

TRINITY COUNTY 4-H CURRICULUM LIBRARY

HEALTHY LIVING				
Description	Title	Format	Author	# on Hand
First Aid & Emergency Preparation				
	The Kid's Guide to First Aid	Book	Karen Buhler Gale, R.N.	2
	First Aid in Action, First Aid Activities for Youth	Book	National 4-H Curriculum	2
	Clover Safe: Emergency Preparation & Response Guideline	Page	UCANR	2
	Clover Safe: Basic First Aid Awareness	Page	UCANR	1
Foods & Nutrition				
	Six Easy Bites, Level A, Foods Youth Activity Guide	Book	National 4-H Curriculum	3
	Tasty Tidbits, Level B, Foods Youth Activity Guide	Book	National 4-H Curriculum	3
	You're the Chef, Level C, Foods Youth Activity Guide	Book	National 4-H Curriculum	3
	Foodworks, Level D, Foods Youth Activity Guide	Book	National 4-H Curriculum	3
	Foods & Nutrition Group Helper's Guide	Book	National 4-H Curriculum	3
	Clover Safe: General Kitchen Safety, notes and activity page	Page	UCANR	3
	Clover Safe: Food Processor Safety, notes & activity page	Page	UCANR	3
	Clover Safe: Microwave Oven Safety, notes & activity page	Page	UCANR	2
	Clover Safe: Safe Canning Practices, notes and activity page	Page	UCANR	3
	Clover Safe: Safe Preparation & Handling of Fresh Fruit & Vegetables, notes & activity page	Page	UCANR	2
	Eating Healthy from Farm to Fork...Kindergarten	Book	UCANR	1
	Eating Healthy from Farm to Fork...First Grade	Book	UCANR	1
	Eating Healthy from Farm to Fork...Second Grade	Book	UCANR	1
	120 Original 4-H Recipes	Book	Aren Lane, Emerald Star Project	1
	Clover Safe: Food Safety at 4H Club Meetings, notes and activity sheet	Page	UCANR	2
	The Color Way Plan	Book	Produce for Better Health Fndn	3
	Discover the Secret to Healthy Living	Book	5 a Day for Better Health	3
	Cool Fuel Cookbook, fun recipes for kids age 7-11	Book	Produce for Better Health Fndn	3
	The Bean Cookbook	Book	Northarvest Bean Growers Assn	3
	Kids...Get Cookin'! All-Star Fast & Fun Recipes	Book	Calif. 5 a Day/Public Health Inst.	3
	Taste-Good Favorites, a 4-H Foods & Nutrition Project Manual	Book	University of California	2
	Taste-Good Favorites, Member's Guide	Book	University of California	1
	Taste-Good Favorites, Leader's Guide	Book	University of California	1
	Bread Made by Loving Hands at Home	Booklet	UCANR	7
	You Be the Judge: What to Look for in Baked Goods	Booklet	UCANR	1
	Let's Eat More Vegetables and Fruits	Leaflet	UCANR	5
	Nature's Best...Wheat Foods	Booklet	Wheat Foods Council	1
	4-H Whole Grains, meeting guide	Booklet	New York State College CE	1
	4-H Whole Grains, Leader-Teacher Guide	Booklet	New York State College CE	1
	The Inside Story of Fresh Citrus Fruit	Booklet	Sunkist Growers	1
	Guidelines for Foods/Nutrition 4-H Leaders	Booklet	UCCE Shasta	1
	Project Outline for Foods & Nutrition	Leaflet	UCCE Plumas Sierra	1
	Mini 4-H Foods for 5-8 Year-Olds	Booklet	St Joseph County Indiana CE	1
	Cooking at High Altitudes	Leaflet	UCANR	1
	Food Choices for Variety...a Food Planner	Leaflet	MSUCE	1
	4-H Food & Nutrition Record (Junior)	Leaflet	Oregon State Univ. CE	1
	4-H Bread: Making Bread the 4-H Way	Leaflet	National 4-H Curriculum	1
	Teaching Nutrition in the 4-H Foods Project	Booklet	UCANR	1
	Quick Meals: a 4-H Food-Nutrition Project Leader's Guide	Booklet	National 4-H Curriculum	2
	Quick Meals: a 4-H Food-Nutrition Project Members' Guide	Booklet	National 4-H Curriculum	2

