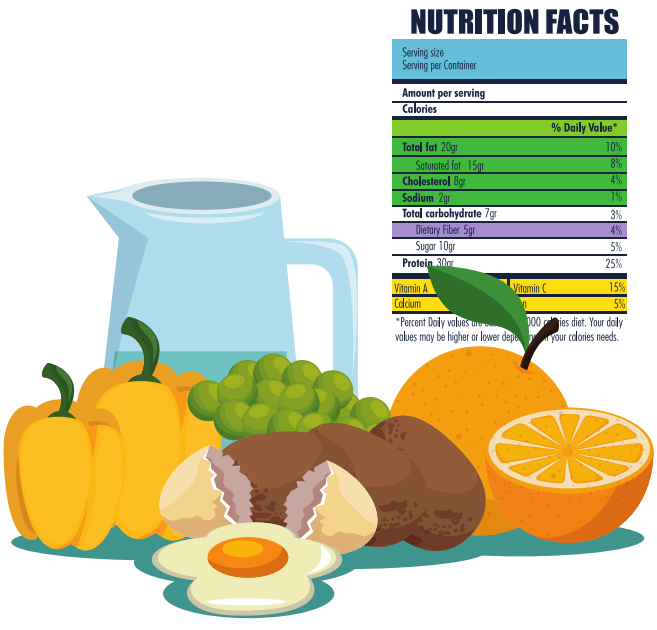
CLOVERBUDDIES

A 4-H EXPLORATION ACTIVITY SERIES FOR CLOVERBUD MEMBERS

OCTOBER 2023

PROJECT EXPLORATION:

FAMILY, HOME & HEALTH AND FOODS & NUTRITION



UW-MADISON EXTENSION
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HYGIENE TRACKER

Keeping yourself and your home(s) clean is very important for your health. Hygiene is when we keep our bodies clean. Use the chart below to list your usual hygiene tasks, and then track how often you complete them for a week!

HYGIENE TASK	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.

Reminder!! Hygiene doesn't have to be a chore. You can have fun while brushing your teeth, bathing, brushing your hair etc! You can sing and dance or even watch a bit of a show while you do.

WHICH ACTIVITY WAS THE MOST FUN? _____

WHY WAS THIS THE MOST FUN? _____

_____

_____

WHAT ARE 3 HYGIENE TASKS THAT YOU CAN DO IN YOUR LIFE THAT AREN'T ALREADY ON YOUR CHART? _____

_____

_____

TOYS FOR ALL AGES

One 4-H Project you can explore is called Child Development, where you learn about how you grow and develop and how to care for children. On the left are the 6 stages of play. After reading through these stages, match the age-appropriate toy with the correct stage of the child's development below by drawing a line from the child to the correct toy for their age. What other toys can you think of that would be good for each aged child?

UNOCCUPIED PLAY
0-3 MONTHS

When a baby is making movements with their arms, legs, hands, feet, etc. They are learning about and discovering how their body moves.

SOLITARY PLAY
0-2 YEARS

When a child plays alone and are not interested in playing with others quite yet.

SPECTATOR/ONLOOKER BEHAVIOR
2 YEARS

When a child watches and observes other children playing but will not play with them.

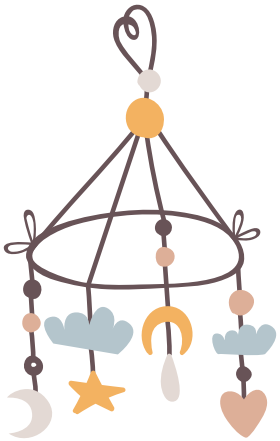
PARALLEL PLAY
3-4 YEARS

When a child starts to interact with others during play, but there is not much cooperation required.

COOPERATIVE PLAY
4+ YEARS

When a child plays with others and has interest in both the activity and other children involved in playing.

