



Healthy North Dakota 4-H Clubs:

Ideas and Activities

Healthy 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 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.

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 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.

NDSU
Extension Service

North Dakota State University
Fargo, North Dakota 58105

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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, healthy Halloween treats
- Type of food: snacks, beverages, salads
- 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 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.
- 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.



Demonstrations

- Have a member give a demonstration on washing hands, reading food labels, making a healthy snack or other food- or health-related topic.

Recreation Ideas

- Sign up as a club to participate in Walk North Dakota. Visit www.walknd.com for details. Your club leader should contact Linda Hauge (Linda.Hauge@ndsu.edu) for more information.
- 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 Service 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 healthy 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 “healthy 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

NEW! Family Mealtime Challenge

- To receive special recognition, at least half of the 4-H club families should meet this goal: To 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 Web site. See your club leader for details.

For more information about nutrition and food safety, visit www.ag.ndsu.nodak.edu/food.htm.

Written by:

Julie Garden-Robinson, PhD, LRD,
NDSU Extension Service food and nutrition specialist
Bridget Curley, former program assistant

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

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