

# mOre RESOURCES

You don't have to look far for more great information about food and fitness activities.

## IOWA STATE UNIVERSITY EXTENSION AND OUTREACH WEBSITES

[www.extension.iastate.edu/healthnutrition](http://www.extension.iastate.edu/healthnutrition)

[www.extension.iastate.edu/pubs](http://www.extension.iastate.edu/pubs)

Look under Families and Consumers at these headings:

- Food and Nutrition
- Youth
- Wellness



## OTHER WEB SITES

[www.choosemyplate.gov](http://www.choosemyplate.gov)

<http://childrenshealthfund.org>

[www.fda.gov](http://www.fda.gov)

[www.cspinet.org](http://www.cspinet.org)

[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

[www.generalmills.com](http://www.generalmills.com)

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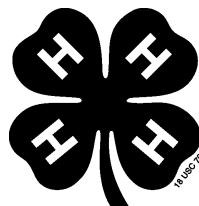
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# fOod FIT *and* ness

# Craze!



IOWA STATE UNIVERSITY  
Extension and Outreach

# great snack ideas

Great recipes! Have youth pick a recipe to try. Decide who will bring equipment and ingredients. Get everyone involved in preparation. Eat and enjoy!

## BEARY GOOD SNACK MIX

- 2 cups Cheerios
- 2 cups teddy bear shaped cinnamon graham snacks
- ½ cup dry-roasted peanuts
- ½ cup raisins

Mix all ingredients in large bowl. Divide mix into baggies for easy grab-and-go snacks. Serves 6.

## PEACH COOLER

- 1 cup non-fat milk
- 1 cup frozen peach slices
- 2 tablespoons frozen orange juice concentrate

Put all ingredients in a blender. Blend until smooth. Serves 2.

## CRUNCHY VEGETABLE BURRITO

- 4 whole wheat flour tortillas
- ½ c shredded carrots
- 2 green onions, thinly sliced
- 2 tablespoons low-fat ranch salad dressing
- 2 tablespoons low-fat shredded colby jack cheese
- 4 large lettuce leaves
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- ½ teaspoon chili powder

Mix all vegetables with dressing, cheese and chili powder. Top each tortilla with a lettuce leaf and a spoonful of the vegetable mixture. Wrap and serve. Makes 4 tortillas.

## ORANGE-PINEAPPLE FRUIT DIP

- 1 8-ounce fat-free/sugar-free orange yogurt
- 4 ounces light cream cheese
- 1 cup crushed pineapple, drained
- 2 tablespoons sugar
- 4 apples, sliced

In a small bowl, stir together yogurt, cream cheese and sugar; beat until smooth. Eat with apple slices. Serves 4.

## SPARKLING RAINBOW PARFAIT

- ¼ cup green grapes
- ¼ cup banana slices
- ¼ cup red grapes
- ¼ cup orange sections

Layer fruit in a clear glass. Cover fruit with lemon-lime soda. Serves 1.

## ORANGE (OR PURPLE) SCREAM

- 1-6 ounce can unsweetened frozen orange or grape juice concentrate
- 2 cups fat-free milk
- 1 teaspoon vanilla
- 10 ice cubes

Add juice concentrate, milk, and vanilla to blender. Add ice cubes one at a time and mix until thick and foamy. Serves 2.

## VERY VEGGIE SNACK CUPS

- 2 tablespoons reduced fat sour cream
- ¼ teaspoon salt-free tomato-basil seasoning mix (like Mrs. Dash)
- ¼ red bell pepper, seeded
- 3 baby carrots
- ½ stalk celery
- 1 asparagus spear
- ¼ small jicama

Mix sour cream and seasoning mix in a cup. Cut vegetables into 4-inch strips and place in cup. Dip and eat. Serves 1.

## VERY BERRY PARFAIT

- 1 8-ounce carton fat-free/sugar-free fruit yogurt
- ½ cup fresh, frozen, or canned fruit (strawberries, peaches, kiwi, plums, bananas, etc.)
- 2 tablespoons Grape Nuts cereal or similar cereal

Layer yogurt and fruit in a clear glass. Top with cereal. Serves 1.

## VERY BEST SPINACH DIP

- 1 10-ounce box frozen chopped spinach, thawed and drained
- 3 green onions, sliced
- 1 clove garlic, chopped
- 1 teaspoon dill weed
- ½ cup light mayonnaise salad dressing
- ½ cup light sour cream
- ¼ teaspoon tabasco

Combine all ingredients in a food processor, blend. Serve with pita bread chips.

