

4th H for Health

January Edition



Our body is made up of 70% water and we require hydration. Try these refreshing flavor combinations, or create your own!

Flavored Water:

Watermelon Lime:

- 1 cup watermelon
- 1 lime
- 5 mint leaves (optional)

Cucumber Lemon (or Lime):

- 1/2 cucumber
- 1 lemon or lime

Pineapple Grape:

- 1 cup canned deiced pineapple
- Pineapple juice from can
- 1 cup grapes

Berry Kiwi (or Orange):

- 10 strawberries or blackberries
- 1 kiwi or 1 orange



*All recipes are for a 2 Qt pitcher

*Tips for releasing flavors of the produce:

Watermelon- cut into small pieces (1 to 2 inches)

Citrus fruit (oranges, lemons, limes) - remove rinds and slice into thin pieces

Cucumber - Slice into thin pieces

Mint - Tear leaves

Grapes - Slice in half

Berries - Remove top (strawberries only) and slice into small pieces

Kiwi - remove peel and slice into thin pieces

As we start off January look ahead and what you want to accomplish in the next month or 2021. Here are some helpful tips to personal well-being and how to set S.M.A.R.T. goals for yourself or club.

S.M.A.R.T Goal Setting:

The five elements of S.M.A.R.T. goals are defined as:

S - Specific

M - Measurable

A - Attainable (or actionable)

R - Relevant (or realistic)

T - Time-bound



Achieving goals is satisfying and builds confidence, yet the process of working towards a goal is a valuable part of lessons in life. Not all goals are achieved on the first try and this is the learning process that each 4-H member or child goes through. Keep pushing through and no one will be able to stop you from reaching your goals.

Worksheet to use to set goals.

https://www.canr.msu.edu/news/capture_your_clover_4_h_record_keeping_part_2_setting_goals

Full article located below:

<https://4-h.org/about/blog/goal-setting-for-the-new-year-ask-a-4-h-member/>