

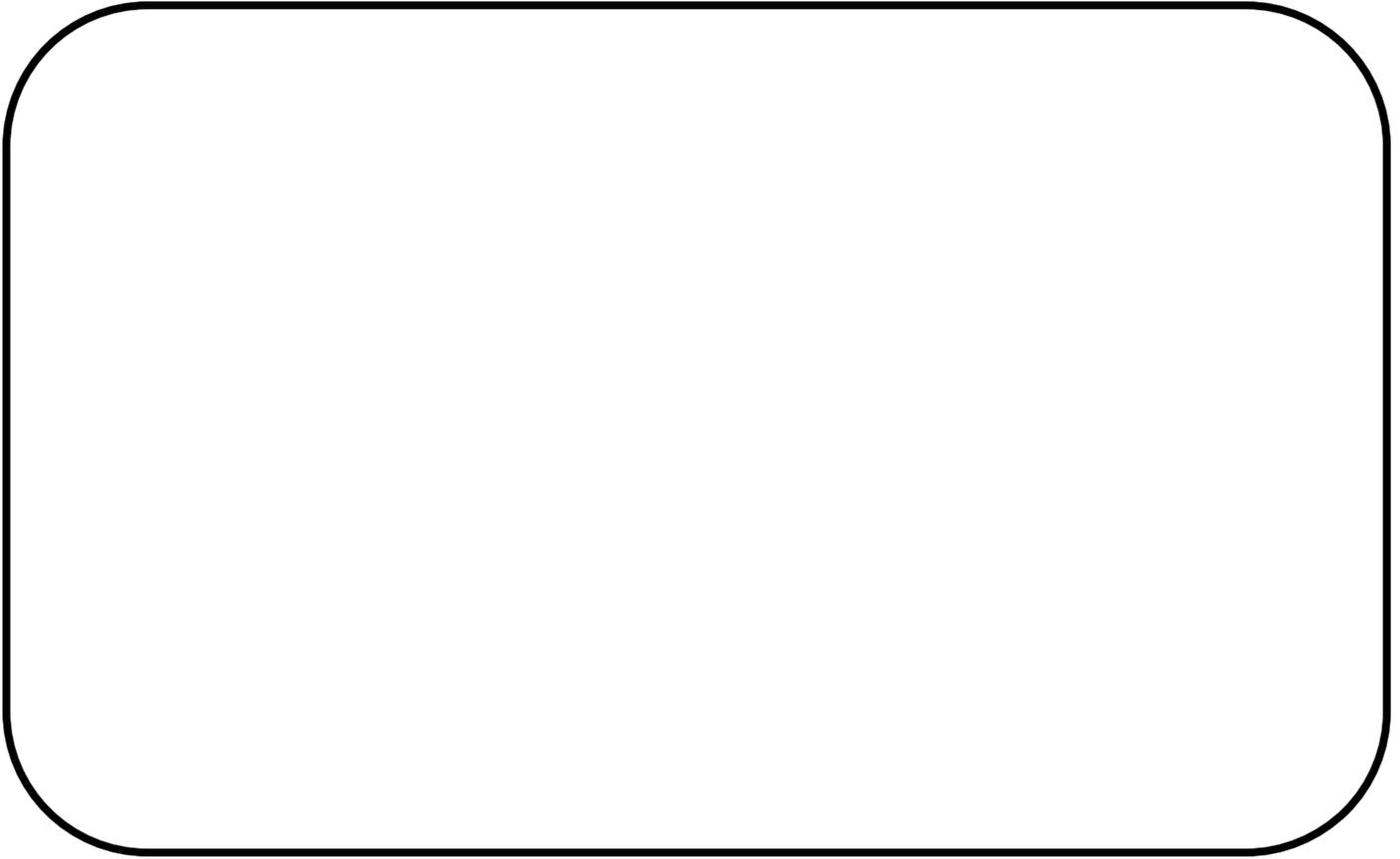


Building a Healthier Me Materials



About Me

Welcoming Activity: Draw a picture of yourself and fill out the information below.



Name: _____

My favorite outside activity:

My favorite inside activity:

