

Cloverbud 4-H Discovery Series

FOOD & NUTRITION/HEALTHY LIVING

Intended Audience:

4-H Cloverbuds

Lesson Objectives:

Participants will be introduced to:

- Healthy Living
- Food and Nutrition

Time: 1 Hour

Equipment and supplies:

Trail Mix supplies (plastic baggies, plastic gloves, mixing spoons, measuring cups, recipe ingredients)

Biscuit Pizza supplies (oven mits, baking pan, biscuits, pizza sauce, shredded cheese, pepperonis, parchment paper, marker, spoons, paper plates, plastic gloves)

Fitness Dice

Bracelet Materials (see attached lesson)

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BACKGROUND

Introducing healthy living practices through My Plate and the importance of movement through exercise. Food and Nutrition was introduced to through following recipes and learning the tools and safe practices.

WHAT TO DO

1.) Biscuit Pizzas: Participants made breakfast pizzas to eat during the session. Develop an assembly line of biscuits, pizza sauce, shredded cheese and pepperonis for members to have teens distribute ingredients to the participants biscuit. Place on parchment paper and label each participant's biscuit. While cooking, discuss oven safety.

2.) Healthy Living Bracelets: Contact local health heroes to present the Healthy Living bracelet activity. Please see attached lesson.

3.) Fitness Dice: Participants took turns rolling the fitness dice and instructing the group to complete the activity. If you do not have a set, they can be created by using 2 empty square tissue boxes, cover with construction paper, using duct tape to secure paper, have teens develop 6 fitness activities, placing one activity per side of tissue box. Number 1-6 on each side of the 2nd tissue box.

4.) Trail Mix: Participants measure ingredients for the trail mix, using different size measuring cups, mixing spoons, etc to learn about measuring instruments.

2 cups oat circle cereal
2 cups marshmallows
2 cups mini/small pretzels
1 cup corn square cereal
½ cup raisins
½ cup chocolate chips

Have youth wear gloves to take turns adding ingredients and mixing. Then serve into plastic baggies for each participant for take home.



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SERVICE LEARNING

Cookbook Recipes: Participants bring a favorite recipe to be added to the county 4-H cookbook.

SOURCES

Ferrari, T., Riemenschneider, K., Ohio 4-H Healthy Living, "My Plate Bracelet", 2018.