

# 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.

## Meeting Theme/Activities

- Specific culture ~ Chinese, Mexican, Indian
- Food group ~ fruit, vegetables, dairy, meat and beans, grains
- Food safety ~ hand washing, sanitizing, "Fight Bac!"
- Seasonal activity ~ picnic foods, Halloween treats
- Type of food ~ snacks, beverages, salads

## 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](http://www.mypyramid.gov).

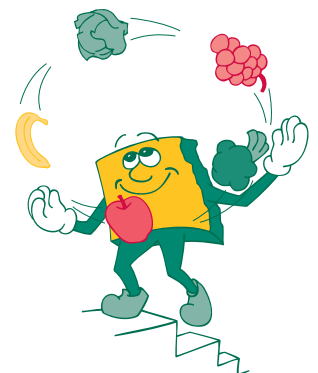
## Roll Call Ideas

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/Demonstration Ideas

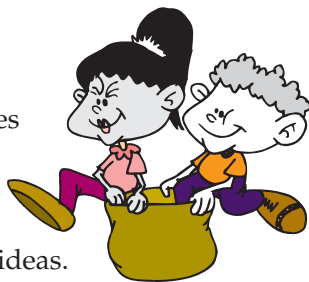
- Invite a speaker (dietitian, physical trainer, Extension agent) to discuss a health-related topic.
- Invite an Extension agent or health inspector to talk about food safety.
- Have a member give a demonstration on washing hands, reading food labels or making a healthy snack.



- 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.

## 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 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

For more information about nutrition and food safety, visit [www.ag.ndsu.nodak.edu/food.htm](http://www.ag.ndsu.nodak.edu/food.htm).

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Visit North Dakota 4-H on-line at: [www.ext.nodak.edu/4h/4-h.htm](http://www.ext.nodak.edu/4h/4-h.htm)