



# Ohio 4-H Cloverbud Connections



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For 4-H Cloverbud Volunteers working with grades K-2

## Children's Books Can Teach Nutrition and Fitness

If you are looking for an easy way to include some nutrition, fitness or health information in your Cloverbud meetings, a children's book may be the way to go. Look for books at your local library that include positive messages about nutrition and fitness. Michigan State University Extension has developed a "Team Nutrition Booklist" that is a great resource for all of us who work with youth and are interested in reading and learning about healthy foods. This list includes books with positive food, nutrition and physical activity messages for children who are in kindergarten to second grade. It can be found at [www.tn.fcs.msued.msu.edu/resources.html](http://www.tn.fcs.msued.msu.edu/resources.html). Books on the list are organized by themes, such as gardening, dairy, cooking, pizza, keeping clean, manners, or dental health.

It is easy to build your Cloverbud meeting around one of these books by reading the book, discussing the nutrition or fitness message, and then playing a game or doing an activity that is on a related topic. An example I have used is reading the book "Rabbit Food" by Susanna Gretz. After you read the story to the group, do the following:

- ▶ discuss the importance of eating fruits and vegetables
- ▶ have children say their favorite fruit or vegetable
- ▶ discuss how many servings of fruits and vegetables are needed daily by children
- ▶ play a game about fruits and vegetables or
- ▶ color pictures of fruits and vegetables
- ▶ serve fruits or vegetables for your club refreshments
- ▶ send home a fact sheet for parents about the importance of fruits and vegetables in a child's diet.

When looking for ideas to include, don't forget to check out the 4-H Cloverbud Kit "Food Fun", it should be available at your Ohio State University Extension Office.

Source: The Updated Michigan Team Nutrition Booklist, 2006, Michigan State University Board of Trustees.

*Lisa Barlage, Extension Educator,  
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**Click it, Print it, Do it!**

[www.cloverbudconnections.osu.edu](http://www.cloverbudconnections.osu.edu)

Are you looking for an exciting activity to teach 4-H Cloverbuds about keeping fit? This quarter you will find a Fun Fit Hike activity on-line and ready for you to print! The activity sheets include different activities and games you can participate in when you are out hiking.

## Fitness and Fun Go Together



An apple a day keeps the doctor away. At least, that's what the proverb says. And it is true... eating right is one of the best ways to stay healthy. But today, experts may want to add a few words to the old saying. How does "an apple and a brisk walk a day keeps the doctor away." It doesn't have the same rhythm, does it? But we know that it holds more truth. Because health professionals today tell us that good nutrition is only half the story of good health. The other half is physical exercise and activity.



Cloverbud members (children 5-8 years old) are at the perfect age to learn the importance of good nutrition and physical activity. They are still eating what is presented to them and don't have the opportunity to go out and grab some fast food on their own. They are extremely active so the idea of physical activity/exercise doesn't present any guilt feelings for them. Cloverbud volunteers have great opportunities to talk to members about healthy choices. The bigger challenge is to encourage them to keep their healthy choices as they get older.



The new "Fitness is Fun" Cloverbud kit can help volunteers as they present the important concept of physical activity. Using ice breakers, songs, guest speakers, and games, Cloverbuds will learn how easy it is to get in shape. The book, Get Up and Go by Nancy Carlson is included in the kit and presents a myriad of fun ways to be physically fit. Cloverbud members will love the pictures of rabbits, dogs, and pigs as they find ways to be active. Twelve bean bags come with the kit along with game ideas such as bean bag bowling in which Cloverbuds knock down 2-liter pop bottles and bean bag golf where Cloverbuds try to throw the bags into milk jugs and other containers. A CD called "Bean Bag Activities & Coordination Skills" is included which is full of movement activities using bean bags.



"Half-Pint Skillastics" by Sandy "Spin" Slade, Inc. is in the kit and provides great ways to not only get kids exercising, but also to put them in leadership positions as they learn new movements and present them to each other. The kit also includes a Teacher's Guide with a lesson plan, objectives, and other ways to encourage Cloverbuds to be active.



