University of Idaho Extension

"Healthy Club Challenge Idaho"

Leaders Guide

(*Adapted from Healthy North Dakota 4-H Clubs)

Healthy habits start with education and practice. Youth need to hear about nutrition and fitness in many different settings. This publication provides nutrition and physical activity ideas to use during club meetings to encourage members and families to be more active and move toward a healthy lifestyle.

The goals of this challenge are to encourage youth and leaders to learn about nutrition and health, to practice what they learn and teach to others. Some of our Healthy Living Teen Advocates have had amazing opportunities such as meeting the President of the United States! The criteria to participate in the Healthy Club Challenge are:

- ☐ During the course of one 4-H year, the club will incorporate one nutrition and one fitness idea/activity into at least 6 club meetings.
- ☐ The club will need to elect a Health Living club officer to conduct nutrition ideas/activities and to do record keeping for the club's healthy activities.
- ☐ Leader and HL club officer encourage members to complete the at home activities.
- ☐ Submit club tracker sheet to your local UI Extension office one week prior to your county fair.
- ☐ A portfolio is submitted to the county Extension office for recognition as a Healthy Club. Portfolio should include:
  - Tracker sheet
  - Photos of activities at club
  - Service learning activity
  - Photo of display
  - Impact on members and/or families of doing healthy living activities
- ☐ Create and post a display at fair or community site or on social media.

Clubs can complete activities each year to maintain their Healthy Club status. Clubs will also be recognized for the number of years they have participated in the Healthy Club Challenge.

**** Healthy Club Challenge Idaho is directly adapted*** from Garden-Robinson, J. & Curley, B. 2011. "How to Be Recognized as a Healthy North Dakota 4-H Club." North Dakota State University Extension Service. Available from https://www.ndsu.edu/4h/member_information/project_sheets/group_projects/

Healthy Club Challenge Idaho, 12|2015
Healthy Living State Contact:
4-H Youth Development
Attention: Maureen Toomey
1904 E. Chicago, Suite A-B
Caldwell, ID 83605
208-454-7648
mtoomey@uidaho.edu

Table of Contents

Ideas for Meetings

- Hold a meeting at a park and play games at the end.
- Hold a meeting at a kitchen and have demonstrations on healthy snacks.
- Challenge your club to create a healthy recipe
- Ask each member to create a food diary so that they can evaluate their food choices!
- Have a club picnic and have families bring a favorite healthy dish.
- Meet at a library, school or place with many computers and internet. Have members visit www.choosemyplate.gov.
- Hold a meeting at a bowling alley, indoor skating rink or school gym. Conduct your business, and then do a physical activity.
- Invite a speaker (dietitian, physical trainer, Extension Educator, Teen Advocate) to discuss a health related topic.
- Invite an Extension Educator or health inspector to talk about food safety.
- Have a member give a demonstration on washing hands, reading food labels or making a healthy snack.
- Set a healthy snack policy for your club. Talk about the nutritional information and learn to read food labels – compare calories, look at sugar content, etc.

Nutrition Facts

Serving Size 1 cup (228g)
Servings per Container 2

Amount Per Serving

Calories 280	**Calories from Fat** 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 2mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

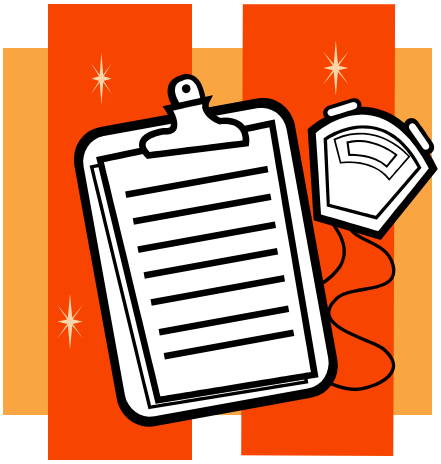
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

- Volunteer at a soup kitchen or food pantry.
- Conduct a healthy food drive and donate to a food pantry.
- Take part in or help with a charity event that involves physical activity. Such as a fun run or walk.

Health Club Officer



Elected by club members or appointed by leader.

Must attend training with Extension Office on conducting “Healthy Club Challenge”.

Duties

- Organize and/or conduct health lessons/activities
- Keep track of nutrition and physical activities/lessons
- Keep the Healthy Living Tracker up-to-date
- Keep track of healthy snacks eaten
- Keep a portfolio of the club’s programs
- Put together a display for fair, community site (library) or on social media showing what your club has done
- Submit Healthy Living Tracker Sheet to County Extension Office one week prior to the county fair or according to your county fair requirements – check with your 4-H Program Coordinator for these details.

Challenge Yourselves! Challenge your County!

Use the point system below to determine how many points you have earned. You can challenge other clubs in your county to see who can earn the most points. You can challenge your club to reach a determined amount in a time period of the club’s choosing.

POINTS	TASK
20	Appoint a Health Officer
50	Complete “Think Your Drink” at club meeting
20	Do healthy living service learning activity
20	For every club activity completed –Nutrition related and physical activity related
10	For every healthy home activity completed
15	For each time low-fat milk or water are served at club meeting
15	For each club meeting that served healthy snack

Healthy Club Challenge Idaho

Nutrition Activities

TOSSED SALAD
Nutrition Activity 1

Objective
Children will learn about eating vegetables and fruits as part of a healthy diet.

Participants
Age 8 and older, 10-player minimum –works well with large groups

Time
15 to 30 minutes

Supplies/Preparation
Masking tape or chairs (if indoors)

Location
Best to play outside in large, grassy area or indoors in large, open area. This activity is a good supplement to a lesson on fruits and vegetables or the lesson provided below.