2 MONTHS



1.5 YEARS

3 YEARS

5 YEARS

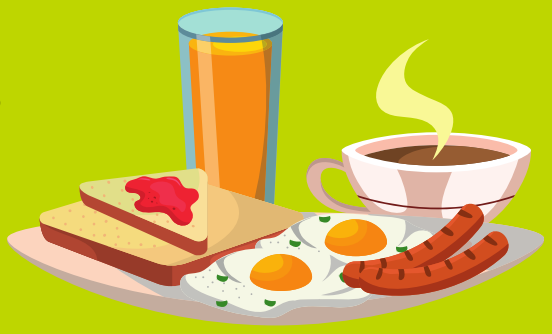
BREAKFAST SEARCH

For Foods & Nutrition projects, one thing you can do when you are older is make a food and show it in the 4-H Foods Revue for prizes and ribbons. Before that happens though, you've got to know which foods go together to make a yummy meal. Use the word search below to find foods that work great for breakfast!

G L O C M V P H A S H B R O W N S
C I N N A M O N R O L L Q K I O Z
L B J U T R L M X T D X K L T R E
R F C S A E J S S E K A A C O T Z
H R A A G A Z L G W R E J U A B A
D E E A N M Y A H H R Y K C S K U
Y N B P G T S K N E T I O T T I A
S C O N E U A C C B A C O N M N P
T H D W A F F L E S O A E F A U A
Z T Y S D E R X O X F R G N B W N
K O M E L E T V E U Z Z A Q D V C
D A P A S T R Y G M P B J N B Z A
D S G P Q O G Z G U C E G U G V K
O T M J T K Z N S F U R U J I E E
N S B I S C U I T F S X D L E C S
U P W C L K R I B I H G R I T S E
T W A N G K Q O C N O A T M E A L

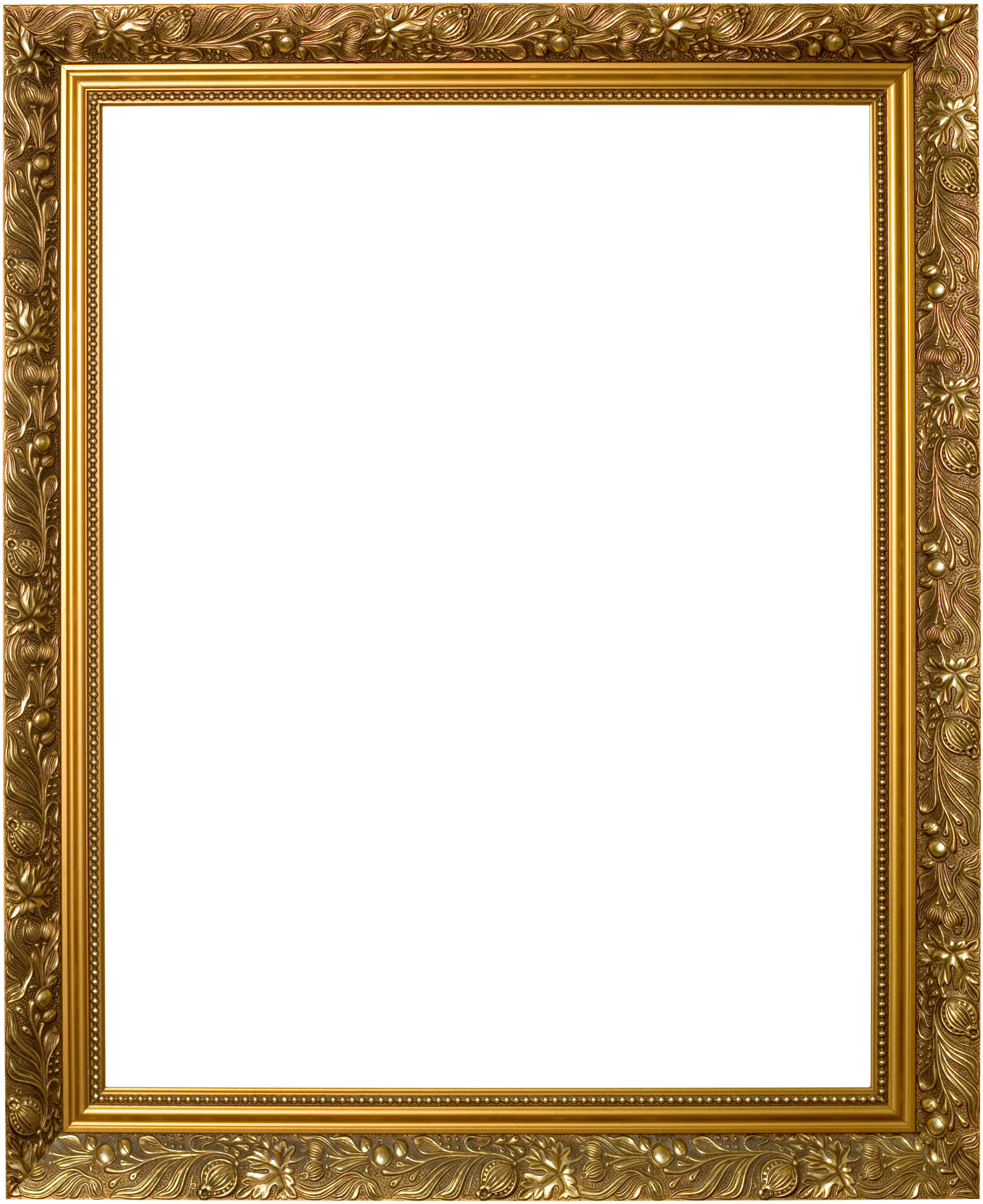
WORD BANK:

