required to turn in a 4-H project record. On the day of the show, you will bring 3 chickens (of each breed) to the show. The birds will then be sold in an auction immediately following the show.

I hope you will consider participating in this event. If you’ve ever thought about showing animals, the poultry show is a great way to get started. We have 4-H curriculum available that will help you learn to care for your chicks, and prepare for the show. You will learn a lot - and you will have fun with this project.

The show date has been set for Thursday November 4th, 2010. For details, please call or visit our website.

Academic Enrichment

One of the priorities of North Carolina 4-H is to promote Academic Achievement. Whether you realize it or not, 4-H projects can help you to build skills related to reading, science, and math. This time of year brings unique challenges: the end of the school year is fast approaching, bringing with it EOG’s and EOC’s. Spring is also just around the corner & I don’t know about you, but it can be difficult for me to stay motivated on indoor tasks when the sunshine is calling.

For these reasons, I want to encourage you to build good study habits that will help you through this time of year, and for years to come. Here are a few things to keep in mind:

- Set aside time each day for studying, as opposed to studying only at the last minute. If you wait until the last minute and then realize you don’t understand, it may be more difficult to ask for help. It also takes time to absorb what you’re learning.

- Try to apply the concepts that you are learning to other areas of your life. This will help you to better understand why the concepts are important. For example, if you’re learning about magnets in school, pay attention to other areas in your life where you see magnets “in action.”

- Pay attention to the time of day that is best for you to study. If you’re best able to focus right when you get home from school, set that as your study time. If you need some time first to catch up with friends, or to spend some time outside, that may be OK too. Ask your parents or guardians to help you set and stick to a schedule. Keep your study materials neat and organized.

- You might find it helpful to study in a group - you can ask your classmates questions if you get stuck, and you can quiz each other. However, you must be honest with yourself - if you’re spending more time talking about your plans for the weekend than your biology homework, you’re probably not going to meet your study goals.

- Do your best to remain calm when taking a test- it’s harder to think and concentrate if you’re feeling very nervous. You can help yourself prepare for a test by making sure you get plenty of rest the night before and starting your day with a nutritious breakfast.