



# IOWA 4-H CLOVER KIDS



Photo 1



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## Fun with Food and Nutrition

Clover Kids Leaders,

Eating healthy and exercising are important for all of us. It is never too early to introduce children to the food groups and how to make wise food decision. This lesson will help you teach your Clover Kids about the food groups and how to be healthy.

As you go through this lesson, you can also utilize technology. Follow the directions below on how to use Layar to make this paper lesson an interactive technological experience for you and your Clover Kids members. Once you are done using this lesson, please take the time to complete an online survey. Thank you and enjoy!

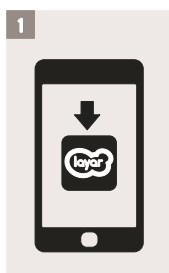
*Brenda Welch*

### WHAT'S INSIDE:

MyPlate  
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The pages in this magazine have been enriched with Layar and contain digital content that you can view using your smartphone.

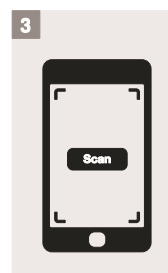
### HOW IT WORKS:



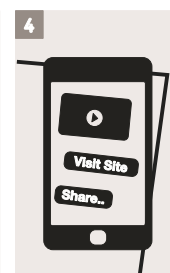
Step 1: Download the free Layar app for iPhone or Android.



Step 2: Look for pages with the Layar logo.



Step 3: Open the Layar app, hold the phone above the page and tap to scan it.



Step 4: Hold your phone above the page to view the interactive content.

**4-H**  
GROWING TOGETHER

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LEARN MORE AT <http://www.extension.iastate.edu/4h/page/iowa-4-h-clover-kids>



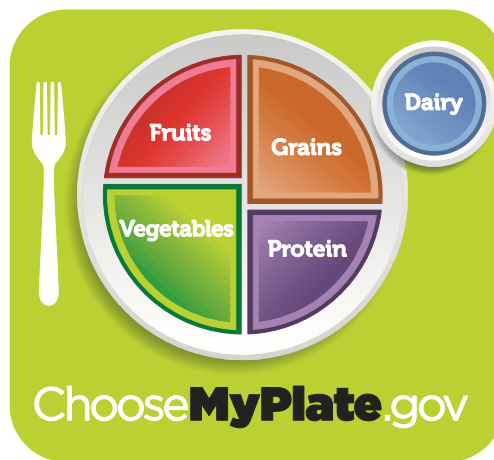
# Introduction to Choose MyPlate

Do you like to eat? What are your favorite foods?

All of us need to eat in order to live and grow up strong. There are some foods that are good for us. There are also foods that aren't as good for us.

Have you ever heard of food groups? What about "MyPlate"?

Here's a fun song to start us on our exploration of various foods, where they fit in MyPlate and how food can help us stay healthy.



## GRAINS

### Groovy Grains

Grains give you the power to "Go". They give you energy to exercise and move.

**Do:** Jog in place for one minute. Do 20 jumping jacks. Do 10 bunny hops. Now sit down.

What are some examples of grains (the food that gives us the energy to move)? Click on the spaghetti and visit the Grains Food Gallery to see what foods are in the "Grains Group".

Clover Kids need to have 6 ounces of grains every day. What grains do you like to eat?

You need to eat at least 3 ounces of whole grains a day. What is a whole grain? We can visit here to find out.

**Reflect:** What grains do you eat now? What whole grains do you eat?

**Apply:** How can you eat more grains? How can you eat more whole grains?




Photo 2

## MISSION STATEMENT

CLOVER KIDS: WHERE CHILDREN EXPERIENCE THE JOY OF LEARNING IN A SUPPORTIVE, CREATIVE, CHALLENGING, AND FUN ENVIRONMENT

## VEGETABLES

view with 



# Various Vegetables

Vegetables give you the power to 'glow'. They give you energy and nutrients. What are your favorite vegetables?

**Do:** Let's learn how to do the "Fruit and Veggie" swag.

Have you heard of the vegetables in the video? What are some other vegetables? Click the vegetable picture to visit the Vegetable Gallery to find more vegetables.