BACON
BAGEL
BANANA
BISCUIT
CANTALOUPE
CEREAL
CINNAMON ROLL
DONUT
EGGS
FRENCH TOAST
GRITS
HASHBROWNS
JUICE
MILK
MUFFIN
OATMEAL
OMELET
ORANGE
PANCAKES
PASTRY
SAUSAGE
SCONE
TOAST
WAFFLES



My Family

As you start making new friends, you might start to realize that not everyone has a family exactly like yours. It's important to recognize that every family is different & that there is no such thing as a "normal" family unit. Celebrate the specialness of your family by drawing or coloring a picture of them below.



KEEP IT MOVING!

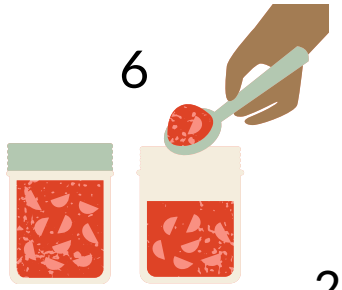
Exercise is a very important piece to your overall health and happiness. Let's find a way to make it fun! All you need is this page and a dice!

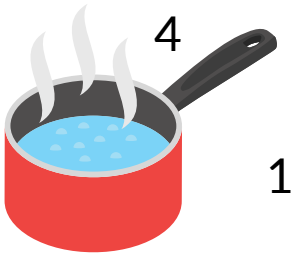
INSTRUCTIONS:

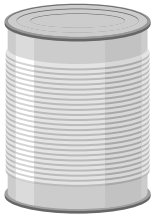
1. Roll the dice
2. If you land on a space with writing, do what it says - otherwise just rest and it is the next players turn.
3. Play until someone crosses the finish line!

JAMS & JELLIES

Foods Preservation is another 4-H Project within the Foods & Nutrition category. Many of the foods we eat today have been preserved at one point. Many families with gardens also choose to preserve their food in some way. Using the clues below, see if you can fill out the crossword puzzle below with words that describe different ways to preserve food!





