



How to Be Recognized as a “Healthy North Dakota 4-H Club”

Healthy habits start early. Having children hear about nutrition and fitness in many different settings – school, home and extracurricular activities – is important. Like adults, children need to practice to make “healthy ideas” become “healthy habits.” This publication provides nutrition and physical activity ideas to get 4-H club members and leaders on the move to better health.

The goals are to encourage children and teens to learn about nutrition and health, to practice what they learn and to teach others through service projects. The criteria to be a Healthy North Dakota 4-H Club are:

- ❑ During the course of one 4-H year, clubs will incorporate one nutrition idea/activity into at least six of their regular meetings. Clubs that meet the criteria below can submit their completed recording sheet to their county Extension Service office by August 1 (or any time the club has completed the requirements). The recording sheet and any other materials then must be sent to the state nutrition, food safety and health office for review:

Department of HNES - EML 351
North Dakota State University Extension Service
Attention: Healthy N.D. 4-H Club App.
NDSU Dept. 7270, P.O. Box 6050
Fargo, ND 58108-6050

- ❑ Members of clubs that meet the criteria will be awarded a certificate designating them as members of a “Healthy North Dakota 4-H Club.” They also will receive a special “Eat Smart. Play Hard.” incentive item.
- ❑ To be recognized, clubs should complete at least one nutrition or fitness activity during at least six different meetings (or club events) in at least six of these nine areas: 1) setting, 2) roll call, 3) program, 4) demonstration, 5) recreation, 6) refreshments/snacks, 7) community pride, 8) field trip/tour or 9) family mealtime challenge. This publication provides meeting agendas and activity ideas to assist planning and spark ideas. The clubs can do activities in any order throughout the year.
- ❑ Clubs will keep track of activities completed on the provided recording sheet and turn the form in to the local office of the NDSU Extension Service.
- ❑ Clubs can create a portfolio or display that will showcase what they have done during the year. They can display the projects at the county fair. Clubs will be encouraged to submit portfolios to the state fair as part of a statewide “Healthy North Dakota 4-H Clubs” display. A lot (7100) under the Food and Nutrition category has been added for this display.



- ❑ Clubs can complete activities each year to maintain their Healthy North Dakota 4-H Club status. Clubs also will be recognized for the number of years they have participated in this recognition program.

NDSU
Extension Service

North Dakota State University
Fargo, North Dakota 58105

REVISED August 2009

Ideas to Get Your Club Started

This publication includes many hands-on activities, projects and service activities. As a club project, your club may keep a portfolio/scrapbook of its "Healthy North Dakota 4-H Club" activities. Your club can display the portfolio at your county fair to show others what the club is doing to be healthy. You should use photos, newspaper clips, agendas or other memorabilia to document club activities.

Setting

- Hold a meeting at a park; it could encourage playing tag and other games.
- Hold a meeting in a kitchen and do food demonstrations.
- Hold a meeting at a ball field. It could spark a softball game.
- 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 healthy dish.
- Meet at a library, school or place with many computers with Internet access. Visit www.mypyramid.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 why

Program Ideas

- 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.

- 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, healthy Halloween treats
- Type of food: snacks, beverages, salads
- Make a "member mix" – each person brings in a healthy 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. (See the "Kids & Nutrition" section under "Nutrition" on the NDSU Extension Service Web site: www.ag.ndsu.nodak.edu/food.htm)
- Request a nutrition game or lesson from your local office of the NDSU Extension Service. The "Nutrition and Health Lessons" binder, the "On the Move to Better Health" binder and the "Food Safety" binders include games, lessons and hands-on activities for kids, including topics such as hand washing, healthy snacks, dairy and whole grains.

Demonstration

- Have a member give a demonstration on washing hands, reading food labels or making a healthy snack.
- Have a member give a demonstration on washing hands, reading food labels, planning a family meal or making a healthy snack.

Recreation Ideas

- Have a demonstration of a type of exercise (yoga, tae kwon do).
- Go for a "club walk" or go bowling, skating or sliding.
- Play a game that encourages physical activity. Your Extension Service office has a "Team Nutrition" binder that includes game ideas.
- Conduct a coloring contest of food-related pictures. Visit the NDSU Extension Kids and Nutrition Web site (www.ext.ndak.edu/food/kidsnutrition/) for links to many resources.