Pre-activity Talking Points
- *(As an opening, consider having everyone state his or her favorite vegetable/fruit and why – or ask for a few volunteers.)*
- *Eat a variety of vegetables every day for good health! Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and whole, cut up or mashed. The same goes for fruits, they can be frozen, canned or fresh. Always pick 100% fruit juice.*
- *Vegetables are organized into five subgroups: 1) dark green, 2) orange, 3) dry beans and peas, 4) starchy vegetables and 5) others.Who can name a green vegetable? How about an orange one? A kind of bean? A starchy vegetable?*
- *Fruits and vegetables are a part of a healthy diet and provide the nutrition your body needs to stay healthy and strong. You should eat 3 cups of vegetables each day and 2.5 cups of fruit. An easy way to get all your servings of fruits and veggies is to make half your plate fruit and vegetables!*

See this section of the MyPlate website for more background information: http://www.choosemyplate.gov/food-groups/vegetables.html

Directions
- This activity is similar to the game "fruit basket upset."
- Players should start out standing or sitting in a circle. One player will not have a spot and will be in the center.
- The teacher/leader will walk around the circle and "label" each participant with a vegetable name. At least two people should be labeled with each vegetable; for example, label three as a "green bean." (Alternatively, you can have the children draw their vegetable names out of a hat.)
- The player in the center will call out the names of the vegetables.
- When the people labeled with that vegetable are called, they must rush to another spot in the circle. The player in the center attempts to "steal" a spot along the circle.
- Whoever doesn't have a spot then will be in the center and that person calls out the next vegetable.
- The center player may call out "Tossed Salad!" once while in the center and everyone must switch spots.
- Play this game again, this time giving each child a fruit word.

Post-activity Review
- *Eating vegetables and fruits helps you stay healthy. What vegetables/fruits do you like to eat? How can you get more vegetables in your diet?*
- *Does anyone have a salad with evening meals? Adding a tossed salad is a great way to add a variety of vegetables to your diet. How about adding veggies to your sandwiches? How about apples and peanut butter for a snack? Do you choose some vegetables/fruit every day for lunch at school?*

Adapted from: Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

THINK YOUR DRINK
Nutrition Activity 2

Objective
Children will learn about choosing the healthiest beverage choices.

Participants
Children of all ages (with help).

Time
15 to 20 minutes depending on the group

Supplies
Single serving size of each of the following drinks:

- 2% reduced fat milk
- 1% Low-fat milk
- Bottled water
- Dark colored soda (such as Coke or Pepsi)
- Light colored soda (such as Mountain Dew)
- 1% Low-fat Chocolate milk
- Sports drink
- Energy drink
- Fruit punch
- 100% Fruit Juice

Red, yellow and green paper

Location
Play outdoors or indoors

Pre-activity Talking Points

- *Something we often forget about when thinking about nutrition is our drinks. We can use drinks to fill nutritional gaps and make us healthier!*
- *What types of things do you like to drink at home, or when you go out to eat? Do you think those are healthy choice?*
- *Today we are going to talk about making drinks healthy using a symbol you all know, a traffic light!*
- *Drinks that are healthy are called Go drinks, and they are green. Drinks that have nutrients that are good for us but we still shouldn't drink a lot of are called Slow drinks, and they are yellow. Some drinks are not healthy for us and have a lot of added sugar and calories, we call these Woah drinks and they are red.*

Directions

- For each drink, have the children tell you whether they think it is a Go, Slow, or Woah, drink.
- Go Drinks: These are things we should be drinking all day, every day. They are very healthy for our body.
    - Go drinks include water and 1% milk
- Slow Drinks: These drinks still have nutrients that our bodies need, like calcium, but they also have extra sugar and fat, so we shouldn't drink them all day, every day.
    - Slow drinks include 2% milk, chocolate milk, 100% fruit juice.
- Woah Drinks: These drinks don't have any nutrients that our bodies need, plus they have lots of excess sugar!
    - Woah drinks include light colored soda, dark colored soda, sports drink, energy drink, and fruit punch.

Post-activity Review

- *It is important to remember that drinks count in our daily nutrition too! Making good choices like water and low-fat milk will help our bodies grow and feel their best! How can you take a healthy step in thinking your drink?*

Adapted from: Choose Health Food, Fun, and Fitness, Cornell University, July 2014.
https://fnec.cornell.edu/Our_Initiatives/CHFFF.cfm

KIDS' CHOICE TRAIL MIX

Nutrition Activity 3

Objective

Children will recognize that snacks can fill "nutrition gaps" in the diet if they are chosen carefully. They will also learn that you can also make healthy foods fast. *Note: Check if anyone is allergic to nuts or other ingredients.*

Participants

Children of all ages. Older children can help younger children.

Time

15 to 20 minutes

Supplies/Equipment

Large bowl, mixing spoon, measuring cup, sealable plastic bags. The participants bring ingredients, which should be assigned ahead of time. Alternatively, a smaller group of children could bring the ingredients and use this as a demonstration for a club or class.

Location

Kitchen or area with tables. Be sure to clean and sanitize surfaces first. Children should wash their hands before assisting with food preparation and tasting the snack.

Pre- activity Talking Points

- *Healthy snacks can fill "nutrition gaps" – the "holes" in your diet when you don't eat all the different kinds of foods your body needs to stay healthy and strong.*
- *Snacks are often a food that we eat on the go, and sometimes we pick whatever is fastest – things like convenience foods or fast foods from fast food restaurants. These foods are ok every once in a while, but they contain a lot of fat, sugar, sodium and calories. They rarely have whole grains or fruits and veggies. Can you think of some healthier options to eat on the go?*
- *Today we will be making a snack with healthy foods that can fill nutritional gaps. This is also a healthy snack that can be made ahead of time and can be eaten on the go.*

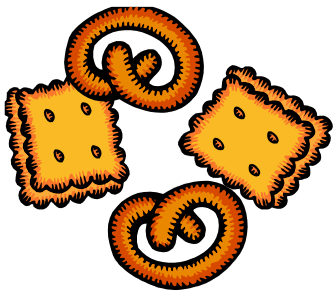
Directions

- Before the class or meeting, have children or parents sign up to bring certain ingredients. (You may wish to send home reminder notes.)
- **Ingredient ideas:** Peanuts, sunflower seeds, dried soybeans, other nuts, crackers, pretzels, dry cereal, granola, popcorn, raisins, dried fruit pieces or other nutritious dried foods.
- Have a large bowl and spoon ready for mixing the ingredients.
- Each child will talk about the ingredient he or she brought, what food group it fits into and why he or she likes it – or the children can state their ingredient and the group can discuss it. Then they will add the ingredient to the bowl.
- Have an older child or adult mix the ingredients after all the children have talked about their ingredients.
- Portion snack into sealable plastic bags using a measuring cup and allow children to eat and/or take home for later.