## BANANA SPLIT PIZZA

- 4 whole grain flour tortillas
- 1 banana
- ½ cup pineapple tidbits
- ½ cup sliced strawberries
- 2 tablespoons chopped walnuts
- 4 sugar free pudding cups (vanilla or chocolate)
- cooking spray

Place tortillas on baking sheet and spray tops lightly with cooking spray. Bake at 375° F for 10-12 minutes or until lightly browned. Spread each tortilla with pudding and add fruit and nut toppings. Cut in half and serve. Serves 8.

*No endorsement of products mentioned is intended, nor is criticism implied of similar products not mentioned.*

# WAYS TO GET YOUR GROUP

# mOvING!

Physical activity is fun, reduces your chance of developing disease, increases strength and endurance, helps you feel less stressed, makes you feel better about yourself, and helps you sleep.

## ANIMAL ROUNDUP

The rancher will call out a type of animal (cow, horse, sheep, pig, rabbit, frog, etc.). Participants will walk/crawl/hop, etc., across the space while making that animal's noise. The rancher must move in the same manner as the animals that are called. If someone is tagged by the rancher, he/she becomes the rancher's helper and also tries to catch the others.

## GET UP AND DANCE

Ask for volunteers to learn and teach different dances to your group. Think about fun group dances like the Macarena, Hokey Pokey, Chicken Dance, YMCA, Cotton-Eyed Joe and others. Review key dance steps and have the group practice before turning on the music.

## BALLOON STOMP TAG

Arrange players in an open area with an inflated balloon tied to one ankle. Establish boundaries for play. On signal players try to break all other balloons by stomping on them. At the same time they try to prevent their balloon from getting broken.

## EVERYBODY IS IT FREEZE TAG

This is a variation of freeze tag. Instead of one person being *It*, the entire group starts out as *It*. The object is for all members that are *It* to tag other members. When tagged, a member must stand still and is no longer *It*. Play continues until one player is left untagged.

## ROB THE ORCHARD

Arrange hula hoops throughout play area. Divide members into even teams among hoops. Provide one free hoop to serve as a free-for-all orchard. Give each team 3 to 4 balls to put inside their hoop as fruit. On the signal, team members attempt to protect their own fruit while stealing from others and gathering fruit from the unprotected orchard (hoop). Play continues until one team has the majority of the fruit or the game gets too rowdy.

## GROUP JUGGLE FREEZE

Ask members to form a circle. Members will toss ball to each other developing a pattern. The object is to catch the ball and continue the pattern as efficiently as possible without dropping it. After the pattern is established, add a new direction. They will continue to pass the ball in the same pattern. However, when the leader yells "freeze," everyone lines up behind the person who has the ball. He quickly passes the ball overhead to the person behind him and so on until the ball reaches the last person. When the ball gets to the end person, form a circle again and throw the ball in the original pattern.

## FRISBALL

Find a large outdoor space for this activity. Place hula hoops to form an outfield. Place cones in a diamond shaped pattern opposite the hula hoops. Set up should appear similar to a baseball field. Divide your group into two teams — one to play outfield and one to be at bat. One player will throw the Frisbee toward the outfield. As soon as the Frisbee has left the player's hand, the entire batting team lines up behind him/her to run the cones together. A point is scored for each time the entire team circles the cones. The outfield must get the Frisbee and throw it to each hoop before calling an out. Switch teams after each throw.

## ALL SEASON SCAVENGER HUNT

Challenge your group to walk more by creating and conducting a scavenger hunt. Before heading outside, have the group identify items they might find outdoors depending on the season. For example, try leaves, acorns, corn, or geese in the sky for fall.

## MOON BALL

Ask your group to form a large circle. The object of the game is to hit an inflated beach ball or balloon as many times as possible before the ball/balloon hits the ground. To keep everyone involved in this game ask that no one hit the ball twice in a row and practice safety by calling the ball when it comes to you.

## great group program IDEAS

Short descriptions for fun programming ideas are below; refer to the accompanying CD for complete activity details!

**Be a Whole Grain Detective** What are whole grains? Learn how to read labels and make choices about whole grain products.

**Fruit Plate BINGO** Use the five different colors of fruit and discover which ones you are eating and which you'd like to try.

**Making Healthy Fast Food Choices** Find ways to make healthy menu choices when you visit your favorite fast food restaurants.

