

CLOVERBUDDIES

**A 4-H EXPLORATION ACTIVITY SERIES FOR
CLOVERBUD MEMBERS**



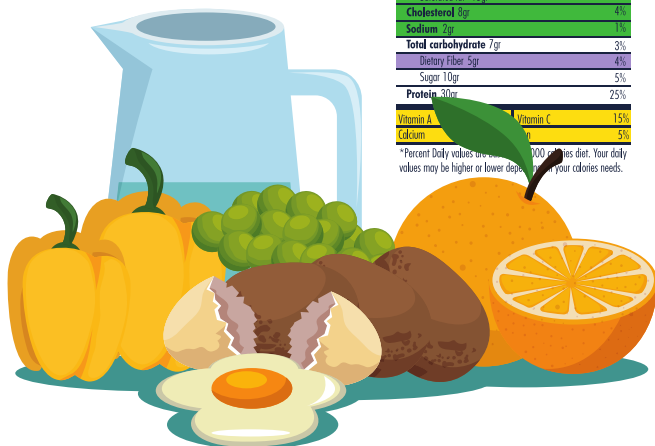
OCTOBER 2023

PROJECT EXPLORATION:

FAMILY, HOME & HEALTH AND FOODS & NUTRITION

NUTRITION FACTS

Serving size	
Serving per container	
Amount per serving	
Calories	
	% Daily Value*
Total fat 20g	10%
Saturated fat 1.5g	8%
Cholesterol 8g	4%
Sodium 2g	1%
Total carbohydrate 7g	3%
Dietary fiber 5g	4%
Sugar 10g	5%
Protein 10g	25%
Vitamin A	15%
Calcium	5%
*Percent Daily Values are based on a diet of other people's misdeeds. Your daily values may be higher or lower depending on your calorie needs.	



UW-MADISON EXTENSION
PIERCE COUNTY

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? _____

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

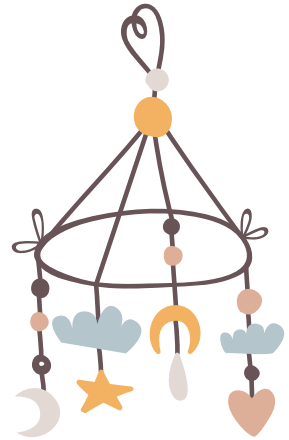
When a child plays with others and has interest in both the activity and other children involved in playing.

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?



