

# 4th H for Health Challenge



## 2025 - 2026

Every kid needs the chance to thrive.  
It'll inspire their lives, and they'll  
inspire our communities.

**BEGIN YOUR #CA4HHealth2025 CHALLENGE**  
**AT: [bit.ly/CA4HHealthyLiving](https://bit.ly/CA4HHealthyLiving)**



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This annual Health Challenge is inspired by and adapted from the 4th H for Health Curriculum developed by the 4-H Healthy Living Management Team and Healthy Kids Out of School.

### Special Thanks & Acknowledgements

We would like to acknowledge that this challenge was inspired by the 4-H Healthy Living Management Team and Healthy Kids Out of School previous efforts. Special thanks to the insight and input of the California 4-H Healthy Living Advisory Committee, which consists of Community Nutrition and Health Advisors, Academic Advisors, and Academic Coordinators in addition to CA 4-H volunteers, Community Education Specialists and Regional Program Coordinators.

California 4-H State Office  
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Davis, CA 95618

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# TABLE OF CONTENTS

Page Number	Content
pg. 4 & 5	About the Challenge
pg. 6	Frequently Asked Questions
pgs. 7 - 9	Challenge Tracker
pg. 10	Healthy Eating Activities
pg. 11	Movement Activities
pg. 12	Social Emotional Activities
pgs. 13 - 24	Monthly Meeting Topics
pgs. 25 - 54	Resources
pg. 55 - 58	References
pgs. 59 - 66	Answer Key



# WHY HEALTHY LIVING?

The 4<sup>th</sup> "H" in 4-H stands for "Health." This is echoed in our motto "I pledge my health to better living." The 4-H approach is holistic and seeks to improve the well-being of all youth. This is accomplished through healthy eating, physical activity, relationship building, emotion regulation, injury prevention, and reduction of mind-altering substances.

California 4-H Healthy Living invites you to participate in activities that support your overall health and well-being! The 4th H for Health Challenge is hosted by the 4-H State Office and is meant to empower you to create healthy habits by using various activities.

The challenge includes three main areas: healthy eating, movement, and social emotional health. This guide is meant to provide suggested examples of how these areas can be included within your club, meeting or at home.

## REMEMBER

Healthy Living looks, feels, tastes and sounds different in each culture and community. Keeping this in mind, please know that these suggested activities in this guide is just that – suggested and optional.

For some, healthy living habits may be focused on trying a new recipe. For others, it may be focusing on yoga stretches and mindful breathing. For you, it may be making an effort to connect with others. We welcome and encourage you to be creative in creating healthy habits, no matter how big or small.



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  /California4H  
 @CA4H

# ABOUT THE CHALLENGE

Who: 4-H Youth

Where: Your local 4-H club, program or home

When: August 1, 2025 – June 30, 2026

\*okay to begin anytime between this timeframe

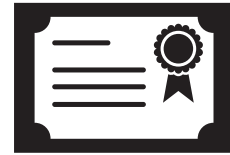
What: Complete the challenge and submit your tracker to the California 4-H State Office to receive a 4-H Healthy Living certificate & pin

## Key

text: hyperlink

-pg #: page number in Resources

#: number in References



Ideas of How to Complete:

- Complete the tracker with other youth in your club or meeting as a whole group
- Complete the tracker by yourself individually



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 @CA4H

# FREQUENTLY ASKED QUESTIONS

1. Is this Healthy Living challenge a requirement for this program year?
  - a. No – this is an opt-in challenge to support you in practicing healthy habits.
2. Do we have to complete the challenge and tracker during our club meetings?
  - a. No – the goal of this challenge is to allow flexibility. This challenge can be completed in project meetings or at home.
3. Do I have to be an active club member to participate?
  - a. No – 4-H youth participate in different ways. This is for 4-H youth who may participate in after-school, camps, and other program areas too.
4. Can our Club Healthy Living Officers take the lead in planning this challenge in their clubs?
  - a. Absolutely! This is a resource for you to take the lead on different Healthy Living topics. There are a few blank templates included to support you in planning your meetings as well.
5. Do I have to complete all of the suggested activities?
  - a. No – the lists are just that, suggested. We invite you to be creative and explore different ways to practice healthy habits that are accessible and doable for you.
6. Can this Challenge be recorded in our Record Books or Achievements?
  - a. Yes – you can record your Challenge under Participation in My 4-H Story, Summary of Activities, Spark Achievement or Personal Developmental Report and Healthy Lifestyle Activities in Star Ranks.
7. Who can I contact if I have questions regarding the challenge?
  - a. This challenge is hosted by the California 4-H State Office. Should you have any specific questions or concerns, please forward them to the Healthy Living Academic Coordinator, Ally Lemmer  
[alemmer@ucanr.edu](mailto:alemmer@ucanr.edu)