**Fruit/Vegetable Jeopardy** Answer Jeopardy-like questions and learn interesting facts about fruits and vegetables.

**Cheese Tasting Party** Gather different cheeses, crackers, fruit, and friends, and hold a cheese-tasting event.

**Bone Robbers** Calcium does count for young people. Take the quiz and discover factors that lead to osteoporosis.

**Cruisin' the Community for Health** Take a field trip to a restaurant, fitness center, bakery, or grocery store. Find out how they incorporate nutrition and fitness into their daily business.

**Fitness Fun Facts** Share the ways you exercised today. Take the Fitness Fun Facts quiz, review the answers, then brainstorm physical activities that you think would be fun for your group to try.

**Get Moving Obstacle Course** Get moving with a variety of fun physical activities that use a minimum amount of space. Everyone participates taking turns at different fitness stations.

**Grocery Store Scavenger Hunt** Do you know what food products have calcium? Visit a grocery store in your community and hunt down calcium-rich products.

# Discussion STARTERS . . .

Get people thinking about Food and Fitness by using the following items for roll call at group meetings.

You also can use multiple discussion starters in one setting by cutting the discussion starters into individual strips and asking people to draw one and answer it.

If you want everyone sharing at the same time, simply have the group form a double circle. The inner and outer circle should face each other so that everyone has a partner. Ask partners to discuss one of the topics. After a minute, have the outer circle rotate one place so everyone has a new partner. Give them a new topic to discuss. Rotate as many times as you like.

***An indoor physical activity you enjoy . An outdoor physical activity you enjoy . Your favorite dairy food . A reason to consume dairy food . The last fruit you ate . The last vegetable you ate . A grain product you might eat for breakfast . A way you like to prepare vegetables . A fruit or vegetable you would like to try . A food that is made from 100 percent whole grain . A job that requires physical activity . A physical activity you like to do in the fall (insert any season)***

## Lead the Way to a **HEALTHIER COMMUNITY**



***Hold a dance.*** Make sure to include plenty of group dances to get everyone moving. Liven up the dance by including contests like the limbo. Lead the way by encouraging everyone to get 60 minutes of physical exercise and donating the proceeds to help buy playground equipment for a park or school.

***Create a calcium-rich recipe book.*** Review a list of calcium-rich foods that are also low in fat. Ask every member to bring a recipe that features one of these foods. Compile the recipes into a recipe book for every family in your group. Take it one step further and make one of the recipes to serve to seniors at your local congregate meal site. Provide copies of the recipes.

***Volunteer at a childcare or day camp site to promote fruits and vegetables.*** Play games that reinforce your ideas. Help children prepare their own simple snack featuring a fruit or vegetable. Carrots, watermelon, apples, strawberries, and bananas are big hits with most kids.

***Make trail mix using a whole grain cereal or popped corn as the base.*** Add bits of dried fruits like raisins. Try adding whole grain pretzels. Put in a few mini-chocolate candies or candied corn depending on the season. Share the snack with children at a community event like a health fair or Halloween party. Make sure to create a label to put on each bag with the list of ingredients. This provides a higher degree of safety for kids with food allergies and also allows someone to make more at home.

***Develop a fruit plate bingo game and play it with residents at a local nursing home.*** Make sure to bring fruit for prizes. Talk to the staff about fruits the residents enjoy most. A congregate meal site, 4-H club, afterschool group, or Clover Kids group would also be great places to play the game.

***Check out the items sold at your county fair food stand and school concession stand.*** Do they sell any fresh fruits? Do they have any vegetable items beyond potato chips? What low-fat calcium products do they sell? Recognize them for selling fruit, vegetables, and low-fat calcium-rich products. If the selection is lacking these types of items, encourage them to give one or two a try.

***Host a game day for elementary students.*** Offer a game day at times when kids might be home playing video games or watching TV (like an early-out school day or school holiday). Plan plenty of fun non-competitive active games. Build in a great fruit or vegetable snack.

***Share a great, easy to prepare calcium-rich recipe.*** Set up a booth at the county fair exhibit judging day or a health fair. Serve samples and hand out the recipe. You might even want to work with a local grocery store to do an in-store promotion. Make sure to follow all food safety guidelines.

***Host a fun walk/run for your favorite cause.*** If local charity walk/run events already exist, volunteer to assist with one. You could help by serving healthy refreshments or watching street corners. Find out whether your entire group could enter as a team. To make it more fun, create your own look and dress alike for the events.

***Have each group member bring a whole grain non-perishable breakfast item to donate to a food pantry in your community.*** Encourage everyone to check the label and make sure the first item listed is whole grain before making the purchase.