



PENNSTATE



College of Agricultural Sciences
Cooperative Extension

Health ... It's Your Choice

Recommended grade level:

Project length:

Cost:

Teacher's responsibility:

For more information, contact:

This curriculum is designed to assist youth in making informed lifestyle choices. The projects are designed around six wellness factors: body motion, circle of friends, brainpower, express yourself, dream on, and my world. Wellness deals with the total person—mind, body, and spirit—and all parts of his or her life. The National Health Education Standards are supported through the activities and information in these projects.

4-H and Schools: A Great Partnership!

4-H is a youth development program of Penn State Cooperative Extension. It is a nonformal education program for youth between the ages of 8 and 19.

4-H projects are offered to youth through community clubs, project clubs, and special interest groups, as enrichment to school curricula, and in the 4-H Afterschool program. Projects are based on research, and many help to support the Pennsylvania Department of Education Academic Standards.

This publication is available in alternative media on request.

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