# CHALLENGE TRACKER

## Information Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

County: \_\_\_\_\_

How did you learn about this challenge? (circle one):

- club
- after-school
- other: \_\_\_\_\_

How many youth participated? (only complete if doing so as a whole group)

\_\_\_\_\_

Date Completed: \_\_\_\_\_

Name & Signature of Adult:

\*The adult should be someone who is supporting you in this Challenge

\_\_\_\_\_ name

\_\_\_\_\_ signature

Next Steps:

- Please send this Information Sheet and your Challenge Tracker to the California 4-H State Office either by submitting it to the Google Form, email or mail.
  - email: [alemmer@ucanr.edu](mailto:alemmer@ucanr.edu)
  - address: California 4-H State Office  
2801 Second Street  
Davis, CA 95618



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# CHALLENGE TRACKER

## Healthy Living Activities






















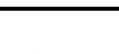




Healthy Eating: Complete **8 healthy eating** activities (duplicates are okay) and track your activities below.



Movement: Complete **8 movement** activities (duplicates are okay) and track your activities below.



Social Emotional: Complete **8 social emotional** activities (duplicates are okay) and track your activities below.

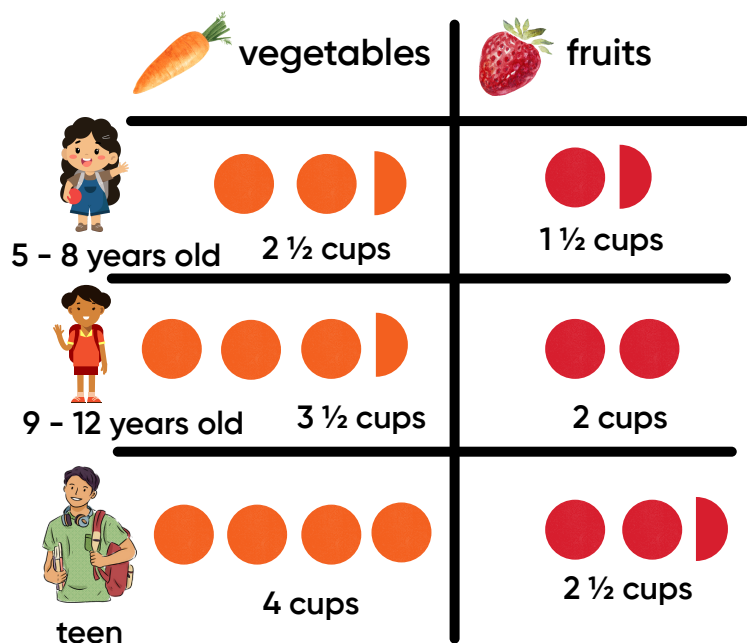
Date	Activity	Healthy Eating, Movement or Social Emotional
		  
		  
		  
		  
		  
		  
		  
		  

Date	Activity	Healthy Eating, Movement or Social Emotional



# HEALTHY EATING ACTIVITIES

Below is a suggested list of healthy eating activities that can be completed within meetings, events, or at home.



