



# Ohio 4-H Cloverbud Connections

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

## Sports Drinks and Kids

When you break a sweat, what should you grab to drink? Despite what you see marketed, water is the first beverage of choice for your health. When you sweat, you lose fluid, and the goal becomes simply to rehydrate. Water hydrates better than other fluids without the added sugars (extra calories) in sports drinks, energy drinks, and flavored waters. Sports drinks can contribute to obesity and tooth decay. However, if you are exercising vigorously for an hour or longer at one time, a sports drink in combination with water will help you replace fluid and electrolytes lost from exercise and help you maintain performance in prolonged activities. Avoid energy drinks, as caffeine and other stimulants can be dangerous for kids. Researchers have linked energy drinks to an increase in heart rate and blood pressures as well as some sleep disturbances and anxiety. In many cases, it's hard to tell how much



caffeine is in a drink by looking at the label. Some energy drinks can have more than 500 mg of caffeine, which is the same amount of 14 cans of soda. As a general rule, pediatricians and sports dietitians suggest drinking water before, during and after exercise, and having low-fat milk (2 cups daily) or 100% fruit or vegetable

juice (up to 1 cup daily) with meals and snacks. Sports drinks are not recommended as beverages to have with meals, as they tend to replace sources of calcium and vitamin D in the diet.

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Are you looking for a fun sports related activity for your Cloverbuds? Check out the "Sports Bingo" activity in the Click-it, Print-it, Do-it activity page. Included are all the pages you will need to have a great time playing BINGO at your next Cloverbud meeting!

## I pledge . . . My Health to Better Living

One in three kids is overweight or obese. Chances are you have several overweight/obese Cloverbuds in your club. Being overweight/obese leads to significant health problems like diabetes, high blood pressure, and many heart-related diseases. These health problems, in turn, increase the risks of having a heart attack or stroke early in adulthood.

We got ourselves into this mess because of the food and activity choices we make every-day:

- \* Choices like playing superhero via an electronic gadget connected to a screen instead of playing superheroes outdoors via the power of muscles and lungs.
- \* Choices like eating convenience and fast foods high in salt and fat instead of foods naturally fast, high in fiber, and come in their own wrappers—fruits and veggies.
- \* Choices like drinking sugar sweetened beverages instead of water or milk.

These choices have added up over the years: today we eat 15 more pounds of sugar, 56% more fat, and 31% more calories than we did 40 years ago. These choices have added inches to waists, pounds to scales, and are subtracting years from lives. Unless we take action now to help our kids (and ourselves!) make better food choices and become more physically active they will be the first generation of Americans who die before their parents do.



The bright side to this dire scenario is that we can do something about it; it is not inevitable. The food and activity choices we make everyday, and the choices we help our Cloverbuds learn how to make everyday, will help us all fulfill that “health to better living” commitment we make in the 4-H pledge. As Cloverbud leaders we can help our club members by planning for:

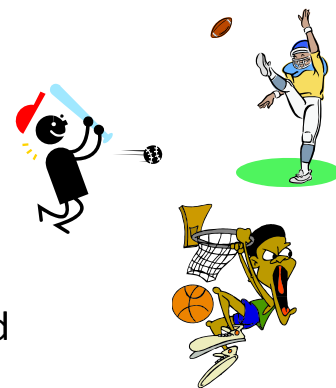
- ☺ at least 15 minutes of physical activity at every meeting—let the Cloverbuds see you get in on the action too! Help your Cloverbuds think of ways to be physically active everyday. This summer’s Olympics will be a great inspiration.
- ☺ healthy snacks in reasonably sized portions— think plastic snack storage bag sized amounts.
- ☺ water as the preferred beverage of choice—jazz it up with slices of seasonal fruit.
- ☺ Health for Better Living lessons, activities, and conversations focused on making healthy lifestyle choices.

*Kirk Blair, Program Director,  
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## Sports Fun Activity

Have you checked out the "Sports Fun" 4-H Cloverbud kit on the [ohio4h.org](http://ohio4h.org) website yet? Summer is such a great time for Cloverbuds to get started in sports such as T-ball and soccer and this kit is the perfect accompaniment.

Through the "Games and Activities" section, Cloverbuds can practice some of the skills they need to play games including how to punt, pass, kick, swing and dunk. The "Sports Bingo Game" is ready to download and use and is a great way to reinforce the non-competitive nature of 4-H Cloverbuds. Instead of having just one winner, make it a team effort in which the game is not over until everyone yells "Bingo." This will allow members to really be pulling for each other to complete their cards instead of just focusing on their own win.



The snack section includes tips for healthier snacks because as we all know, being a great player depends on great health. Members are encouraged to choose better snacks and to drink more water as ways to keep their bodies healthy so they can play their best game.

My favorite part of the kit is in the "Crafts" section. Have you ever made "Respect-acles"? Using pipe cleaners, allow your Cloverbuds to bend and twist out a pair of eyeglasses (the funnier looking the better.) Wearing Respect-acles will remind your Cloverbuds to look at others with respect instead of just competitors they must beat.



All of these lessons will help to give your 4-H Cloverbuds a strong foundation for later when they get involved in more competitive sports. Through Cloverbuds, members can learn the importance of friendship and teamwork so that later, they can be healthier competitors.

*Janine Yeske,  
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## Campus Connections

Hello Ohio 4-H Cloverbud volunteers! 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 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).

We know from research that children who have low levels of physical activity may suffer health and other consequences as they move through childhood and adolescence. 4-H Cloverbuds of course, is not the U.S. military, but there are many physical types of activities we can incorporate into the 4-H Cloverbud Program.

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)

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

*Scott D. Scheer, Ph.D.*

*State Extension Specialist, Preadolescent Education  
4-H Youth Development, The Ohio State University.*



## Hummus

Hummus is becoming a trendy food for snacks. Made with garbanzo beans (chickpeas), it provides a lot of protein and fiber. It can be purchased at the grocery or quickly made at home. For a healthful Cloverbud snack, spread hummus on a serving plate. Top it with an assortment of finely chopped, colorful vegetables like tomatoes, cucumbers, peppers, and carrots. Let the Cloverbuds scoop it up with nacho or pita chips or low-fat crackers.

### Ingredients:

- 1 can (15 oz.) reduced-sodium garbanzo beans
- 2 medium garlic cloves, minced or ¼ tsp. garlic powder
- 1 ½ T. lemon juice
- 1 T. Italian seasoning
- 1 tsp. ground cumin
- 1 T. olive or vegetable oil
- 1/8 tsp. black pepper
- ½ c. plain nonfat yogurt

Place all ingredients except the yogurt in a blender or food processor. Blend on low speed until the beans are mashed and smooth. Pour into a bowl. Stir in yogurt. Cover leftovers and refrigerate. Use within 2-3 days.

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