

JUMP, WIGGLE AND GIGGLE YOUR WAY TO FITNESS



Studies show that inactivity combined with a poor diet are contributing to alarming health issues in children. Childhood obesity, diabetes and heart disease are on the rise. As 4-H leaders one of the best things you can do is to encourage children to be active and enjoy foods that are healthful.

Presented by

Kay L. Evans, a Family and Consumer Science educator with Utah State University Extension Service. She is the EFNEP/FNP supervisor over Weber and Davis Counties. During Kay's 19-year involvement with limited-resource audiences, she has written nutrition fact sheets and published tested recipes for use by EFNEP/FNP clients. She recently developed a series of lessons focused on the nutritional needs of seniors.

Paula E. Scott, a Family and Consumer Science educator with Utah State University Extension Service. She supervises the EFNEP/FNP program in Salt Lake County. Paula's assignment with Extension has focused on limited-income children and families at risk. She has done extensive work in the areas of diversity and fitness.

Kay and Paula have published nationally a Home Management curriculum and have developed a state nutrition curriculum for high-risk youth. Their current project is the development of EFNEP curriculum for the State of Utah.

RECIPES FOR A HEALTHY LIFESTYLE

LOOK AT ME, I'M A CAT

Start on your hands and knees.
Look up. Curve your shoulders up.
Hold the stretch for one-two-three as
you pur like a happy cat.
Now look down at the floor and
arch your back up.
Hold the stretch for one-two-three as
you hiss and growl like an angry cat.

LOOK AT ME, I'M A TREE

Stand on one leg. That is the tree
trunk.
Place the other foot on your leg,
at the knee.
Now raise your arms high above your
head, with the fingers touching
Count slowly to five as you imagine
the sun shining down on you.

PENCIL POWER

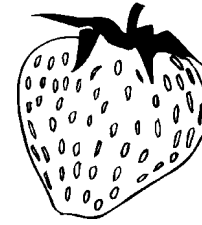
Put yourself into a pencil sharpener and turn
until you are sharpened to a point.
Write your name or draw shapes in the air
using your newly sharpened point.
Click to lengthen your lead; wiggle to erase.



FITNESS ABC'S

A...is for arms to stretch out wide, stretch them out from side to side.
B...is for bend that knees can do. Bend your knees in front of you.
C...is for clap your hands up high. Clap them up to the sky.
D...is for down to touch your toes. Up and down, follow your nose.
E...is for eyes and E is for ears. Blink your eyes and wiggle your ears.
F...is for funny things you do. Hop with one foot in back of you.
G...is for goose that walks with a waddle. Walk and walk and waddle and waddle.
H...is for hands that you shake. Shake them hard. They won't break.
I...is for innings in a baseball game. Throw the baseball. Watch your aim.
J...is for Jack all curled up in a box. Pop up when the top unlocks.
K...is for kick your legs to the side, like a bronco cowboy rides.
L...is for laugh and happy you will be. Ha, ha, ha! Hee, hee, hee!
M...is for march in one straight line. March in place and keep your time.
N...is for nose. Now breathe your best. Take a breath and fill your chest.
O...is for over the puddle you step. Great big steps or you'll get wet.
P...is for pull your tummy in. Pull it in and in and in.
Q...is for quietly sit in your chair. Now, roar like a big, old bear.
R...is for row your boat along. Stretch and pull your arms back strong.
S...is for stand with toes straight ahead, hands on hips and a proud tall head.
T...is for twist, the dance you do. Twist your knees in front of you.
U...is for up when you look at a star. Bend your head back very far.
V...is for the voice that comes from your mouth. Open your mouth as a big as a house.
W...is for wind the wool up tight. Around your arms with all your might.
X...is for extra strong you'll stay if you do knee bends every day.
Y...is what you say when something tastes yummy. Pat your head and rub your
tummy.
Z...is for zero, the end of our game. We'll play it another day and have fun just the same.

SIP, MUNCH AND CRUNCH



BANANA BERRY SHAKE

- | | |
|------------------------------------|----------------------|
| 1 banana | 1 tsp. vanilla |
| 1 carton (8-oz.) strawberry yogurt | 6 ice cubes or 1 cup |
| 1 1/2 cups milk | crushed ice |
| 1/4 cup sugar | |

Mix all ingredients in blender until ice is crushed and drink is thick. Yield: 1 quart.

POWER BARS

- | | |
|-------------------------------|------------------------------------|
| 1/4 cup margarine, softened | 3/4 cup flour |
| 3/4 cup brown sugar | 1/2 tsp. baking powder |
| 1/2 cup crunchy peanut butter | 1 1/2 cups quick-cooking oats |
| 1/4 cup light corn syrup | 2 pkg. (6-oz.) chopped dried fruit |
| 1 egg | 1/2 cup salted peanuts, chopped |
| 1 tsp. vanilla extract | |

Line 9X13-inch pan with aluminum foil, extending foil over ends of pan. Lightly grease foil. In a medium bowl, cream margarine and brown sugar until fluffy. Add peanut butter, corn syrup, egg and vanilla beat until smooth. In a small bowl, combine flour and baking powder. Add dry ingredients to creamed mixture; stir until soft dough forms. Stir in oats, fruit and peanuts. Press mixture into prepared pan. Bake at 325E F. for 30-35 minutes or until firm and lightly browned. Cool in pan. Use end of foil to lift from pan. Cut into bars. Wrap individually and store in airtight container or freeze. Yield: 12 bars.

1-2-3 CRUNCH SNACK

- | | |
|---------------------------------------|-------------------------------|
| 1 cup small square cheese
crackers | 1 cup tiny twist pretzels |
| 1 cup oyster crackers | 1 tsp. dry Ranch dressing mix |
| | 1 Tbsp. oil |

Put all ingredients in a covered container. Gently shake until well coated. Store in closed plastic bag or tightly covered container. Yield: 3 cups.

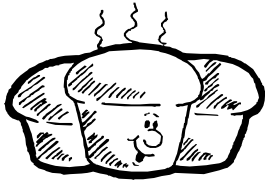
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PYRAMID POWER SNACKING

Healthy Snacks from the Five Food Groups

Grain Group:



- Chow mein noodles
- Popcorn
- Honey Crispies
- Power Rounds
- 1-2-3 Crunch Snack*
- Pretzels
- Power Bars*
- Crackers
- Roll
- Breakfast in a Bag

Vegetable Group:

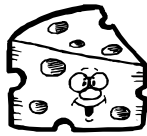
- Vegetable juice
- Raw vegetables
- Carrot juice
- Raw zucchini strips
- Carrot sticks
- Broccoli flowerettes
- Celery sticks



Fruit Group:

- Bunch of grapes
- Tangerine
- Dried fruit: apples, apricots, pears, raisins, prunes, figs
- Orange
- Fruit juice
- Apple
- Fruit leather



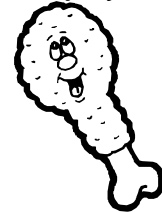


Milk Group:

- Banana Berry Shake*
- Cheese slices
- Pudding
- Cottage Cheese Dip

Meat Group:

- Sunflower seeds
- Cheese slices with crackers
- GORP—Good Old Raisins and Peanuts
- Peanut Butter Chews
- Slam Dunkers
- Peanut butter on crackers
- Peanut butter and jelly sandwich
- Nuts
- Beef jerky
- Roll Overs



These delicious snacks will supply your body with the nutrients it needs to be healthy.

Carbohydrates for energy
 Vitamin A to see in the dark
 Vitamin C to heal quickly
 Calcium for strong bones and teeth
 Protein for strong muscles
 Water to regulate body processes

***Recipes included**

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