- Have a “Fruit Walk” – conduct it like a cake walk with music. Provide a piece of fruit for a prize.
- Sign up as a club to participate in Walk North Dakota. Visit www.walknd.com for details. Contact Linda Hauge (Linda.Hauge@ndsu.edu) for registration information.

Refreshments/Snack Ideas

- Try foods from a different culture ~ Japanese – sushi; Mexican – tacos.
- Set a healthy snack policy for your club. Talk about the nutritional information ~ compare calories, look at sugar content, etc.
- 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.
- Many recipes/ideas are available on the NDSU Extension Service Web site: www.ag.ndsu.nodak.edu/food.htm. (Click on “Nutrition” then “Prairie Fare” for more than 400 recipes with nutrition information.)

Community Pride Ideas

Reinforcing points outside of the club meeting setting is important. These are some ideas your club could do to show others the things that club members are learning. These activities also can help the community become healthier.

- Volunteer at a soup kitchen or food pantry.
- Share your baking talents and food on a “Bake and Take” day.
- Conduct a “healthy food” drive and donate to a food pantry.
- Offer to conduct a lesson or read a nutrition-related book to local children in an after-school program or child-care setting. Your local Extension Service office has many lesson plans available for different age groups.
- Take part in or help with a charity event that involves physical activity, such as a health-related “walk” for a nonprofit group.
- Promote a county 4-H Fun Day that involves active games and a nutritious meal.

Field Trip/Tour Ideas

Children can learn about food storage, preparation and/or production by visiting one of the following places:

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

NEW! Family Mealtime Challenge

In addition to the “Healthy North Dakota 4-H Club” recognition, special recognition will be given to clubs participating in the Family Mealtime Challenge. Club members should decide what month participating families will take the challenge.

For more information about family mealtimes, visit www.ndsu.edu/eatsmart. Your local Extension Service office has more information about family mealtimes, too.

Goal

The goal is to encourage families to eat with all members of their immediate family present five times per week for a month.

Shared meals/snacks can be at any time of day (breakfast, snacks, dinner, dessert) and any place (home, picnic, restaurant, etc.) and should bring families together for at least 20 minutes. To receive special recognition, at least 50 percent of the 4-H families in your club should meet the goal.

Process

- Provide a copy of the “Family Mealtime Challenge Tracking Form” to each 4-H family. Families can use the form to plan menus and record meals eaten together.
- Decide on the month that your club members will take the family mealtime challenge. Note the date the form is due.
- NOTE: Contact your local Extension Service office for some Family Mealtime recipes (one set per family, while supplies last).

continued

Sample Meeting Agenda

Ambitious clubs may try to complete multiple areas with one meeting; however, to earn the “Healthy North Dakota 4-H Club” designation, clubs must do one different activity in at least six meetings or club events.

Sample Agenda

- **Call to Order**
- **Flag Pledges**
- **Roll Call** – Name your favorite fruit and explain why.
- **Conduct Business**
- **Program** – Speaker – Grocer talks about and shows different types of fruit available in the store. (If possible, hold the meeting at the grocery store.)
- **Recreation** – “Fruit Walk” – Conduct it like a cake walk, only give a piece of fruit for a prize.
- **Refreshments** – Sample different fruits with a yogurt fruit dip and fruit smoothies. Pass out recipes.
- **Demonstration** – 4-H member demonstrates a recipe used in the Family Mealtime Challenge.

- Club members should return the tracking form to their club leader(s) or Healthy North Dakota 4-H Club committee.
- The club leader should tally the results and return the Family Mealtime Challenge form with the “Healthy North Dakota 4-H Club” recognition form by Aug. 1.

Portfolio Ideas and Fair Displays

- Each club will have an opportunity to create a portfolio or display that will showcase what it has done for the last year.
- Include photos and explanations about service projects, tours, speakers or other activities, along with meeting agendas and other items.
- Have members write short paragraphs about what they learned, along with their favorite activities.
- Create posters and displays that inform others what they learned. Include the “Healthy North Dakota 4-H Club” certificate.
- Display portfolios at county fair or achievement days and/or the state fair to showcase what clubs have done in partnership with the NDSU Extension Service.
- Other information such as Extension nutrition and food safety displays and handouts also could be available to supply the general public with information.

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

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