2 MONTHS



1.5 YEARS



3 YEARS



5 YEARS



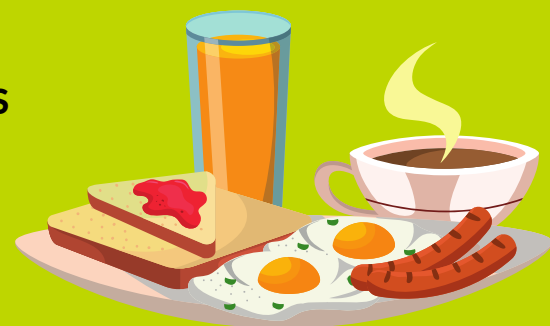
BREAKFAST SEARCH

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

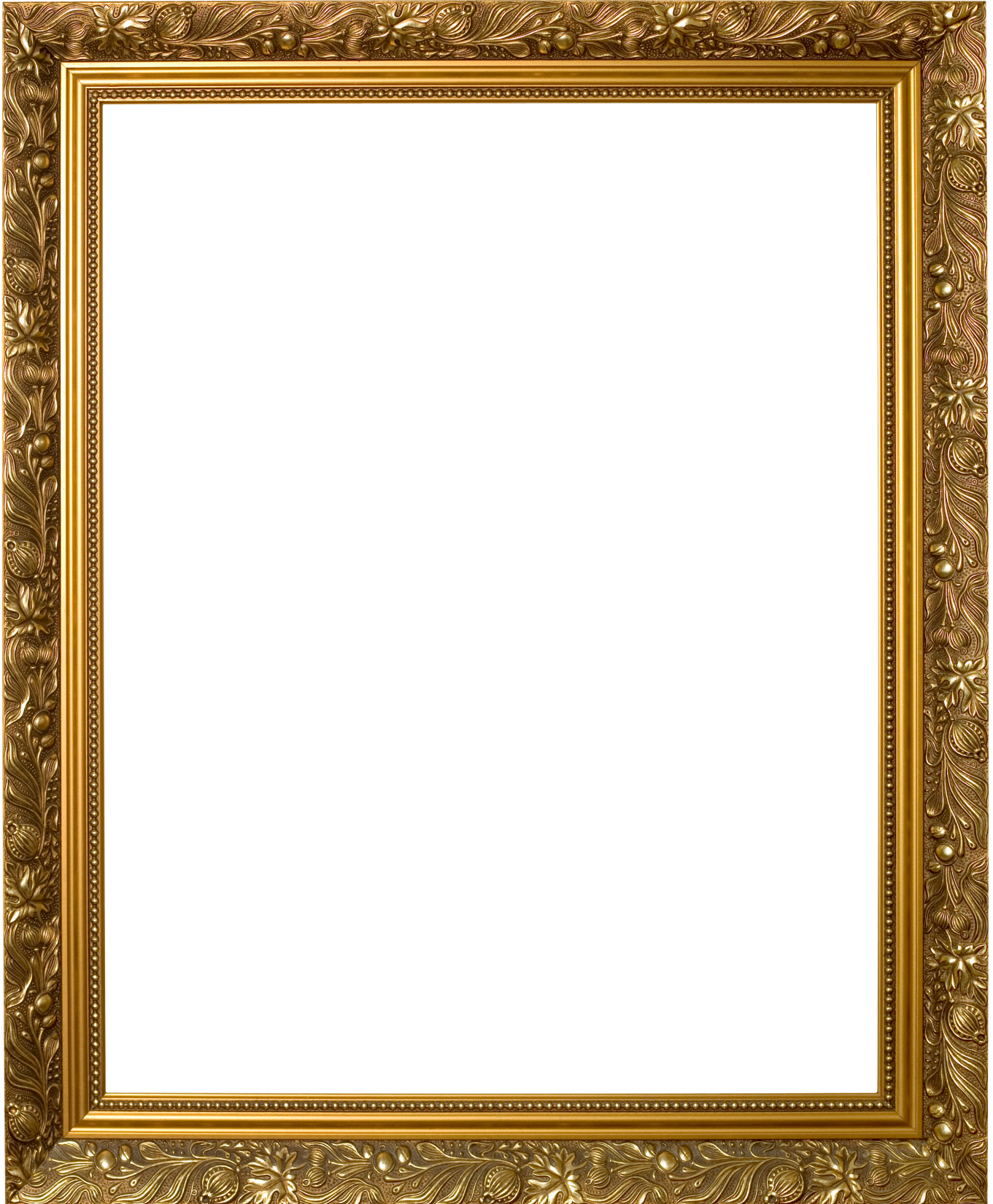
WORD BANK:

BACON	CINNAMON ROLL	JUICE	PANCAKES
BAGEL	DONUT	MILK	PASTRY
BANANA	EGGS	MUFFIN	SAUSAGE
BISCUIT	FRENCH TOAST	OATMEAL	SCONE
CANTALOUPE	GRITS	OMELET	TOAST
CEREAL	HASHBROWNS	ORANGE	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 player's turn.
3. Play until someone crosses the finish line!

START!

TAKE
SOME
REST

Warm up by
doing 10
jumping
jacks

Do 3 Push
Ups

TAKE
SOME
REST

Crab walk
from one side
of the room
to the other

Take the longest jump you
can! Then move onto the
next rest space.