The "Fitness is Fun" kit is the perfect partner to the 2006 "Food Fun" kit. It also gave volunteers ideas for games, books, and other activities using MyPyramid and other nutrition information. Both of these kits (and two others) have been made available by generous grants from the 4-H Foundation. You can borrow any of the kits from your local Ohio State University Extension office.

*Janine Yeske  
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## Healthy Snacks for 4-H Club Meetings

Are you in charge of the snack for your 4-H club meeting? Opening a bag of chips and adding a glass of pop isn't the answer. It's okay to have these foods once in a while, but focus most of your snacks on healthy choices. Chips, pop and foods like cookies, candy, and flavored drinks have a lot of calories from fats and sugars, but few vitamins and minerals. Here are some tips to keep in mind.

- \*Snacks should be a part of our daily meal plan. This means that they should be nutritious!
- \*Choose snacks from one or more of the food groups- grains, vegetables, fruits, milk and meat.
- \*Be a role model for your members. When it's your turn to bring the snack, make it a healthy one.
- \*Talk about healthy snacks during one of your first meetings of the year. If you have older club members who take nutrition projects, this would be a good demonstration for them to share.
- \*If members are bringing the snack encourage them to think of MyPyramid as they plan their snacks.

Here's a quick and easy snack idea that's sure to hit the spot on a hot summer day. It includes foods from two food groups.

### **Fresh Fruit Smoothies**

- 2 c. fresh strawberries or other fruit in season
- 2 c. vanilla yogurt
- 2 c. low-fat milk

Wash the strawberries and remove green caps.

Put all ingredients in a blender.

Blend on high speed until smooth.

Make ahead of time and store in the refrigerator until serving for a cool refreshing treat.

Serves 4 – 6.



Other simple ideas include celery stuffed with peanut butter and topped with raisins (ants on a log), trail mix made from ready-to-eat whole grain cereals mixed with raisins or cranberries, sliced fresh fruit, cheese and apple slices or air popped popcorn with 100% juice.

Reference: <http://www.mypyramid.gov/kids/>

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## Campus Connections

Hello Ohio CloverBudders! It feels good to make another 4-H Cloverbud Connection with you!

Let's talk about one of our life skill goals for the 4-H Cloverbud Program - physical mastery!! Physical mastery refers to the development of physical motor skills such as locomotor, stability, and manipulative skills. Physical mastery life skills are just as important as our other life skill areas of getting along with others, decision making, learning to learn, and self esteem. Since children develop as whole individuals, all domains of child development matter (social, emotional, thinking, and yes, the physical domain). For example, if a child is not able to be physically active, they may feel bad about themselves (emotional), have difficulty making friends (social), and lack ability to concentrate in school because they are distracted (thinking).

Take a look at the motor-skill themes (Staley and Portman, 2000) below and incorporate them into your 4-H Cloverbud activities as we enhance physical mastery life skills for Ohio's 4-H Cloverbud members.

<u>Locomotor</u>	<u>Stability</u>	<u>Manipulative</u>
walk	turn	throw
run	wiggle	catch
gallop	twist	volley
leap	balance	kick
hop	stretch	strike
slither	curl	dribble (feet)
creep		dribble (hands)
tip toe		



Thanks for all you do as a 4-H Cloverbud volunteer to help improve the lives of children throughout Ohio!!

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## Banana-Graham

This is a fun and easy recipe to get Cloverbuds involved in food preparation. While planning your club meeting, double check to make sure that no one is allergic to nuts.

### Ingredients:

- Graham crackers
- Peanut butter
- Bananas



Slice the bananas and set them aside. Spread a layer of peanut butter on a graham cracker square. Place a layer of sliced bananas on top of the peanut butter. Top with another graham cracker square. Serve with a glass of milk. Enjoy!

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