Source: [Dietary guidelines for Americans 2020-2025](#) #20

## Learn & Do

- Use the [USDA My Plate template](#) to draw and label one of your meals #64
- Conduct a food waste audit -pg. 28
- Read & learn about nutrition labels
- Plant seeds in a take-home container or garden bed
- Interview a healthy eating expert (e.g. chef, gardener, school lunch staff) & share your answers with other youth -pg. 27
- Invite a Master Food Preserver or Master Gardener to a meeting
- Try a different culture's food you haven't tried before
- Write a grocery shopping list -pg. 26 incorporating 3 fruits and 3 vegetables (fresh, frozen or canned)
- Complete worksheets -pg. 29 - 40
- For teens, join the Food Action Summit – contact State Office
- Complete a Healthy Living Activity on [Clover](#) #15

## Daily Habits

- Serve water as the beverage of choice
- Serve 2-3 fruit or vegetable snack options
- Make a homemade side dish & write the recipe to share with others
- Read a book about healthy eating -pg. 47
- Practice identifying seasonal fruits and vegetables

## Community

- Conduct a fruit and vegetable taste test -pg. 25
- Host & donate a [food can drive](#) with other youth #26
- Host a potluck with your family's favorite cultural food
- Visit a [local farmers' market](#) #13
- Plan or attend a field trip to a farm -pg. 25
- Recruit a volunteer or adult to lead a healthy cooking demonstration



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# MOVEMENT ACTIVITIES

Below is a suggested list of movement activities that can be completed within meetings, events, or at home.

## Learn & Do

- Interview a movement expert (e.g. PE teacher, nurse, dancer) & share your answers with others -pg. 27
- Create a walking or biking [Safe Routes](#) #22 Map to your club meeting location, school, or program
- Log how many minutes or hours each day you get exercise! -pg. 43
- Explore outside as a Citizen Scientist with apps such as [iNaturalist](#) or [eBird](#) #35 #18
- Create your own nature journal
- Complete a Healthy Living Activity on [Clover](#) #15

## Community

- Begin your meeting with a movement ice breaker that is accessible for everyone -pg. 41
- Go on a run or walk with others
- Go on a mindful scavenger hunt
- Weather permitting, host your next meeting or gathering outside -pg. 46
- Create a body or stretch break within your meeting -pg. 41
- Plan a community trash clean up, [plogging event](#), or use [Clean Swell](#) #62 #14
- Recruit an adult volunteer to lead a movement-based project like dancing or hiking
- Organize a [geocache hunt](#) #28



## Daily Habits

- Practice yoga poses or breathing exercises -pg. 44 & 45
- Read a book about movement
- Go on a mindful walk or hike -pg. 48 with family or others -pg. 46
- Try a new sport or physical activity
- Practice a new [cultural dance](#) #45
- Go "screen free" for 24 hours

	Daily Exercise
 5 & 6 years old	 3 hours
 7 - 12 years old	 1 hour
 teen	 1 hour

Source: [Dietary guidelines for Americans 2020-2025](#) #20 11





# SOCIAL EMOTIONAL ACTIVITIES

Below is a suggested list of social emotional activities that can be completed within meetings, events, or at home.

## Community







- Begin a meeting with a check-in -pg. 42 question to get to know each other
- Host a puzzle or board game event
- Create name tags for every youth member at your meeting
- Host a family friendly movie night
- Discuss appropriate use of technology and recommended time limits for age group
- Create a meeting agenda with visuals to be shared with all members
- Identify a community service/service learning opportunity
- Create a Brain Break Kit -pg.20
- Find a craft to do with others
- Invite a friend to a 4-H event or club meeting

## Daily Habits

- Practice yoga poses or breathing exercises -pg. 44 & 45
- Share appreciations with others
- Color or draw using mindful coloring sheets -pg. 50 - 54
- Read a book about social emotional health -pg. 49

## Learn & Do

- Go on mindful scavenger hunt -pg. 46
- Create a visual daily schedule (with time and activity) for home
- Log your sleep for a whole week -pg. 43
- Interview a social emotional or mindful expert (e.g. yoga instructor, school counselor, teacher) & share your answers with others -pg. 27
- Coordinate a volunteer opportunity with a local pet rescue
- For teens, become certified with teen Mental Health First Aid (tMHFA) – contact state office
- Explore yoga poses or mindfulness activities from [4-H Yoga](#) or [Mindful Me](#) and [Mindful Mechanics #2 #42](#)
- For teens, take Dr. Laurie Santos' free [Science of Well-Being course #53](#)
- Complete a Healthy Living Activity on [Clover #15](#)

Daily Mindfulness	
	
5 & 6 years old	20 minutes
	
7 - 12 years old	20 minutes
	
teen	45 minutes

Source: [Healthychildren.org](https://www.healthychildren.org) from the American Academy of Pediatrics #36



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# MONTHLY MEETING TOPICS

Another option is to focus on one of the categories during a meeting. Research and plan to share with your club or group on a topic of your choice!