	Leader/Helper's Level A Guide for Foods Curriculum	Book	National 4-H Curriculum	1
	Six Easy Bites, 4-H Foods, Level A	Book	National 4-H Curriculum	1
	Leader/Helper's Level B Guide for Foods Curriculum	Book	National 4-H Curriculum	1
	Tasty Tidbits, 4-H Foods Level B	Book	National 4-H Curriculum	1
	Leader/Helper's Level C Guide for Foods Curriculum	Book	National 4-H Curriculum	1
	You're the Chef, 4-H Foods Level C	Book	National 4-H Curriculum	1
	Leader/Helpers Level D Guide for Foods Curriculum	Book	National 4-H Curriculum	1
	Foodworks, 4-H Foods Level D	Book	National 4-H Curriculum	1
	Making Healthy Food Choices	Book	USDA	1
	Rising to the Occasion, a 4-H Leader's Guide	Book	Fleischmann's Yeast	1
	Rate Your Plate Member's Activity Booklet	Book	UCANR	1
	Fresh Mushroom Quest for Fungi Fun...	Book	Mushroom Council	1
	Microwave Connection Member's Guide	Book	Michigan State Univ CE	1
	Microwave Connection Leader's Guide	Book	Michigan State Univ CE	1
	Fight BAC! Keep Food Safe from Bacteria	Leaflet	UCANR	1
	Pancakes for Breakfast	Book	Tomie DePaola/Scholastic	1
	Bread, Bread, Bread	Book	Ann Morris/Scholastic	1
	Bread and Jam for Frances	Book	Russell Hoban/Scholastic	1
	Food Science 4-H Member's Manual	Book	North Carolina CE Services	1
	Food Science 4-H Curriculum Leader's Guide	Book	North Carolina CE Services	1
	Breads for the Youth Groups	Book	Red Star Yeast Products	1
	Bread and Little Hands: 4-H Teacher/Leader's Guide for 5-8 Year Olds	Book	UCANR North Region	3
	Fanny at Chez Panisse: A Child's Restaurant Adventure with 46 Recipes	Book	Bob Carrau & Patricia Curtan	1
	Health and Nutrition from the Garden (Junior Master Gardener Series)~see "Vegetable Gardening"	Book	Texas A & M Cooperative Extension	1
	Kokkailuja 4H:ssa oppii tekemalla (Finnish 4H Cookbook)	Book	Louanis-Suomen 4-H-piiri	1
	Food Safety Education Tools from Public Health Professionals	DVD	USDA	1
	Make it Safe. Keep it Safe. (Master copy only)	Book/DVD	UCANR	1
	Kids...Get Cookin! Fast & Fun Recipes (English & Spanish, 1 each)	Book	Power Play campaign	2
Food Preservation				
	Home Cheesemaking	Video	Margaret Morris	1
	Clover Safe: General Kitchen Safety, notes and activity page	Page	UCANR	3
	Clover Safe: Food Processor Safety, notes & Activity Page	Page	UCANR	3
	Clover Safe: Safe Canning Practices, notes and activity page	Page	UCANR	3
	Making Jellies, Jams and Preserves	Booklet	UCANR	1
	Food Dehydration	Booklet	Angela Jinks	1
	Food Preservation: Canning, Freezing Activities for Members	Leaflet	National 4-H Curriculum	3
	4-H Food Preservation Project Outline	Booklet	UCANR	1
	4-H Food Preservation Member's Project Outline	Booklet	UCANR	3
	Safe Directions for Home Canning Fruits and Tomatoes	Booklet	UCANR	2
	Food for NOW or LATER	Book	UCANR	2
Health & Physical Fitness				
	Help Yourself to a Healthy Home	Book	University of Wisconsin/USDA	1
	Contribuya a tener un Hogar Sano	Book	University of Wisconsin/USDA	1
	Keeping Fit, Fitness Activities for Youth	Book	National 4-H Curriculum	2
	Staying Healthy, Health Project Activities for Youth	Book	National 4-H Curriculum	2
	Clover Safe: Preventing 4-H Member Injury & Illness	Page	UCANR	2
	Clover Safe: Holding & Attending 4-H Meetings in Private Residences	Page	UCANR	2
	Clover Safe: Heat Illness Awareness	Page	UCANR	2
	Clover Safe: Biting & Stinging Insects, note & activity page	Page	UCANR	2
	Clover Safe: Toxic Plants, notes & activity page	Page	UCANR	2
	Clover Safe: Meeting Space Safety Checklists	Page	UCANR	2

	Clover Safe: Poisonous Snakebites, notes and activity page	Page	UCANR	2
	Clover Safe: Hearing Protection, notes and activity page	Page	UCANR	2
	Children & Weight...What Communities Can Do	Video	UC Berkeley	1
	National Youth Smoking Prevention Program News Conference	Video	National 4-H Council	2
	Smoke and Chew: What to Do?	Video	National 4-H Council	1
	The Young and the Breathless	Video	California Dept of Health Services	1
	All Hands on Deck~True Confessions of a GERM	DVD	Brevis Corp.	2
	Adventures in Vision, Leader'sGuide for Eye Care Education	Book	National 4-H Curriculum	1
	Vision Education Program, Leader's Guide	Book	National 4-H Curriculum	1
	Vision Education Program, Light for Sight	Book	National 4-H Curriculum	1
	Vision Education Program, Making Light Work for Us	Book	National 4-H Curriculum	1
	Vision Education Program, Problems of Vision	Book	National 4-H Curriculum	1
	Vision Education Program, Vision in Everyday Life	Book	National 4-H Curriculum	1
	Vision Education Program, Light for Learning and Living	Book	National 4-H Curriculum	1
	Vision Education Program, Eye Safety is No Accident	Book	National 4-H Curriculum	1
	Vision Education Program, Career Opportunities	Book	National 4-H Curriculum	1
	Fitness Frames: Are YOU in the Fitness Picture?	Book	North Carolina State Univ Ext Serv	1