Post-activity Review

- *What could we enjoy with this snack to have more of the food groups? How about some yogurt or carrot sticks? How about adding a beverage, such as low-fat milk or 100 percent juice?*

- *Trail mix is a tasty grab-and-go snack. You can eat it on the way to a school activity or during snack time at school. This trail mix would be a great alternative to buying a meal from a fast food restaurant! Making healthy choices, such as picking nutritious snacks, helps you live a healthy lifestyle!*



Adapted from: Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

TASTE TESTING GRAIN FOODS
Nutrition Activity 4

Objective
Children will be aware of different varieties of grain foods and have the opportunity to taste whole-grain products. Children will also learn about evaluating nutrition labels for different nutrients.
Note: Be aware of any food allergies among the children.

Participants
Age 8 and older; younger children may need help. Modify amount of background information shared based on their age.

Time
15 to 25 minutes

Supplies
Samples of bread/crackers/cereals, paper plates, cups, evaluation sheets, identification numbers, ingredient/nutrition labels from breads or other foods, tongs or spoons. You may wish to bring some spread (butter, margarine, peanut butter or jelly) to spread on crackers or bread, if desired.

Location
Kitchen or area with tables. Be sure to clean and sanitize surfaces first.

Preactivity Talking Points
- *Grain products are part of a healthful diet.*
- *What are some foods in the grain group? (Rice, pasta, bread, crackers, etc.)*
- *Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain all parts of the grain kernel – the bran, germ and endosperm. Examples of whole grains include whole-wheat flour, oatmeal and brown rice.*
- *Refined grains have been "milled." The milling process grinds the grain and removes the bran and germ. White flour and white rice are refined grains. White flour and other refined grains are "enriched," which means the B vitamins and iron are added back into them. Remember not all the vitamins and minerals are added back.*
- *Look for <u>100% Whole Grain</u> items. When you look at the nutrition label, "whole grain wheat," or another whole grain product, should be one of the first ingredients.*
- *We'll try some different grain foods in this activity.*

See the fact sheet "Make At Least Half Your Grains Whole Grains" at http://www.choosemyplate.gov/food-groups/grains.html

Directions
All participants (teachers and children) should wash their hands before this activity.

- Prepare bowls or plates with four to eight food items to sample. You may wish to select all cereals, all crackers, all breads, or a combination.

  – For example, as a comparison, soda crackers are made from refined flour and Triscuits crackers are made from whole grains. "Whole-wheat bread" is whole grain, but "seven-grain bread" is not usually whole grain. Popcorn is a whole-grain snack but pretzels are not. Some cereal is brown and may be "made with whole grains" but that doesn't mean its "whole grain." Read package labels. If it has a health claim about whole grains, it must meet government standards.
- Provide cups of water. Drinking water between samples is helpful when trying to taste the differences among samples.

- Have tongs or spoons available with each serving container. Assign a number to each sample.
- Provide paper plates, and have children record which number each sample is they selected.
- Give each child an evaluation sheet so he or she can identify the type of bread and decide on a "rating."
- In addition, have children look at ingredient labels on the whole grain and non-whole grain products. Ask them to compare the calories, sugar, and fiber. Point out to children that the whole grain products will have the most fiber.

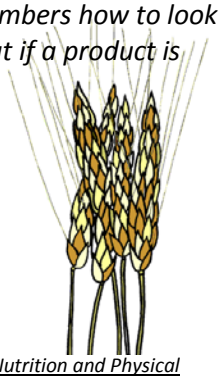
Example:

Grain	*Love it!*	*Like it*	*It's OK*	*Dislike it!*
Whole-wheat bread	✔			

- Tell the children what type of grain product they tried and emphasize which foods are made from whole grains.
- Hold up a food package and show where the Nutrition Facts panel and ingredient label are located. Pass around other packages so children can look at them. Have them look at the ingredient list to see if it lists whole-grain ingredients. Whole grains often have whole wheat, whole-grain oats or oatmeal listed first. Some carry a health claim.

Post-activity Review

- *How did everyone do? Sometimes telling whole grains from others is hard.*
- *Did you like the taste of the different grain foods? What was your favorite?*
- *Try to "make at least half your grains whole grains." Eat a variety of grain foods every day, and include whole grains in your choices. Read labels at the grocery store. Try making baked goods using whole-grain ingredients, such as rolled oats or whole-wheat flour.*
- *You can show your family members how to look at an ingredient list to find out if a product is made from whole grains.*



Adapted from: Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

FIGHT BAC FOOD SAFETY TRIVIA GAME

Nutrition Activity 5

Objective

Children will learn general food safety guidelines through a trivia game.

Participants

Children age 8 and older; younger children can help draw numbers, etc.

Time

15 to 20 minutes

Supplies

Something to keep score with; bowl or hat (to hold numbers); and number cut-outs for playing the game. Each number corresponds to a question. Numbers 1-20.

*Questions are on the following page

Location

Classroom or large room

Preactivity Talking Points

- *How many of you help cook or bake at home? Keeping food safe for yourself and anyone else who might eat the food you make is important. Do you know the four steps to food safety? In the national Fight BAC campaign, the four steps to food safety are: 1) clean, 2) separate, 3) cook and 4) chill.*

- *Today we are going to play a trivia game about food safety. Most people have played the game Horse. You shoot a basket through the hoop and earn a letter, based on whether you make the hoop. This is a twist on that game.*

- *When you play the Fight BAC! food safety trivia game, you or your team gets a letter of the word "BAC" each time you answer a question correctly.*

Directions

- Copy and cut out the drawing numbers provided.

Divide the group into teams. Two to four teams works well.

- Have a team member draw a number out of the bowl.

- Ask the question that corresponds with the number. The team will have 30 seconds to answer. If the team answers the question incorrectly, the next team will have a chance to answer the question unless it is a true/false question. Teams should receive only one chance to answer true/false questions.

- When a team gives the correct answer, write the appropriate letter of the word "BAC." Reinforce the correct answer by repeating it.

- The team that completes the word "BAC" first, wins. Play at least two "rounds" of Fight BAC.

- **Optional:** Provide "prizes" for everyone, such as pieces of fruit, veggies and low-fat dip; granola bars; or cups of 100 percent juice.