Clover Kids need to eat 2 1/2 cups of vegetables every day. Vegetables also come in many colors just like a rainbow.

**Reflect:** Do you eat enough vegetables every day?

**Apply:** How can you eat a rainbow of vegetables?

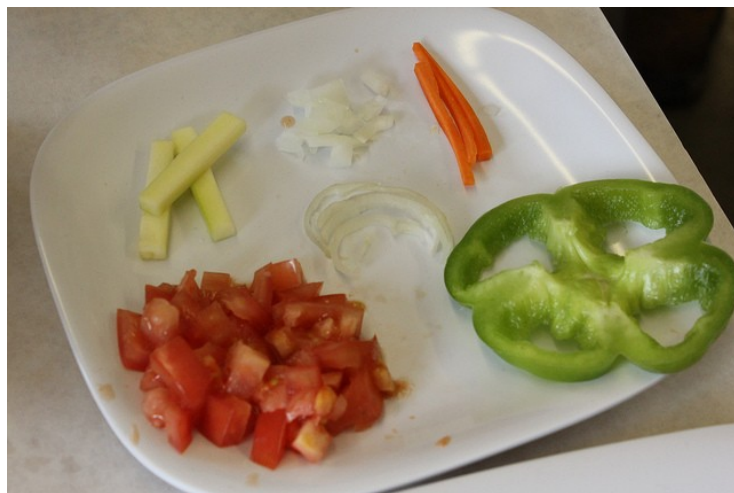


Photo 3

## FRUITS

# Famous Fruits

Fruits give you the power to 'glow'. They give you energy and nutrients. Fruits are also yummy and sweet.

**Do:** Design a fruit bowl that you would like to try. Draw a bowl with at least 3 different types of fruit in it on a piece of paper. What fruits did you include in your fruit bowl?

What are some examples of other fruits? Click the fruit picture to visit the Fruit Gallery to find more fruits.

Clover Kids need to have 1 1/2 cups of fruit every day. You should eat whole or cut-up fruit more often than fruit juice. Why?

**Reflect:** What fruits would you like to add to your fruit bowl now?

**Apply:** How can you make sure that you eat 1 1/2 cups of fruit a day?

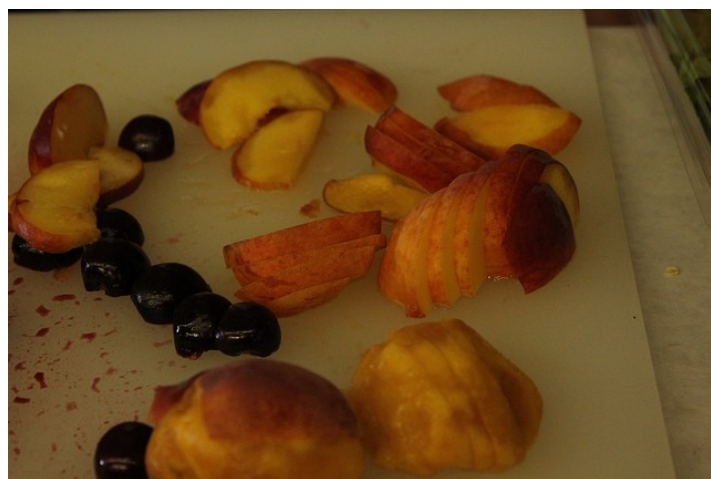


Photo 4

## OUR VISION

A WORLD IN WHICH CHILDREN AND ADULTS LEARN, GROW, AND WORK TOGETHER AS CATALYSTS FOR POSTIVE CHANGE



## Delicious Dairy

Dairy foods help you 'grow' strong bones and muscles. Dairy foods have calcium in them which makes your bones strong and solid.

**Do:** Draw a bone on a piece of paper. Now take your pencil and put some dots on the bone. Make some dots big and some dots small. Each dot that you drew is a spot that doesn't have enough calcium. What would happen if your bones didn't have enough calcium?

What are some examples of dairy foods? Click the dairy picture to visit the Dairy Gallery to find more dairy foods.

Clover Kids need to have 2 1/2 cups of dairy every day. Most dairy should be low-fat or fat-free.

