

DELAWARE 4-H HEALTHY LIVING



Fun activities to reinforce healthy living lessons.

Goals:

To Engage Youth in Fun and Interactive Activity

Encourage cardio activity

To review and reflect on key concepts learned in UFTC

Supplies:

1-2 Hula Hoops
Stopwatch if needed

Question and Answer Key attached

Time Required:

15-30 minutes (depending on group size)

Activity Name: Hula Hoop Food Group Relay

Procedure:

1. Break youth into two groups , or more if necessary.
2. Have adequate space for youth to hula hoop down a lane while walking a distance
3. Begin the race by asking food group questions attached to each team. A team cannot start unless they answer a question correctly
4. Once question is answered youth will hula hoop while simultaneously walking down race way distance and back, this is a relay style race, so youth will pass off the hula hoop to their next teammate, until all have a turn.
5. The first group to complete the race wins, however they cannot officially win until another food group question is answered correctly, so the other team may steal the win!

Reflect: Ask Youth

1. What type of exercise category does the hula-hoop relay fit in? Answer: Cardio

Apply: Ask Youth

1. How will you apply nutrition knowledge learned in this course to your life?
2. How will you apply exercise knowledge learned in this course to your life?

4-H hosts train the trainer sessions for teens and adults all year long, in each county. We also hold special fun events for teens and our "Healthy Living Ambassadors" To learn how you can become involved, visit our website at <http://extension.udel.edu/4h> Or email krjohn@udel.edu or your County Agent for more information.

In 2014-2015

- 4-H facilitated 4 -H Food Smart Families to over 2500 youth and Up for the Challenge Assets & Fitness to 3300 youth!
- Health Rocks & Botvins reached over 6500 youth

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h/>

Or call your County Cooperative Extension Office.



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

Cooperative Extension Education in Agriculture and Home Economics, University of Delaware, Delaware State University and the United States Department of Agriculture cooperating. Distributed in furtherance of Acts of Congress of May 8 and June 30, 1914, Delaware Cooperative Extension, University of Delaware. It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.



Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!

Food Group Questions

Basic Youth Questions

1. What food group would tofu most likely be categorized in? **protein**
2. How many cups of dairy should you consume daily? **3 cups**
3. Name three green vegetables. **Broccoli, spinach, lettuce, green beans, etc.**
4. Name four fruits. **Apples, bananas, grapes, oranges, kiwi, pear, etc.**
5. Name three yellow fruits. **Pear, banana, apples, lemons, etc.**
6. Name three sources of grain **rice, bread, pasta, oatmeal, etc.**
7. What is healthier whole wheat or white bread? **Whole wheat bread**

Harder Youth Questions

1. What makes white flour different from wheat flour? **The removal of bran & germ**
2. What is quinoa a good source of? **Protein**
3. Skim milk and whole milk have the same amount of what? **Calcium**
4. -or- What is better for you skim or whole milk? Why? **Skim, no fat**
5. What vitamin does your body need from milk in order to use calcium? **D**
6. The yoga pose warrior is what type of physical activity? **Stretching/Flexibility**
7. What does your body need protein for? **Growth, strong nails/hair, immunity**
8. What weighs more? Muscle or fat? **Muscle is denser**

