

Nutrition & Exercise Activities



Looking for activities to help your Cloverbuds learn about nutrition and physical activity? Check out some of these resources that can help you educate Cloverbuds at your next meeting.

MyPyramid

“MyPyramid” is available at <http://www.mypyramid.gov> The Food Guide Pyramid is out and MyPyramid is in! MyPyramid replaced the old standard mechanism of telling people how much they should eat from each food group. To learn what to eat, MyPyramid asks for your age, gender, and amount of physical activity and then provides a recommendation for the foods you should consume. The site also provides tips on ways to include foods from these groups in your daily diet.

MyPyramid’s link, “For Kids,” has many fun activities which teach children about nutrition and physical activity. These are targeted to children age six to eleven. “MyPyramid Blast Off Game,” is an interactive computer game which allows kids to fill their rocket with food and physical activity to reach Planet Power. This teaches them how their food choices fit into MyPyramid. Other links under “For Kids” are a poster, worksheet, coloring page, tips for families and classroom materials.

After teaching the lesson, why not treat Cloverbuds to a healthy snack that they help prepare? See the Ohio 4-H Cloverbud Connections newsletter for a recipe idea.

Nutrition & Physical Activity

Following are links to other websites which have information on and activities for youth on nutrition and physical activity.

“Nutritious Food for Cool Kids.” Backpack Buddies. Rose Fisher Merkwowitz, Ohio State University Extension

http://ohioline.osu.edu/bb-fact/pdf/bb_f_7.pdf This fact sheet provides information on the importance of healthy, well-balanced meals for children. The “On this dairy farm, can you find?” activity allows Cloverbuds to search for dairy foods.

“Fun Summer Time Activities and Games.” Backpack Buddies. Kathy L. Jelley, Ohio State University Extension

http://ohioline.osu.edu/bb-fact/pdf/bb_f_9.pdf This site also provides several ideas of summer activities for youngsters. Some are physical activities.

“Physical Activity for Children: New Recommendations” Jane U. Edwards, North Dakota Extension Service

<http://www.ag.ndsu.edu/food/factsheet/physicalactchildnewrecom.pdf> This site provides guidelines for physical activities for children 5-12 years of age. It also explains why watching too much television is not good for youth, and it lists ideas of things for kids to do after school instead of watching television.

Fitness Scavenger Hunt

Looking for a fun summer game that you can play during your club meetings or with your friends in the neighborhood? Have a fitness scavenger hunt. You don’t have to look for specific items, you have to look for specific people- people who can do the things that are on the list. On the following page you will find a fun and educational scavenger hunt you can do at a 4-H Cloverbud meeting. You can print a few copies of the list and pass them to your friends. See who can get all the signatures filled in first.

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4-H Cloverbuds
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Fitness Scavenger Hunt

Find someone who fits each of the descriptions in the list below. Ask him/her to sign your sheet on the appropriate line. NO DUPLICATE SIGNATURES, PLEASE!!!

Find someone who...

1. Enjoys pretzels more than candy bars. _____
2. Will demonstrate dancing like the Wiggles. _____
3. Loves playing outside more than watching television. _____
4. Knows about MyPyramid. _____
5. Eats at least four servings of fruits and vegetables each day. _____
6. Can jump rope 10 times without missing. _____
7. Wears a helmet while riding his/her bike. _____
8. Can name three foods from the grain group. _____
9. Can throw a bean bag into a bucket across a designated area. _____
10. Can name at least three food groups from MyPyramid. _____
11. Helps with yard work at home. _____
12. Eats a nutritious breakfast almost every day. _____
13. Does some kind of physical activity every day (bike, play ball, etc.). _____
14. Can name three foods from the meat/bean group. _____
15. Drinks one can of pop or less each day. _____
16. Watches less than two hours of TV per day. _____
17. Owns a pair of tennis shoes. _____
18. Participates in an organized sport or class such as dance, karate, etc. _____
19. Gets at least eight hours of sleep per night. _____
20. Can name three vegetables that are different colors. _____

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