Post-activity Review

- *Did any of the answers surprise you? Take some simple steps to food safety: clean, separate, cook and chill.*

Adapted from: Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

FIGHT BAC! GAME QUESTIONS

1. True/False: A refrigerator should keep your food at 40 degrees or lower.

True. A refrigerator at 40° F or lower will slow the growth of bacteria.

2. True/False: Meat can be thawed safely on the countertop.

False. Thaw food in the refrigerator or in a microwave oven, not on the countertop. Germs can grow on meat left at room temperature.

3. How long can you safely leave a meat sandwich in your backpack without a freezer pack?

a. Three hours
b. Two hours
c. One hour
d. Half-hour

b. Two hours. Foods should spend no more than two hours at room temperature.

4. True/False: Freezing food will kill harmful bacteria.

False. Freezing will stop most bacteria from growing, but freezing won't kill bacteria.

5. How long should you wash your hands with soap and water before rinsing?

a. Two minutes
b. 60 seconds
c. 20 seconds
d. Two seconds

c. 20 seconds. You can sing "*Happy Birthday"* twice or "*Twinkle, Twinkle Little Star."*

6. True/False: You should wash eggs before you use them.

False. Washing eggs before using them is not necessary. Eggs are washed and sanitized at the packaging plant with a special detergent. This process should remove most bacteria from the shell. However, eggs need to be cooked thoroughly to be considered safe.

7. True/False: Marinade (the sauce used on grilled meat) can be reused as a dipping sauce if the meat was in the marinade for only an hour.

False. The marinade contains germs from the raw meat. By using the old marinade as dipping sauces, you or your family could get sick. The safest options are to make extra marinade or reserve some marinade that hasn't contacted the raw meat.

8. True/False: Partly cooking meat and putting it in the refrigerator is OK.

False. You never should partially cook meat. Cook it completely, and then put it in the refrigerator.

9. Name two groups of people who could get sick more easily from unsafe food.

Any of these: Infants, toddlers, elderly, those who already are sick, those with depressed immune system function (e.g., people undergoing chemotherapy) and pregnant women.

10. According to the Centers for Disease Control and Prevention, what is the "single most important way to reduce the spread of disease"?

a. Cleaning up after you are done preparing food
b. Cooking food to the right temperature
c. Picking up food from the floor
d. Washing your hands

d. Washing your hands

11. True/False: Cutting up lettuce on a cutting board that you used to cut up raw chicken is OK.

False. The cutting board has germs from the chicken. To clean the cutting board, wash it with hot, soapy water followed by a hot-water rinse before cutting any other food. Even better, use a different cutting board for meats and for vegetables.

12. True/False: Leftover foods never should be left to cool completely on the counter before putting them in the refrigerator.

True.

13. True/False: Using a dented or bulging can is OK if the food tastes all right.

False. Be careful of dented cans, especially if the dents are at the seams. Dents can allow harmful bacteria to enter. If a can is bulging, that's a good indication bacteria is growing and producing gas. The food in these cans never should be tasted.

14. True/False: As long as meat is cooked until it is brown, it's safe to eat.

False. Cook ground meat to safe internal temperatures. Use a meat thermometer to check. A brown color doesn't mean the meat has been cooked to a safe temperature.

15. True/False: If you hard-cook eggs and leave them in the shells, you still must refrigerate them.

True. Hard-cooking eggs may cause hard-to-see cracks in the shell that can allow bacteria to enter the egg. You should eat refrigerated hard cooked eggs within a week.

16. True/False: If you use antibacterial hand gels, you never have to wash your hands.

False. Hand gels are OK if no hand-washing sinks are nearby, but washing your hands with soap and water is a better idea. The alcohol in hand gels dries out your hands, too.

17. If you have a foodborne illness, what are two possible symptoms? **Any of these:** Nausea, vomiting, diarrhea, stomach pain, chills, fever, headache and muscle pain. Most of these symptoms also are associated with the "flu."

18. True/False: The symptoms of some kinds of foodborne illness may appear within hours, days or even weeks.

True. Foodborne illness shows up at different times, depending on the kind of germ that caused the illness.

19. True/False. Eating the pizza that someone forgot on the counter the night before is safe.

False. Pizza is a perishable food. It should be refrigerated within two hours of mealtime.

20. Which of these foods is safe stored in the cupboard?

a. Bologna
b. Peanut butter
c. Eggs
d. Cooked rice

b. Peanut butter is safe at room temperature.

Adapted from: Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

POP-IT BALLOON GAME

Nutrition Activity 6

Objective
Children will be able to put together a healthy breakfast from food items found in balloons.

Participants
Children age 7 and older (with help as needed)

Time
10 to 15 minutes

Supplies and Preparation
Six balloons, scissors, pieces of paper and some tape. Cut apart the food words and place them in the balloons. Try to have an equal number of words in each balloon. If possible, match the color of the balloon to the MyPlate group. For example, a red balloon would contain words such as apple, banana, grapes, watermelon, etc.

Location
This activity can take place anywhere.
Space the kids a distance apart so the breakfasts don't become mixed up when the balloons pop.

Preactivity Talking Points

- *Who knows what the most important meal of the day is, and why we call it this?*
- *Breakfast is the most important meal of the day because it fuels our bodies up for a great day! Your body is like a cell phone. If you don't charge it, then it won't work. Food is like our charger, and it powers us up after we sleep!*
- *Today we will be putting together healthy breakfasts. A healthy breakfast should include three things: a fruit and vegetable, a protein or dairy, and a whole grain.*

Directions

- Divide children into five teams.
- Give each team a filled balloon, tape and a piece of paper.
- Each group (or child) should pop a balloon and communicate with the other groups to put together a complete breakfast.
- Each group or child should tape the breakfast together on the paper. The first team to accurately complete its breakfast and sit down wins.

Post-activity Review
(Read through each slogan and discuss.)

What is a healthy step that you can make when it comes to breakfast?

– What foods could you put together for a balanced breakfast?

– Do you only have to eat "breakfast foods" for breakfast?

– Will you encourage your family to make healthy breakfast choices like whole grain waffles or pancakes, low fat dairy, and fruits and vegetables?