TAKE
SOME
REST

Uh oh, your
shoe lace was
untied! Start
from the
beginning.

TAKE
SOME
REST

Jump from
side to side as
you count to
25!

TAKE
SOME
REST

Head,
shoulders,
knees, and
toes - 10
times!

Do 8
Sit Ups

Crab walk from one side of
the room to the other

FINISH!!

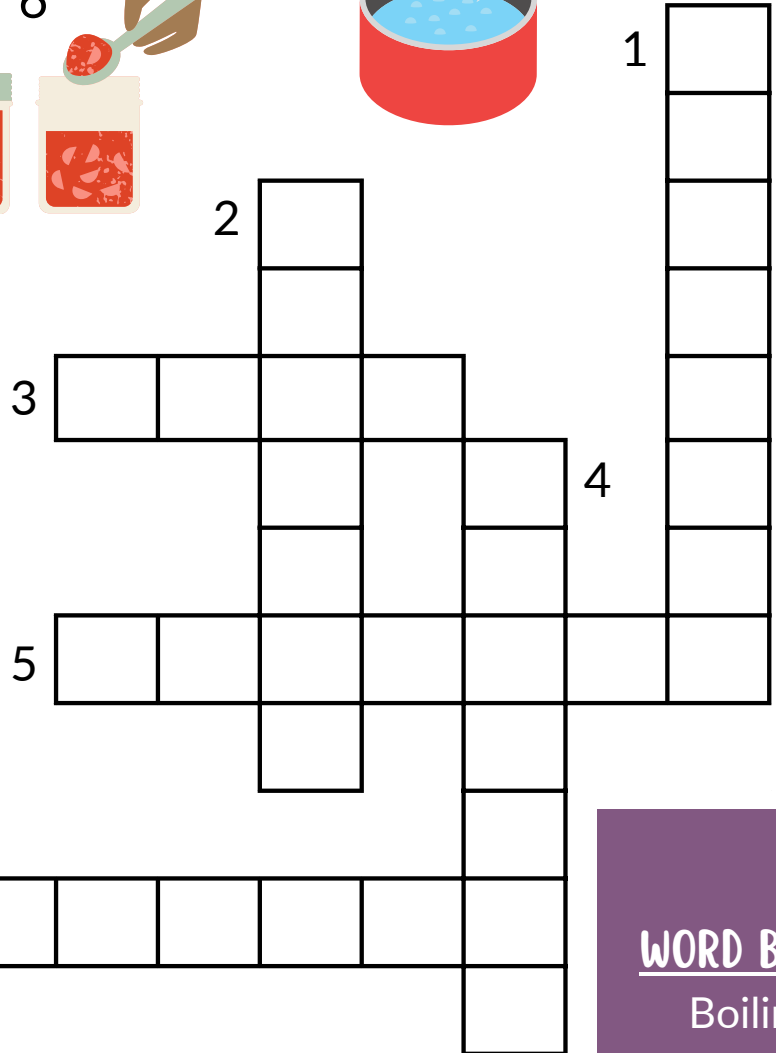
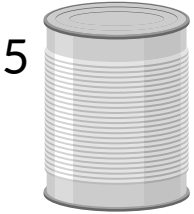
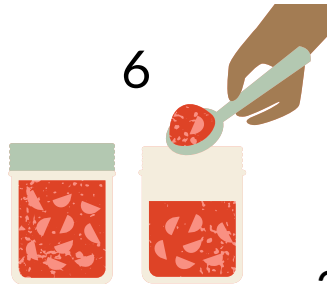
TAKE
SOME
REST

Run in place
for 30
seconds.

Oops, we've
worked too
hard had an
injury and had
to take a long
rest. Skip a
turn, then go
back to the
first rest spot.

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!

