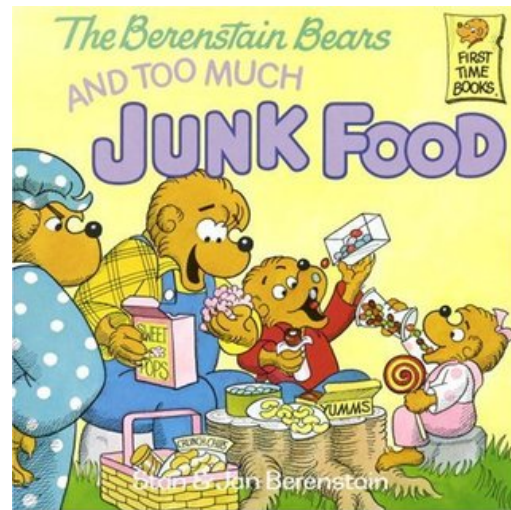


CLOVERBUD READING ADVENTURES

The Berenstain Bears and Too Much Junk Food

By Stan Berenstain and Jan Berenstain

Mama Bear helps build healthy habits for Papa and the cubs once she notices they are not eating healthy and exercising enough. So she uses the help of Dr. Grizzly and the entire family starts to make some changes in what they are eating and how active they are at home.



ACTIVITIES AND CRAFTS



My Plate Making

Materials: Have pictures cut from all food groups (examples include grapes, peppers, bread, noodles, rice, fish, pork chop, steak, milk, yogurt, cheese, orange, corn on the cob, lettuce, berries), dinner size plates, crayons, glue

What to do: Show youth MyPlate and explain that is how our plate should look when we eat. We need to eat a variety of foods from all food groups. Hand out the plates and crayons. Help youth color their own plate. Then, have the youth glue the pictures on their plate in the correct food groups. If youth want a food that you don't have a picture for, encourage creativity and have them draw it where it belongs.



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



ohio4h.org/cloverbudresources

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.



Eat a Rainbow

Materials: Construction paper (red, orange, yellow, green, blue, purple), glue, scissors, pictures of food or magazines, crayons

What to do: Explain that we need to eat a variety of foods and many different colors of foods. Different colored foods provide different vitamins and minerals for us. Using the construction paper, have the youth make a rainbow. Then find healthy pictures or draw pictures of food that falls into those specific colors. For example, avocado could go in green and eggplant can go in purple.

GAMES



Animal Charades

Supplies: Pictures of a variety of animals (examples include- snack, kangaroo, dinosaur, elephant, frog, lion), bag or hat for the pictures

How to play: Explain that they are going to play a game of charades. They will need to pick a picture of an animal from the bag/hat. Then, they need to act out how they move without talking. Then the rest of the group needs to guess what animal they are acting out.

Healthy vs. Not Healthy Game

Supplies: Variety of pictures of food- both healthy and not healthy (examples include- hotdog, corn, beet, broccoli, pineapple, donut, chip, pop, watermelon, carrot, brussle sprout, asparagus, banana, ice cream)

How to play: Explain to the youth how to play. You can change what the youth do depending on the space you have. If you have a big space, show them the picture of the food. The youth then need to move to one side of the room or the other based on if the food is healthy or not. They can go in the middle if they are unsure. Then, as a facilitator, explain if the food was healthy or not.



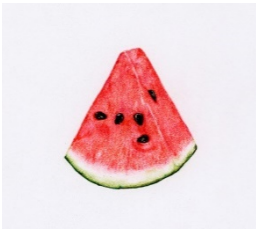
SNACKS

Vegetable Pizza



Ingredients: 2 cans of refrigerated crescent dough or rolls, 8 oz. cream cheese, ½ c. sour cream, pinch of dill, 1/8 tsp. garlic powder, vegetables of choice (broccoli, cucumber, tomato, bell peppers, cauliflower, carrot)

What to do: Unroll dough and put in pan to bake at 375 degree oven for 13-17 min. or until golden brown. Cool completely (about 30 min.). Mix cream cheese, sour cream, dill, and garlic powder until smooth. Spread over crust. Top with vegetables. Cut and serve.



Frozen Watermelon Popsicle

Ingredients: Watermelon, popsicle sticks

What to do: Cut across watermelon to make wedges about 1 inch thick. Carefully cut a slit into the rind of each wedge and put a popsicle stick into each slit. Freeze until firm, about 3 hours.

OTHER BOOKS TO READ ALOUD

Eating the Alphabet- Fruits & Vegetables from A to Z, Lois Ehlert

The Very Hungry Caterpillar, Eric Carle

4-H CLOVERBUD READING ADVENTURES

Reading Adventures are part of the Ohio 4-H Cloverbud program. This adventure was developed by Rebecca Supinger, 4-H Extension Educator, 4-H Youth Development, Ohio State University Extension. It contains well-known activities, games, and snacks. Sources are indicated where appropriate. Find more reading adventures online at ohio4h.org/cloverbudresources.

Pictures:

Myplate.gov

<https://www.ksp.org/community/ksp-fitkids/eat/eat-a-rainbow/>

Raw Pixels

Chop Chop Magazine: www.chopchopfamily.org