Adapted from: Choose Health Food, Fun, and Fitness, Cornell University, July 2014. https://fnec.cornell.edu/Our_Initiatives/CHFFF.c, and Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

FOODS FOR BALLOONS

Photocopy this page and cut out each word.
Insert words into the balloon before blowing it up completely.

Grains:
Whole-wheat waffle, whole-wheat toast, whole-grain granola, whole-grain cereal, wholegrain pancakes

Vegetables:
Salsa, spinach, carrots, potato, peppers

Fruit
Apple, banana, strawberry, grapefruit, peach

Dairy
Cottage cheese, low fat milk, low fat chocolate milk, cheese stick, low fat yogurt

Protein:
Peanut butter, eggs, bacon, sausage, mixed nuts

Adapted from: Activities to Promote Healthy Nutrition and Physical Activity Habits Among Children, NDSU Extension Service, October 2011.

Healthy Club Challenge Idaho

Physical Activities

SMALL STEPS TO SUCESS

Physical Activity 1

Objective

The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to take part in healthy lifestyle activities and reinforce positive habits they already practice. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day

Participants

Children age 7 and older (with help as needed)

Time

20 minutes

Supplies and Preparation

- Read through the "Step By Step."
- Make a big sign that says "BIG GOAL – Get 60 Minutes of Physical Activity Every Day." – Place the sign on a trash can.
  – Put the trash can at one end of the room.
- Write 4 small goals, each on a separate piece of paper.
  – Small Step #1 – I will jog/walk for 20 minutes
  – Small Step #2 – I will stretch for 10 minutes, and then walk/jog for 20 minutes
  – Small Step #3 – I will stretch for 10 minutes and the walk/jog with a friend who encourages me for 40 minutes
  – Small Step #4 – I will stretch for 10 minutes, walk/jog with a friend for 45 minutes, and then walk to cool down for 5 minutes! I have reached my 60-minute goal!!!

Step By Step

- Introduce the topic.
  – Do you have goals? What are they?
  – A goal can be something BIG we want to do in our lifetime or something SMALL we can do today.
  – What goals could help us live a healthy lifestyle? Get 60 minutes of physical activity every day. How will you reach that goal? Are there small, daily steps to help you reach it.

- Have Fun – Small Steps to Success
  – We will practice setting a big goal and steps to reach it. The trash can has a sign "BIG GOAL – Get 60 Minutes of Physical Activity Every Day." What can you do to reach this goal?
  – Ask a volunteer to take 20 steps away from the trash can.
  – Show members the paper with Small Step #1. Wad it up. The volunteer will try to throw it into the trash can.
  – Show members Small Step #2. Ask the volunteer to take a giant step forward. Try to throw it into the trash can.
  – Take another step forward. Repeat with Small Step #3.
  – For Small Step #4, the volunteer should be near enough to the trash can to make an easy slam dunk.

- Talk About It
  – Small steps lead to success in reaching a big goal.
  – What is a big goal that you want to reach this month?
  – What small steps will help you reach your big goal?

Summarize the Main Points

1. Turn your goal to be healthy into reality by making goals and small steps.

2. What would you tell a friend who wants to improve his or her health?

– Pick realistic goals to match your abilities!
– Make a plan. Write it down.
– Keep it interesting. Make different goals each week.
– Put pictures up in your room or make notes on your planner as goal reminders.
– Ask family and friends for help.
– Keep trying. Don't give up!
– Pat yourself on the back. Take credit for each success.

Being Ready

Review this information to help you conduct this month's health activities.

Small Steps to Success

Goals are more than scribbled down ideas. Goals need to be complete, like a plan. Make sure the goal you are working for is something you really want, not just something that sounds good. Write your goal in the positive ("I will dance for 30 minutes while I listen to music at home.") instead of the negative ("I will not sit and listen to music.") Write your goal out in complete detail. This will help you think through how you'll reach your goal. Details make your chances of success better.

You need BIG and SMALL goals in all areas of life (family, money, school, job, and health).

Goals for a healthy lifestyle may be BIG and GENERAL such as:

- Have strong muscles.
- Get 60 minutes of physical activity every day.
- Have a healthy weight.
- Do well on the school fitness tests.

Goals may be SMALL and SPECIFIC such as:

- Get a pedometer to log daily steps.
- Play your favorite CD and dance for 20 minutes.
- Go skating on Friday with friends.
- Jump rope during every TV commercial.
- Drink a glass of water before every meal.
- Turn off the TV or computer at 8:00 pm.

Make your own plan for success. Write down your big goal and many small, specific steps to help you reach it.

Ask adults you know about their goals for a healthy lifestyle. What are their big goals? What are their small goals? What is their plan to accomplish big goals?

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

MOVEMENT MAKEOVER

Physical Activity 2

Objective
The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to take part in healthy lifestyle activities and reinforce positive habits they already practice. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day

Participants
Children age 7 and older (with help as needed)

Time
30 minutes

Supplies and Preparation

- Read Through the "Step By Step."
- In the meeting area, arrange chairs in a large circle.

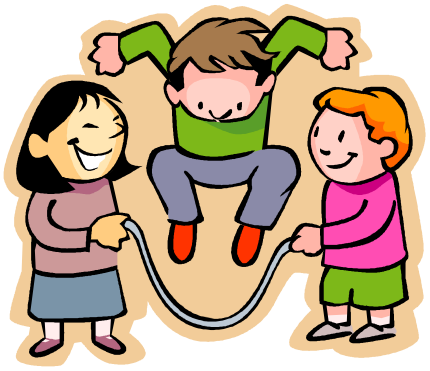
Step By Step

- Introduce the topic.
  - Last month we learned about how to set and achieve goals.
  - Did anything stand in the way of reaching your goal? If yes, this is called a barrier.
  - What barriers might keep us from being more physically active? Examples: Time, energy, equipment, money, safety, place to be physically active, lack of social support from friends or family.
- Have Fun – Movement Makeover
  - Divide into groups of 2 or 3. Ask each group to decide on a fun way to move around the room. Examples: dance, hop, run in place, jumping jacks.
  - Do each group's activity for 1 to 2 minutes.
  - Have fun and be creative.
- Talk About It
  - Ask members:
  - How did moving make you feel?
  - Are activities more fun when everyone else is doing them?
  - Is it easier to be active when you make the time to do it – during club meetings, school time, family time?
  - Doing different activities can add up to 60 minutes or more every day.

