

EAT SMART. PLAY HARD. TOGETHER.

Members Guide



Healthy North Dakota 4-H Clubs



Ideas and Activities

Healthful habits start early, and they need practice. This handout provides nutrition and physical activity ideas to get your 4-H club on the move to better health. Your club members could earn a “Healthy North Dakota 4-H Club” certificate, too. Your club leader has more information.

For example, clubs can choose a meeting theme related to nutrition or physical activity, do nutrition or fitness demonstrations, share their time in a community fitness walk or think of many other fun activities related to food or fitness. We have many more ideas for you in the Healthy North Dakota 4-H Club Idea Guide.

Setting

- Hold a meeting at a park.
- Hold a meeting in a kitchen and do food demonstrations.
- Hold a meeting at a ball field.
- Have a meeting at a food establishment. Ask the manager to speak with the group and maybe provide food samples.
- Hold a meeting at a bowling alley, indoor skating rink or school gym. Conduct your business, then do a physical activity.
- Have a club picnic and ask families to bring their favorite healthful dish.
- Meet at a library, school or place with many computers with internet access and visit www.choosemyplate.gov.

Roll Call Ideas

Ask members to name:

- A favorite vegetable and explain why
- A favorite game to play outside
- A favorite fruit and explain why
- A favorite food and explain why
- A favorite ethnic food and explain why

Program Ideas

- Specific cultural foods: Chinese, Mexican, Indian
- Food group: fruit, vegetables, milk, meat and beans, grains
- Food safety: hand washing, sanitizing, “Fight Bac!”
- Seasonal activity: picnic foods, healthful Halloween treats
- Type of food: snacks, beverages, salads

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EXTENSION

- Invite a speaker (dietitian, physical trainer, Extension agent) to discuss a health-related topic.
- Invite an Extension agent or health inspector to talk about food safety.
- Make a “member mix” – each person brings a healthful ingredient (nuts, dried fruit, etc.) for trail mix.
- Have a taste test of different breads or exotic fruits.
- Do a brief scientific experiment related to food or fitness.
- Request a nutrition game or lesson from your local office of the NDSU Extension Service.
- An “Eat Smart. Play Hard.” trunk is available for checkout. Contact your local Extension office for details.



Recreation Ideas

- Have a demonstration of a type of exercise (yoga, tae kwon do).
- Go for a “club walk.”
- Play a game that encourages physical activity. Your Extension office has a “Team Nutrition” binder that includes game ideas.
- Conduct a coloring contest of food-related pictures.
- Have a “Fruit Walk” – conduct it like a cake walk with music. Provide a piece of fruit for a prize.

Refreshments/Snack Ideas

- Try foods from a different culture: Japanese – sushi; Mexican – tacos.
- Set a healthful snack policy for your club. Compare food labels.
- Try different “cooking with kids” type recipes: Ants on a Log (peanut butter and raisins on celery), Fruit Smiles (apple slices and peanut butter with marshmallow teeth) and other fun snacks.
- Sample different fruits with a yogurt fruit dip and fruit smoothies.

Community Pride Ideas

- Promote a county 4-H Fun Day that involves active games and a nutritious meal.
- Volunteer at a soup kitchen or food pantry.
- Share your baking talents and food on a “Bake and Take” day.
- Conduct a “healthful food” drive and donate to a food pantry.
- Teach other kids about nutrition or hand washing at a school carnival.
- Take part in a health-related community “walk” for a nonprofit group.

Field Trip/Tour Ideas

- Local food pantry
- Local grocery store
- Health club or recreation center
- Food processing/manufacturing plant
- Hospital or school kitchen
- Local restaurant

Family Mealtime Challenge

- To receive special recognition, at least half of the 4-H club families should meet this goal: eat with all family members present at least five times per week for one month.
- A Family Mealtimes Challenge Tracking Sheet is available on the 4-H Forms website: <https://tinyurl.com/healthynd4Hclub>. See your club leader for details. For more information about nutrition and food safety, visit www.ag.ndsu.edu/food.

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Visit North Dakota 4-H at www.ndsu.edu/4h | Visit Eat Smart. Play Hard. at www.ndsu.edu/eatsmart

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County commissions, North Dakota State University and U.S. Department of Agriculture cooperating.

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