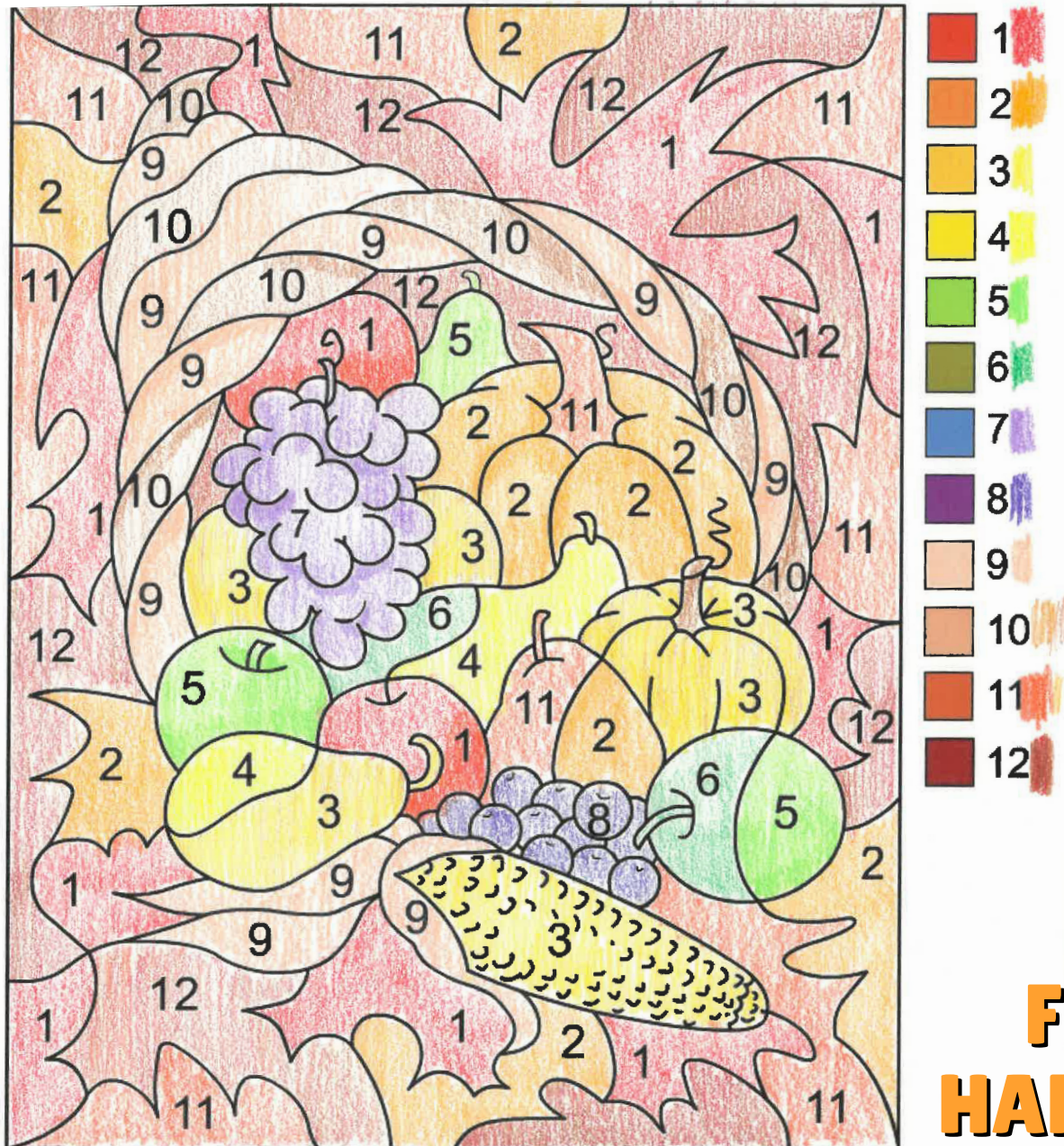


WORD BANK:

- 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**



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

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

Adapted by: April Daniels, 4-H Program Educator, UW Madison Division of Extension, Pierce County