My favorite food is: _____

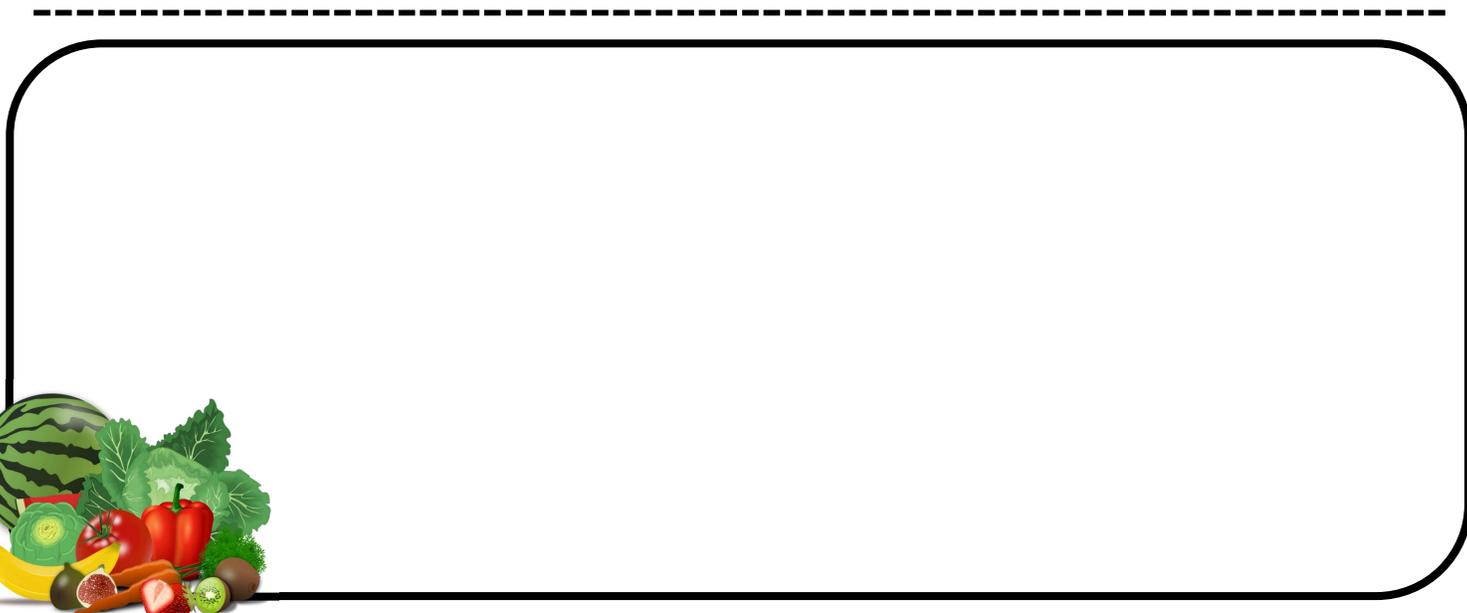
A Healthy Me

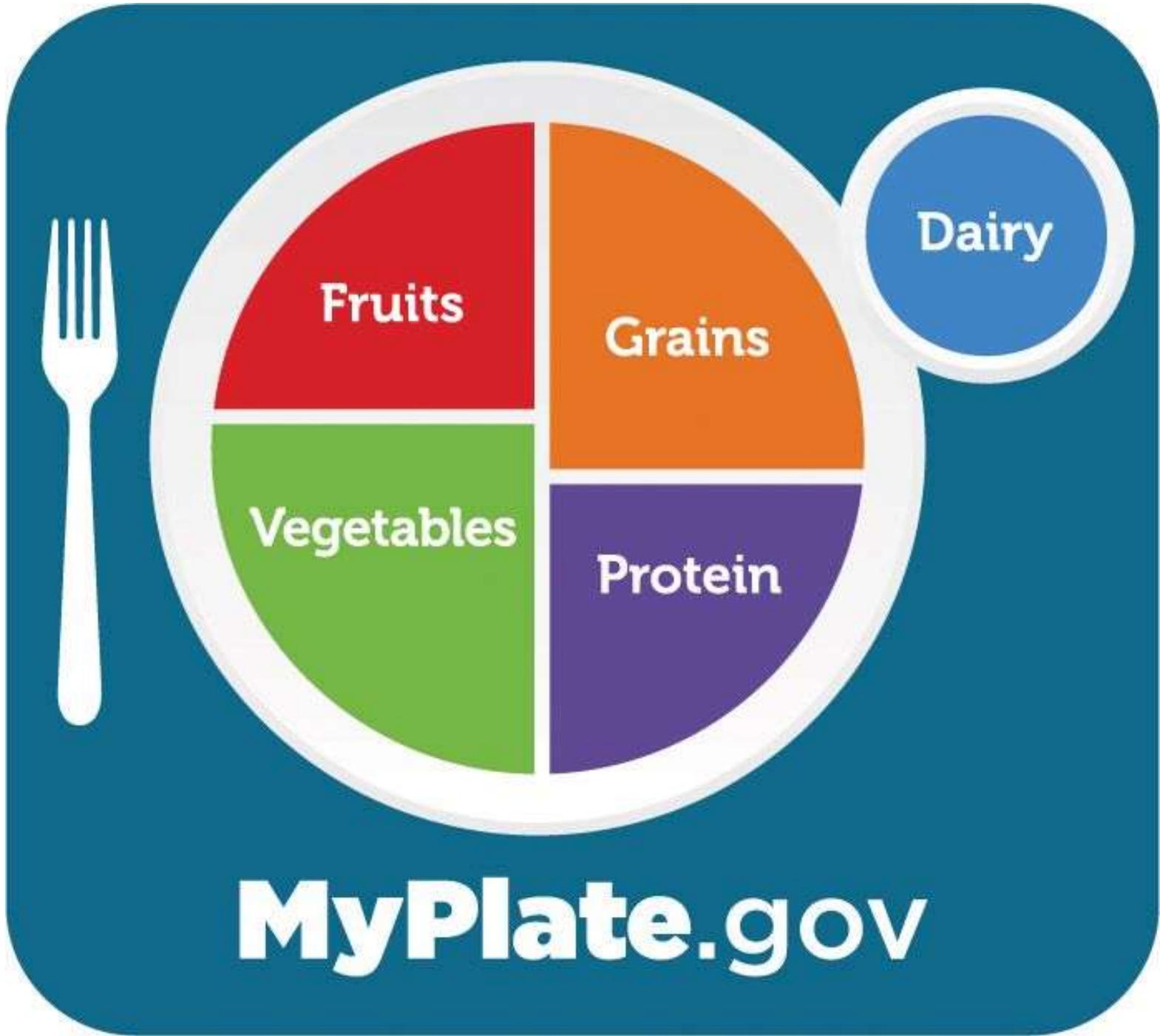
Complete the sentences below and/or draw a picture in the boxes provided.