Summarize the Main Points
1. We each need to understand our own personal barriers to physical activity. "What are your barriers?"

2. Once we know what our barriers to being physically active are, we can make a plan to bust them. "What are some ideas you have for busting a barrier?"

3. Remember that goal setting and taking small steps can help you bust barriers. This will help you achieve your physical activity goals.



Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

MAKE A COMMERCIAL

Physical Activity 3

Objective

The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to take part in healthy lifestyle activities and reinforce positive habits they already practice. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day

Participants

Children age 7 and older (with help as needed)

Time

30 minutes

Supplies and Preparation

- Read Through the "Step By Step."
- Make a big sign "Applause."

Step By Step

- Introduce the topic.
  – Screen time . . . what do you think that is?
  – Watching TV, being on the computer, and playing electronic games takes time that we can be physically active, which can be a problem. What problems can happen with too much screen time?
- Have Fun – Make a Commercial
  – Divide members into groups of 2 or 3.
  – Ask each group to create a TV or radio commercial that encourages kids to limit screen time and do healthier activities instead.
  – Groups act out their commercials.
  – Applause!
- Talk About It
  – What should children your age know about screen time?
  – Did the commercials help communicate important information?
  – Do you think they would convince youth to limit screen time and be active?

Summarize the Main Points

1. Too much TV and screen time is not healthy.

2. How does screen time affect your health?
– It takes away time for exercising, being with family, reading, doing school work, or participating in a youth group activity.
– Commercials may encourage eating and eating the wrong foods.
– Some games and shows have violent and bad behaviors.

3. What are ways you can be sure screen time is not affecting your health?
  – Make a plan for the monthly health challenge. Take a physical activity break after 30 minutes of TV or screen time.
  – What will you do during your physical activity break?
  – How can you remind yourself to take a physical activity break?

Examples: Put a sign on your TV or computer, set a timer, put a jump rope, foot bags, weights, or other fun stuff in a box by the TV or computer.

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

WALK LIKE THE ANIMALS

Physical Activity 4

Objective
The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to take part in healthy lifestyle activities and reinforce positive habits they already practice. 4-H youth and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day

Participants
Children age 7 and older (with help as needed)

Time
20 minutes

Supplies and Preparation

- Read Through the "Step By Step" before presenting the program.
- Write animal names on small pieces of paper. (Examples: lion, gorilla, peacock, kangaroo, penguin, snake, etc.) Have enough animal names for each club member. Put names in a paper bag or hat.

Step By Step

- *Introduce the topic.*
  – All animals have unique ways to get from 1 place to another. Walking is human's mode of transportation.
  – Walking is an easy way to get to where you want to be. It can also be an effective way of getting the physical activity you need each day.

- *Have Fun – Walk Like the Animals*
  – Divide group into 2 or 3 smaller groups.
  – Each group sends a member to pick an animal name from the bag.
  – They pretend to walk like that animal. How many animals can each group guess?

- *Talk About It*
  – Playing silly games is fun. It is also a great way to get your 60 minutes a day.
  – Can you guess how many steps the average person should get in a day? 10,000 steps
  – Can you guess how many calories an average 150-pound person uses up when walking 2,000 steps or 1 mile? 120 calories
  – Brainstorm:
    - Who: Can you walk with others?
    - What: Can you think of things to do while walking to make it even more fun? Examples: talk with a friend, listen to music, walk the dog, watch and listen for birds, collect natural objects.
    - When: What times of the day are best for you to walk?
    - Where: Name all the places you can walk.
    - How: Create ideas to get yourself to walk more often.

Summarize the Main Points
1. Walking is one of the best physical activities you can do. Most people can walk, either alone or with a friend or family member.

2. Take extra steps every day.

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

DANCE OFF

Physical Activity 5

Objective
The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to take part in healthy lifestyle activities and reinforce positive habits they already practice. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day

Participants
Children age 7 and older (with help as needed)

Time
20-30 minutes

Supplies and Preparation

- Read Through the "Step By Step".
- Bring your favorite music and a CD or tape player.

Step By Step

- *Introduce the topic.*
  – We've talked this year about getting 60 minutes of physical activity a day. It is a healthy habit you should do the rest of your life!
  – Are the physical activities you're doing now things you can do when you're 30 years old or 50 years old? Basketball may be difficult to do without a team. You can always shoot hoops by yourself. What other activities can you do by yourself at any age and with little equipment? These are called "lifetime activities."
  Examples: run, bike, walk, swim

- *Have Fun – Dance Off*
  – Dancing is a fun lifetime activity. Start with your favorite music and create your own dance moves.
  – Let's have a "Dance Off." Get in a circle. Start the music.
  – The first person shows a dance move. Everyone repeats the dance move. The next person adds a second move. All members repeat the moves in order. Keep adding and repeating dance moves until all have added their own move. This is a good "mental exercise," too!

- *Talk About It*
  – To find lifetime activities that fit you, what should you think about? Think of your personality, likes, abilities, equipment, etc.
  – Can you name activities you will probably do the rest of your life?

Summarize the main points
– The fun factor is most important. If it's fun, you will want to do it more.
– Be creative. Make up your own lifetime activities.

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

BALANCE TAG

Physical Activity 6

Objective

The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to take part in healthy lifestyle activities and reinforce positive habits they already practice. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day

Participants

Children age 7 and older (with help as needed)

Supplies and Preparation

- Read through the "Step By Step."
- Bring these items:
  – ball or balloon for Roll Call
  – a large apple or a small banana
- Be sure there is a large area to play Balance Tag. Set boundaries so members can safely run around.

Step By Step

- *Introduce the topic.*
  – All day and even when you sleep, your body needs energy. Your body gets energy – or calories – when you eat or drink anything.
  – When your body has a perfect energy balance, energy in (the food and drinks you eat) equals energy out (energy burned in daily activities). You will keep the same weight.
  – How many calories are in this piece of fruit? About 100. How might you use up these calories? Examples: 15 minutes dancing, 10 minutes of swimming, 10 minutes of jumping rope. Energy in (banana or apple) has to equal the energy out (activity) to balance. If you drank juice with the fruit, you would add calories. You would need to move more to burn those calories.
  – Think about your body's energy balance. Hard, vigorous activities such as running burn more calories than moderate activities like walking.