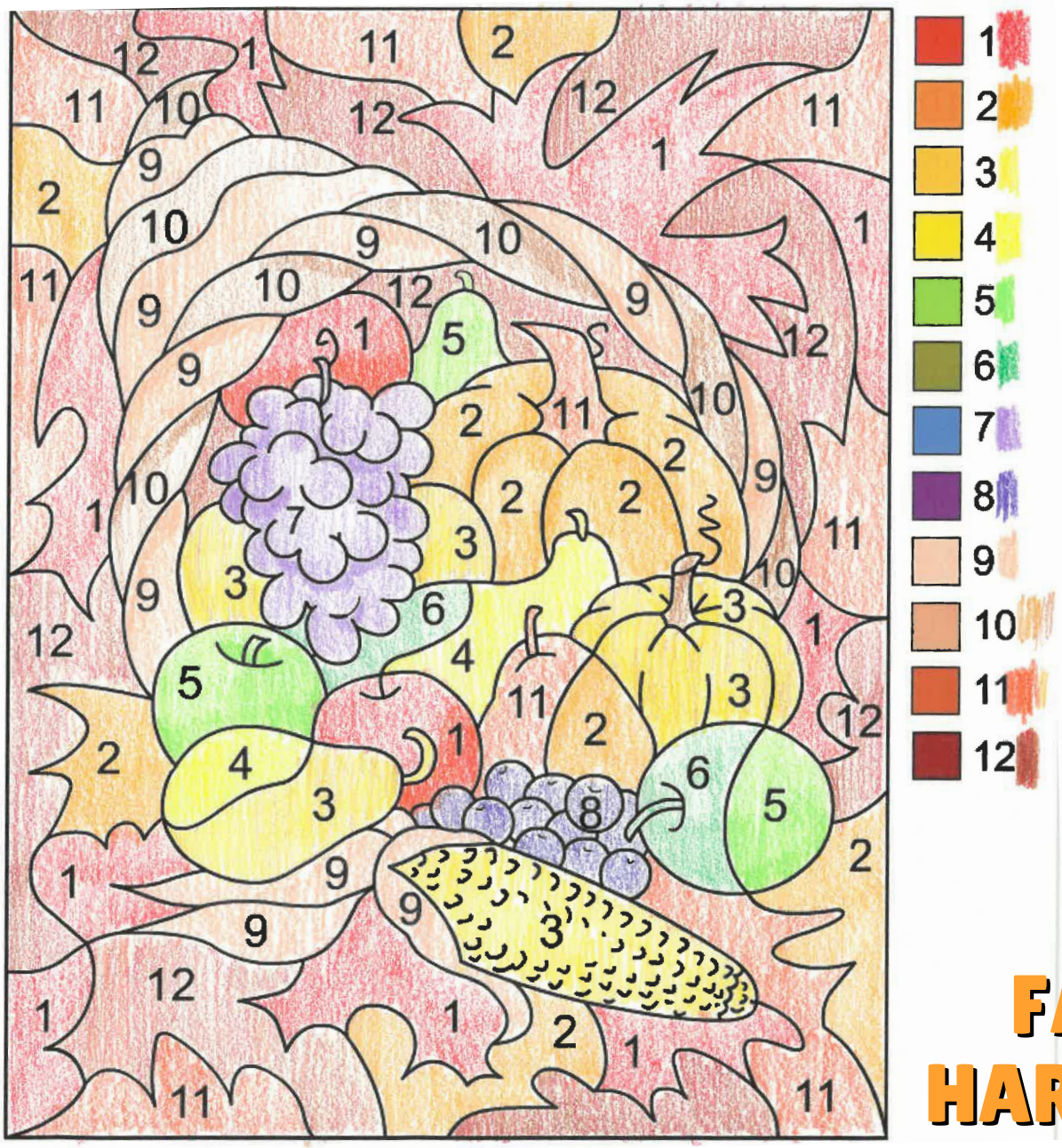


WORD BANK:

Boiling
Dehydration
Ferment
Canning
Jars
Preserve
Freezing

SEPTEMBER ANSWER KEYS

Answers to all Cloverbuddies activities will appear on the back cover of the following month's issue. For answers to this issue, watch for next month's installment of Cloverbuddies!



FALL HARVEST

UW-MADISON EXTENSION
PIERCE COUNTY

Source: UW Madison Division of Extension, LaCrosse County 4-H, Wisconsin
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