**Reflect:** What dairy foods do you like to eat?

**Apply:** How can you add more dairy foods every day?



Photo 5

## PROTEIN/MEATS

## Powerful Proteins

Proteins or meats help you 'grow'. Protein helps build strong muscles.

**Do:** Stand up and show everyone your muscles. What foods do you think you can eat to help them grow bigger?

What are some more examples of protein foods? Click the picture of meat to visit the Protein Foods Gallery to find more protein foods.

Clover Kids need to have 5 ounces of protein every day.

**Reflect:** What proteins do you like to eat? What foods are proteins that surprised you?

**Apply:** You should eat a variety of protein foods. Why? How can you vary your proteins?



Photo 6

## 4-H PLEDGE

I PLEDGE MY HEAD TO CLEARER THINKING, MY HEART TO GREATER LOYALTY, MY HANDS TO LARGER SERVICE,  
AND MY HEALTH TO BETTER LIVING, FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD.





# Sometimes Foods

There are foods that aren't good foods to eat a lot of. We call these foods "Junk Foods" or "Sometimes Foods".

**Do:** What are your favorite sometimes foods? Why shouldn't you eat them a lot?

Work with your group to create a list of 'sometimes' foods. Then work on creating a list of healthy foods that you could eat instead of the 'sometimes' foods.

If you get stuck and can't think of any more healthy snacks, click on the picture of 'sometimes' foods to get ideas.

**Reflect:** Why shouldn't you eat a lot of sometimes foods? What do you think of the list of healthy snack choices that you created?

**Apply:** What will be the hardest part of eating healthier snack foods? What will be the easiest part?



Photo 7

## SNACK IDEA

# Perfect Parfaits

### PERFECT PARFAITS

Can you make a yummy snack with almost all of the food groups? Have your leader help you make perfect parfaits.

**Do:** Make the perfect parfaits following the directions.

**Reflect:** What food groups did you eat? What were the foods in each group? What group was missing?

**Apply:** Will you make this recipe at home? Would you make any changes?

### INGREDIENTS

5 cups low fat vanilla yogurt  
 5 cups sliced bananas or apples  
 5 cups sliced berries (strawberries/ raspberries/blueberries)  
 5 cups sliced citrus fruits (pineapple, mandarin oranges)  
 1 cup chopped dates  
 1 1/4 cups almonds or other nuts  
 1 small box granola  
 4-6 ounce plastic cups (1 per child)  
 Spoons (1 per child and 1 per food)

Adapted from  
[www.growinginthegarden.org](http://www.growinginthegarden.org), Iowa State University Extension and Outreach, 4-H Youth, Ames, IA, April 2008.

### DIRECTIONS

Wash hands. Have a grown-up help you wash and cut the fruits.

Take a plastic cup. Fill your cup with 1-2 spoons of a fruit, 1-2 spoons of yogurt, 1-2 spoons of another fruit, and 1-2 spoons of yogurt. Top off your parfait with dates, nuts, and granola.



Photo 8

# 4-H CLOVER KIDS IS BASED ON RESEARCH



## Choose MyPlate

*Note: Leaders will need to print off copies of the “Pyramid Go Fish” cards or other cards with food pictures on them before the meeting. Click on ChooseMyPlate to get the “Pyramid Go Fish” cards or go to: [http://teamnutrition.usda.gov/resources/go-fish\\_color.pdf](http://teamnutrition.usda.gov/resources/go-fish_color.pdf).*

When you eat, you should eat a variety of foods from each of the food groups.

**Do:** Play “Roll a Healthy Meal” with your friends. Take turns rolling a die and taking a food associated with the number on the die. Your goal is to get a complete healthy meal. The game is over, when everyone has at least one item from each of the 5 food groups.