September	Fruit & Vegetable Taste Test	Safe Routes Map to School or Club	Name Tags
October	Seasonal Fruits & Vegetables	Benefits of Movement	Responsible Technology Use
November	Food Can Drive	Drinking Water	Benefits of Sleep
December	Cultural or Family Recipes	Expert Interviews	Puzzle or Board Games
January	Food Preservation	Yoga & Mindful Breathing	Expert Interviews
February	Expert Interviews	Dance	Brain Break Kits
March	Growing Own Food	Run/Walk	Mindful Scavenger Hunt
April	Food Waste	Trash Clean Up	Arts & Crafts
May	Farmers' Market	Become a Citizen Scientists	Service Learning
June	Potluck	Water Safety	Letters of Appreciation

# MONTHLY MEETING TOPICS

Here is a blank template if you would like to plan your year with a list of activities to complete each month for the healthy eating, movement, and social emotional categories.



September			
October			
November			
December			
January			
February			
March			
April			
May			
June			



# SEPTEMBER



## Safe Routes Map (5 - 10 mins.)

### Materials:

- [Safe Routes #22](#)
- pencils
- paper

### Directions:

- Review the Safe Routes website above and choose a lesson that interests you
- Create a map of your local community and plan with others best ways to walk or bike to your meeting or school
- With adult volunteers, test out your safe route



## Fruit & Vegetable Taste Test (10 mins.)

### Materials:

- 2 different fruits, washed & sliced
- 2 different vegetables, washed & sliced
- plates
- napkins
- Taste Test worksheet (optional) -pg. 22
- pencils (optional)

### Directions:

- Pass out a plate & napkin to each member
- Then, place the fruits & vegetables to taste
- Ask everyone to vote on their worksheet whether they tried it, liked it, or loved it for each fruit & vegetable
- Share the results with the group



## Name Tags (10 mins.)

### Materials:

- cardstock (folded as a trifold for a stand)
- sharpies
- colored pencils or crayons

### Directions:

- Pass out cardstock
- Ask each member to write their name in sharpie, visible for everyone to see
- Then, allow members to decorate their name tags
- Collect & reuse name tags for future meetings!



# OCTOBER



## Benefits of Movement (5 – 10 mins.)

### Materials:

- [CDC Health Benefits of Physical Activity for Children #12](#)
- [Recess Helps You Think, And Other Reasons to Get Up and Move #49](#)

### Directions:

- Research the benefits of movement above
- Share 2 – 4 recommendations with others



## Seasonal Fruits & Vegetables (15 mins.)

### Materials:

- 2 different fruits, washed & sliced
- 2 different vegetables, washed & sliced
- plates
- napkins
- Taste Test worksheet (optional)
- pencils (optional)
- [California Grown Eat the Season](#)
- [Harvest of the Month Workbooks](#)

### Directions:

- Research 2 fruits and 2 vegetables that are currently in season
- If available, purchase fruits and vegetables at your local market
- Conduct another taste test! (optional)



## Technology Use (5 – 10 mins.)

### Materials:

- [Screen Time: How Much Is Too Much? #56](#)
- [Limiting Screen Time: Baby Unplugged #41](#)
- [The Common Sense Census: A Day in Teens' Digital Lives #17](#)
- [Common Sense Education: Media Balance Is Important #16](#)

### Directions:

- Research technology use and screen time above
- Share 2 – 4 recommendations with others



# NOVEMBER



## Benefits of Sleep

(5 - 10 mins.)