- *Have Fun – Balance Tag*
  – Ask a volunteer to be "It." Everyone tries to run away from "It."
  – When tagged, a person balances on 1 foot until someone taps their shoulder to free him or her.
  – If a tagged person loses balance, he or she must do 10 jumping jacks.
  After 10 jumping jacks, that person is a new "It."
  – Play Balance Tag for 10 minutes.

- *Talk About It*
  – Balancing your body can be tricky. Balancing calories can be difficult, too.
  – What causes weight gain? Eating more calories than your body needs without using up the calories.
  – What causes weight loss? Using up more calories than you eat.
  – Guess how many extra calories it takes to gain 1 pound. 3,500 calories

Summarize the Main Points

1. Keep a healthy weight to prevent lifelong health problems.
2. Americans today weigh more than ever. Why? We eat more and move less.
3. Can you name ways to balance your energy and have a healthy weight?

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

Healthy Club Challenge Idaho

Family Activities

SMALL STEPS TO SUCESS

Family Activity 1

Tips for Family Success:

- Be realistic.
- Work on small steps one at a time.
- Make goals to fit your schedule and personalities.
- Write down your plan.
- Talk about your family goal and small steps every day.
- Track your progress. Help your 4-H'er complete the 4-H Health Planner.
- Don't expect perfection.
- Celebrate successes with a fun family outing.

Health Challenge

- *Write 1 big physical activity goal and 4 small steps to help reach it.*

Making changes to be more physically active takes time. Try 3 easy goal-setting steps to find a goal that the whole family can work toward.

1. Talk with family members about what is important. Here are some ideas:
   - Having fun
   - Being together
   - Enjoying the outdoors
   - Helping your community
   - Learning something new

   What is important to your family? _____
   _____

2. Decide on 1 big goal. Write it down. Example:
   - Spend 60 minutes every week enjoying the outdoors.

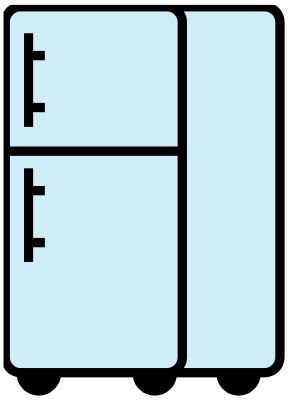
   Your Family's Big Goal: _____

3. Decide on small steps to help reach this goal. Examples:
   - Week 1 Small Step – take turns walking the dog an extra 10 minutes a day
   - Week 2 Small Step – take 15-minute after-dinner walks every Sunday

   Your Family's Small Steps:
   - Week 1 Small Step – _____
   - Week 2 Small Step – _____
   - Week 3 Small Step – _____
   - Week 4 Small Step – _____

4-H Families Online
Go to http://www.kidnetic.com/
for animated games, quizzes, and family activity ideas.

Keep your family's big physical activity goal and small steps on the refrigerator for all to see!



Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

60: PLAY EVERY DAY ANY WAY

Family Activity 2

What physical activity can do!

- Boost self-confidence
- Improve school achievement
- Lower stress
- Help kids sleep better
- Give them more energy
- Teach good leadership and teamwork
- Improve social skills
- Lower chances of type 2 diabetes
- Maintain a healthy weight
- Start a healthy habit for life

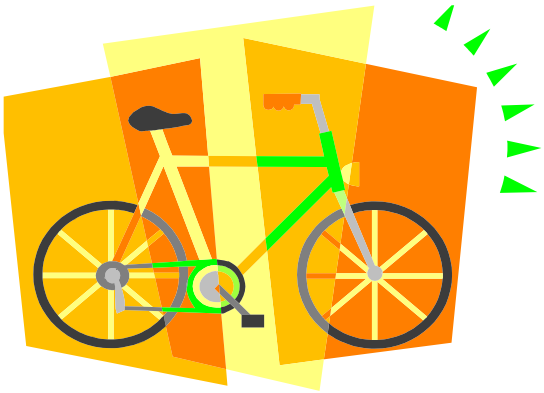
Health Challenge

- *Get at least 60 minutes of physical activity every day!*

Get 60!

PLAY your way to a healthier family! 60 minutes of activity every day is all it takes. PLAY can happen anytime and anywhere. 10 minutes here or 20 minutes there – active time adds fun to family time, friends, and school. Try these great ideas!

- Pick a family member to be "coach of the day." He or she chooses a game the family will play that day (ideas: kickball, hoops, a dance-a-thon, or a made-up game.)
- Don't forget fun at a playground – climb, slide, run around, and laugh.
- Call a few friends for an active family game night. Twister, relays, sack races, and flag football are good choices.
- Snowy outside? Build a snowman, fort, or make snow angels.
- For family outings, replace movies with parks, museums, and trails.
- Celebrate special occasions at the skating rink, bowling alley, playground or swimming pool.
- Instead of driving a car, walk or bike as often as you can.
- Always take the stairs instead of the elevator or escalator.
- When a TV commercial comes on, crank up the music and dance!
- Turn off the TV and make time to play.
- Park far away from the store
- Power walk entire mall before shopping



Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

BARRIER BUSTERS TO BEING ACTIVE

Family Activity 3

Health Challenge

- *Find a personal barrier to physical activity and try one way to bust it.*

What are Your Family's Barriers? A. Ask family members these questions. B. Talk about the answers. C. Think up other solutions to these barriers.	**A. Ask Each Barrier-Buster Question:**	**B. Circle Your Family's Answers:**	**C. Try Barrier-Busting Solutions. Add Your Family's Ideas to the List.**
	Time: Our family is too busy to fit physical activity into our schedule.	True or false?	1. Decide on 1 active thing the family will do together and write it on your calendar. 2.
	Family & Friends: Our usual activities with family or friends do not include physical activity.	True or false?	1. Keep these handy – balls, flying disk, chalk for sidewalk hopping games, badminton, etc. 2.
Pick 1 solution to try each week. Post this page on your refrigerator.	**Energy:** We are too pooped to exercise.	True or false?	1. Take a quick walk in the morning or during lunch. 2.
	Willpower: Our family just can't get started being active.	True or false?	1. Make a list of all the good reasons to exercise. 2.
	Safety: It is not safe to go out and walk or ride a bike.	True or false?	1. Put on the music and dance or simply jump. 2.
	Skills: Our family is not very athletic and does not know how to play many sports.	True or false?	1. Walking is easy and fun for all ages. 2.
	Resources: Our community doesn't have trails, swimming pools, or bike paths. It's costly to join classes or gyms or buy equipment.	True or false?	1. Check out the cost of equipment: jump ropes, balls, stretch bands and community classes. 2.