One thing I can do to stay healthy is



One healthy choice I can make this week is





MyPlate.gov



Food/Nutrition and Health/Wellness

Today we are learned about the 4-H Project areas: Food and Nutrition and Health and Wellness. We read a book about healthy habits called Grow Strong! Then we played a game about healthy habits and made a healthy snack. We encourage you to make the trail mix recipe at home, together!

Cloverbud Trail Mix

Ingredients

1. Carbohydrates/Grains (choose at least one)

- 1/2 cup Kix
- 1/2 cup Cheerios (or similar O cereal)
- 1/2 cup Shredded wheat squares
- 1/2 cup Kashi Heart to Heart
- 1/2 cup Whole Grain Pretzels

2. Shelf-Stable Fruits and Veggies (choose at least one)

- 1/4 cup Dried fruits
- 1/4 cup Dehydrated or freeze dried fruits
- 1/4 cup Banana chips (best for kids over age 2.5)
- 1/4 cup Apple chips (best for kids over age 2.5)
- 1/4 cup Veggie chips (best for kids over age 2.5)
- 1/4 cup Snap Pea Crisps

3. Healthy Fats and Proteins (choose at least one)

- 1/4 cup Raw walnut halves or pieces
- 1/4 cup Raw cashew halves or pieces
- 1/4 cup Diced snack bar such as RX Kids or Larabar or GoMacro
- 1/4 cup Coconut chips

Directions:

1. Mix all your ingredients together in a large bowl and enjoy.
2. You can adjust measurements as you see fit.
3. Store in an airtight container.

Recipe adapted from: <https://www.yummytoddlerfood.com/trail-mix-recipe/>



Take it Further Activity Healthy Habits Bingo

Healthy Habits Bingo

Today we learned about the 4-H Project: Health and Wellness, and Foods and Nutrition. We learned about healthy habits and why it is important to lay the foundation for creating lifelong healthy habits. Try out the bingo board at home just for fun!

<p>Brushed my teeth 2 times a day for the whole month!</p> 	<p>Ate a new vegetable. What was it?</p> <p>-----</p>	<p>Drank water or milk during dinner.</p>	<p>Played outside for 30 minutes.</p> 	<p>Ate a healthy breakfast.</p>
<p>Helped my family with house chores.</p>	<p>Went to bed early.</p> 	<p>Read for at least 15 minutes a night for 10 nights.</p>	<p>Tried a new fruit. What was it?</p> <p>-----</p>	<p>Wrote a thank you letter to someone.</p> 
<p>Ate a healthy snack after school.</p> 	<p>Built an obstacle course and ran it.</p>	<p>FREE SPACE</p> 	<p>Said good morning to someone.</p> 	<p>Ate something from every food group during a meal.</p>
<p>Has been to the dentist.</p>	<p>Talked on the phone with a family member.</p> 	<p>Tried a new food. What was it?</p> <p>-----</p>	<p>Flossed my teeth after brushing for a week.</p>	<p>Played a board game with family.</p> 
<p>Did not use electronics all day!</p> 	<p>Played an outdoor game for 30 min.</p>	<p>Took deep breaths and counted to 10 when I was upset.</p>	<p>Has had a vision screening.</p> 	<p>Went to the library.</p>

Created by Caitlyn Krueger, Extension Educator, Jackson County Adapted from: <https://www.nimhd.nih.gov/programs/edu-training/nmhm/bingo/>