

Healthy North Dakota 4-H Club IDEA GUIDE



"I pledge my health to better living..."

Is your 4-H club a "healthy club"?

Whether you are brand new to this program or if you have been a recognized Healthy North Dakota 4-H Club for a while, you may be looking for some fresh ideas.

The activities listed in this guide have been used by North Dakota 4-H clubs.

We gathered the ideas from the applications we have received for several years.

You might find some ideas that will inspire your club.

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To learn more about the Healthy North Dakota 4-H Club program, go to the NDSU Center for 4-H Youth Development at www.ndsu.edu/4h/ and type "group projects" in the search box. You will find activity guides with directions for games.

- To be a recognized club, your group needs to do at least one "healthy club" activity during six or more regular meetings. During the 4-H year, your activities should include at least six of the eight different categories (setting, roll call, etc.).
- Be sure the activities you list on the tracking form are related to nutrition, physical activity and health.
- Keep track of your activities on the tracking form as you do them and turn in your application by the due date.
- Have fun!

Setting

Have you ever taken your 4-H club “on the road”?

Maybe you could do a community service activity at a food pantry or tour a fire station to learn about preventing kitchen fires.

Perhaps you could make a snack or play a game with older adults at a nursing home.

Here are several ideas:

- Amusement park or arcade
- Bowling alley
- Community building (church, community hall, school gym)
- Fire station
- Food pantry
- Horse park
- Ice rink
- Kitchen
- Local businesses (tour a grocery store, food processing plant)
- Nursing home
- State or local park
- YMCA or local gym
- Zoo

Roll Call

To learn more about your 4-H friends, have a fun roll call topic such as one of these:

- Favorite foods
 - Breakfast food
 - Color of food (red, purple, green, orange, etc.)
 - Ethnic foods
 - Fruit and veggies that start with the first letter of your name
 - Food served on a holiday such as Thanksgiving
 - Holiday tradition involving food or physical activity
 - Type of food (fruit, vegetable, dairy, protein, snack)
- Favorite physical activity
 - Based on season: winter, spring, fall, summer physical activity
 - Based on location: indoor or outdoor physical activity
- Favorite sport to watch in person
- Favorite sport to watch on TV



Programs

Be creative as you develop your programs for the year. Your programs can relate to learning about health:

- Community events involving physical activity (be in a parade, go caroling)
- Community walks (Cystic Fibrosis, Heart Association, Multiple Sclerosis, March of Dimes, etc.)
- Explore foods (foods from another culture)
- Food safety (Fight BAC four steps to food safety, hand washing)
- Games (food bingo)
- Lessons (CPR, first aid)
- Make something (soup mix in a jar, gift baskets with baked goods)
- Nutrition (food labels, calories, nutrients in foods)
- Safety (kitchen safety, exercising in the winter)
- Videos about food preparation

Demonstrations

People like to learn new things they could try at home. Here are many ideas to get you thinking about fun demonstrations for your club:

- Food preparation
 - Garnishes (radish roses)
 - Granola
 - Ingredient substitutions (whole-wheat for all-purpose flour, honey for sugar)
 - Measuring different ingredients
 - Muffins
 - Peeling and cutting various vegetables and fruits
 - Quick breads (muffins, pancakes)
 - Smoothies
 - Trail mix
- Hand washing
- Heart health (how to take your pulse, effects on pulse rate during physical activity)
- Safety (wearing a bike helmet, first aid)
- Survival in the wilderness
- Walking in/dressing for cold weather



Recreation

Does your club take a couple of minutes after the business meeting for an activity break? These are some recreation activities that North Dakota 4-H'ers enjoyed:

- Bowling
- Canoeing
- Duck, duck, goose
- Exercise at your desk
- Flag football
- Frisbee golf
- Ice skating
- Line dancing
- Musical chairs
- Paddle boating
- Relay races
- Rock climbing
- Roller skating/in-line skating
- Scavenger hunt – at a park, using a GPS
- “Simon Says”
- Sledding
- Swimming
- Tag
- Yoga



Refreshments/Snacks

The possibilities are endless for healthful snacks. Try having a healthful potluck. Be sure to be aware of choking hazards for young children and potential allergies. Visit www.ndsu.edu/eatsmart for hundreds of recipes. These are a few ideas:



- Ants on a log (celery, peanut butter, raisins)
- Apple smiles (apple slices, peanut butter and miniature marshmallow “teeth”)
- Cheese and crackers
- Fresh fruits and vegetables
- Granola bars
- Healthier beverages (water, low-fat milk, 100 percent juice)
- Hummus
- Nuts and dried fruits
- Personal pizzas (on English muffins)
- Popcorn
- Pretzels
- Quick breads and muffins (banana, blueberry, pumpkin, etc.)
- Smoothies
- Trail mix

Community Pride

You can show your community pride in many ways. North Dakota 4-H'ers have made these items or helped do the following things in their communities:

- Blankets for children in a shelter
- Booth at an event (educational booth about 4-H activities, food safety, etc.)
- Community walks (gather a 4-H team)
- Food drive for local shelter or food pantry
- Gardening (weeding, planting) in the community
- Get-well cards for children in a local hospital
- Health and beauty kits for women in a shelter (sample-size shampoo, soap, etc.)
- Parade float
- Salvation army (ringing bells to raise funds, serving meals)
- "Snacks on wheels" delivery (fruit baskets, muffins)
- Trash cleanup in a park or neighborhood
- Valentine cards, pencils for children in a shelter



Field Trip

You can learn a lot by going on tours. Have you visited any of these places as a 4-H club?

- Bakery
- Corn maze
- Dairy farm
- Dentist office
- Game and fishery department
- Humane society
- Military bases –
Air Force, National Guard
- State or local park



Visit North Dakota 4-H on-line at www.ndsu.edu/4h

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

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