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

BALANCE FOOD AND FUN

Family Activity 4

Health Challenge

- *Get enough exercise to use up what you eat and drink.*

4-H Families Online
Go to
http://www.actionforhealthykids.org/
for resources and education about healthy living.

Does Your Family Make the Right Choices to Balance Food and Fun?

Summertime is the perfect time to start having nutritious foods and drinks and being more active. Try these ideas for a healthy summer:

Balance Energy "in" . . .

- Have easy, quick, and nutritious snacks on hand. – Fresh fruits and vegetables – Chilled water – 100% juice – Low-fat yogurt – Whole grain crackers and bread – Nuts and seeds
- Keep portions small. Compare the recommended servings with what you eat.
- Eat family meals at regular times and limit snacks.

With Energy "out" . . .

- Aim for 60 minutes of active time every day.
- Take a quick walk after dinner.
- Turn off the TV, computer, and videogames in favor of active play.
- Have family active time one night a week. Kids and parents take turns choosing what to do – bike, play tag, hopscotch tournament, etc.
- Invite neighbors and friends over for play time.
- Check out an exercise video from the library.
- On rainy days, play music and dance.
- Turn your yard into a gym. Set up a silly obstacle course, bike rodeo, kickball game, or jump rope challenge.

Choose "Extra Activities" to Use Up Extra Calories

Having a second serving of dinner? Going out for ice cream? If you eat more, you need to move more. Be prepared. List physical activities family members like.

_____
_____
_____

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

A WALK A DAY

Family Activity 5

Health Challenge
- *Walk with a friend or family member every week.*

Walking Works
- Walking is a simple, safe, and effective way to get exercise.
- Walking has proven health benefits:
  – controls weight
  – conditions heart and lungs
  – strengthens bones
  – relieves back pain
  – improves mood
  – lowers risk of heart attack, blood clots, type 2 diabetes

Start Walking Today
- Start by taking a short stroll.
- Forget about speed.
- Swing your arms and breathe deeply.
- Be sure you can talk while walking. If you can't talk, you're walking too fast.

Make It Fun
- Listen to lively music.
- Walk with a friend or family member.
- Explore new routes – around the neighborhood, an outdoor track, mall, hiking trails, and stairs.
- Each day try walking more steps and more minutes.
- A pedometer and walking log can add some motivation.

Make It Convenient
- Keep walking shoes handy – by the door or in the car.
- Fit walking into your everyday routine.
- Park farther away and walk to your destination.
- Take the stairs when you can.
- While waiting – walk around the field during your child's sports game or practice.
- Walk in place while you chat on the phone.
- Instead of sitting and talking, invite family members to talk while you walk!
- Run the stairs at home

4-H Families Online
Go to
http://walking.about.com/cs/measure/a/blhowtrack.htm
for free printable walking logs.

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

LIMIT SCREEN TIME

Family Activity 6

Being Ready
Review this information to help you conduct this month's health activities.

What Is the Big Deal About TV and Screen Time?
Everyone watches TV, uses a computer, and has fun playing electronic games. Why is this a big deal? Too much screen time is unhealthy. When a person spends more time with TV or other screens:

- They eat more.
- They eat less healthy foods.
- They weigh more.
- They are less physically active.
- They read less.
- They make lower grades in school.
- They are likely to act out violence they see.
- They have less time to spend in family activities.
- They are more likely to buy advertised products.

Screen Free Week is May 2nd-8th 2016. For more information go to http://www.screenfree.org/

The American Academy of Pediatrics recommends less than 3 hours of TV a day for children over age 2. Adults should watch less than 10 hours per week.

Studies Show How Screen Time Affects Education

- One study involved nearly 400 3rd-graders. Those with TVs in their bedrooms scored about 8 points lower on tests than children without TVs in their rooms.
- A study of nearly 1,000 adults found lower education levels among those who watched lots of TV as children.

Your habits are important. How do you use screen time?
1. When are the TV and computer on? Don't have them on all the time.

2. Are there certain TV programs you **really** want to watch? Watch only 1 or 2 favorite shows a day.

3. Where are the TVs and computers? Put them in family areas, not bedrooms.

4. Does homework and family time come first before screen time?

Health professionals recommend children under 2 years watch **no** TV. For children over 2, limit screen time to 1 to 3 hours a day.

4-H Families Online

For information on screen time and a screen time log, go to National Institutes of Health at http://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/index.htm

Adapted from: New Jersey 4-H Club Health Activity Guide: Physical Activity, Extension Service, West Virginia University, 2007.

Healthy Club Challenge Idaho

Tracker Sheet

Club Name _____ County _____

Number of Club Members _____ Contact Person _____

Address _____

Email _____ Phone (_____)_____

Has your club been recognized as a "Healthy Club?" ☐ No ☐ Yes, for _____ years

Describe your display and where is set it up.

_____
_____
_____
_____

Fill in the following table with the date and a short description of the activities your club did. Please attach photos, agendas and other items to showcase activities. Use a separate sheet of paper if desired. Return information to your county UI Extension Office no later than _____.

Date	# of Members Involved	Points Earned	Event	Activity Description
			☐ Club meeting ☐ Community ☐ Home activity	_____ _____ _____ Healthy snack served:_____
			☐ Club meeting ☐ Community ☐ Home activity	_____ _____ _____ Healthy snack served:_____

Date	# of Members Involved	Points Earned	Event	Activity Description
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________
			☐ Club meeting ☐ Community ☐ Home activity	____________________ ____________________ ____________________ Healthy snack served:________________

ChooseMyPlate.gov

Date	# of Members Involved	Points Earned	Event	Activity Description
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
			☐ Club meeting ☐ Community ☐ Home activity	________________________________ ________________________________ ________________________________ Healthy snack served:____________________
Total Points				