Roll a 1 and take a Grain

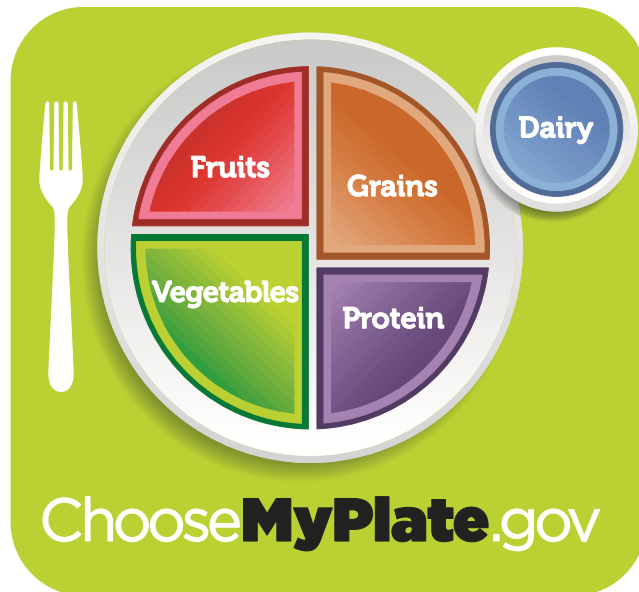
Roll a 2 and take a Vegetable

Roll a 3 and take a Fruit

Roll a 4 and take a Milk

Roll a 5 and take a Protein

Roll a 6 and switch cards with another player



**Reflect:** What foods are in your meal? Do you like the foods that you have? How would you change your meal?

**Apply:** Is it easy to create a healthy meal? How will you make sure that you eat from all food groups?

### MORE GAMES

## Online Games

Want to play more games to see how well you learned about MyPlate. Enjoy playing them. Don't forget to eat healthy and exercise every day to grow up strong and healthy.

\* Try “Blast Off” and “Track and Field Fuel-Up Challenge”.

*Note: Both games require Flash Player. If you don't have Flash Player, you can download an internet browser app such as Rover, which will allow you to use Flash when games are opened in Rover. <http://www.fns.usda.gov/tn/Resources/servingupmyplate.htm#extras>*

\* Play the “Body Quest” Challenge iPad games from the Alabama Cooperative Extension System.



Photo 9

## WANT TO KNOW MORE?

FIND US AT: [HTTP://WWW.EXTENSION.IASTATE.EDU/4H/PAGE/IOWA-4-H-CLOVER-KIDS](http://www.extension.iastate.edu/4H/PAGE/IOWA-4-H-CLOVER-KIDS)



# Are you food smart?

How much do you know about food and MyPlate? Try these 10 questions and see how well you do.  
The quiz is available online also.

1. What food group do you need the most of?
  - A. Grain
  - B. Vegetable
  - C. Fruit
  - D. Dairy
2. What is an example of a grain?
  - A. Cereal
  - B. Bread
  - C. Crackers
  - D. All of the above.
3. How many cups of dairy should you have every day?
  - A. 1/2 cup
  - B. 2 1/2 cups
  - C. 3 cups
  - D. 10 cups
4. Broccoli is a vegetable. True or False.
5. What are the 5 Food Groups?
  - A. Pasta, Tomatoes, Candy Bars, Ice Cream, Pretzels
  - B. Peanut Butter, Grains, Blueberries, Squash
  - C. Grains, Vegetables, Fruits, Dairy, and Protein
  - D. Grains, Vegetables, Fruits
6. "Perfect Parfaits" contains each of the 5 food groups.  
True or False
7. How can you add more fruits and vegetables to your diet?
8. The calcium in dairy foods builds strong bones. True or False
9. What food(s) are in the Protein group?
  - A. Peanut Butter
  - B. Chicken
  - C. Fish
  - D. All of the above
10. What was the best part of this activity?



Photo 10



Photo 11



Photo 12

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## More Information for Leaders and Parents

If you would like to know more about Food and Nutrition, here are some additional resources.

Choose MyPlate “Health and Nutrition Information for Educators” contains background information, handouts, games, and lessons to use with children 6-11 years old.

“Serving Up MyPlate: A Yummy Curriculum” is a complete unit for teaching healthy food choices and a balanced diet. The words to “Alive with 5” can be found on p. 6 of Level 1 “Serving Up a Yummy Plate”.

Iowa State University Extension and Outreach has many resources for teaching children about food and nutrition. Check out the resources in the “Extension to Families” section or under Iowa 4-H Clover Kids.



Photo 13

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Photo 14

## WANT TO KNOW MORE?

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