### Materials:

- [PBS - Sleep #57](#)
- [PBS - Why Can't Teens Wake Up Early for School? #66](#)
- [PBS - Sleep Quiz #58](#)

### Directions:

- Research the benefits of sleep above
- Share 2 - 4 recommendations with others



## Food Can Drive

(15 mins.)

### Materials:

- [Host a food drive with Feeding for America #26](#)
- [Drive-thru pantry feeds thousands in California food desert #9](#)
- Read Aloud: [Saturday at the Food Pantry #48](#)
- [Students Making a Difference: Canned Food Drive #51](#)

### Directions:

- Research the difference between a traditional and virtual food drive
- Meet with other youth members and create a plan to partner with your local food bank
- Share your plan with other members to collect canned food
- Donate the collected canned food to your food bank!



## Drinking Water

(5 - 10 mins.)

### Materials:

- [About Water and Healthier Drinks #10](#)
- [Water Access in Schools #11](#)

### Directions:

- Research the benefits of drinking water above
- Share 2 - 4 recommendations with others



# DECEMBER



## Expert Interviews (10 mins.)

### Materials:

- Interview Template -[pg. 24](#)
- pencils

### Directions:

- Pass out template to each member
- Each member will be expected to select a Movement Expert to interview & share answers in the next meeting
- Need help identifying an expert? Spend 5 minutes with others brainstorming a list of people you could interview



## Cultural or Family Recipes (15 mins.)

### Materials:

- Recipe Index Card
- Pencil
- [CalFresh Healthy Living eatFresh Recipes #23](#)

### Directions:

- Ask a family member about a family or cultural dish, or find a new cultural dish using the eatFresh recipes above
- Write down the recipe
- Try cooking the recipe with an adult (optional)
- Share the recipe with others!



## Game Night (30 mins.)

### Materials:

- Your favorite & age-appropriate board games!

### Directions:

- Select a date to host a game night, or afternoon, with other members
- Make sure to review rules & expectations of each game





# JANUARY



## Yoga & Mindful Breathing (5 mins.)

### Materials:

- Yoga Poses sheet -pg. 41
- Breathing Exercises sheet -pg. 42

### Directions:

- Use one or both of the sheets above
- Lead yoga poses or breathing exercises with others!



## Food Preservation (15 mins.)

### Materials:

- [PBS: The Science of Canning to Preserve Food #61](#)
- [PBS: Preserving Fruits and Vegetables through Freezing #47](#)
- [PBS: Preserving Fruits and Vegetables through Dehydration #46](#)
- [UC Master Food Preserver Program #24](#)
- [National Center for Home Food Preservation #43](#)
- CalFresh Healthy Living eatFresh Recipes:
  - [Sauerkraut #54](#)
  - [Kale Chips #37](#)
  - [Icy Fruit Pops #34](#)

### Directions:

- Research different ways to preserve, whether it's canning, freezing or dehydrating
- Try a new recipe with one of the preservation methods
- If time allows, connect with your county's Master Food Preserver



## Expert Interviews (10 mins.)

### Materials:

- Interview Template -pg. 24
- pencils

### Directions:

- Pass out template to each member
- Each member will be expected to select a Social Emotional Expert to interview & share answers in the next meeting
- Need help identifying an expert? Spend 5 minutes with others brainstorming a list of people you could interview



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# FEBRUARY



## Dance (10 - 15 mins.)

### Materials:

- [Ed People YouTube Channel #45](#)
- [4-H Dancefit Curriculum #63](#)

### Directions:

- Research a dance activity from Ed People or 4-H Dancefit
- With support from other youth or an adult, lead a dance routine or exercise with others



## Brain Break Kits (15 mins.)

### Materials:

- storage bin
- yoga or breathing exercise cards
- puzzles
- coloring sheets & colored pencils
- stuffed animal
- other 'brain break' manipulatives, or tools

### Directions:

- Create a Brain Break Kit to be included and used during meetings or events for members who may need a "break" to reset or recenter
- Include materials that are age-appropriate and can be reused
- Ask other members what they may want in the shareable kit
- Create a plan to share the kit in your next meeting



## Expert Interviews (10 mins.)

### Materials:

- Interview Template [-pg. 24](#)
- pencils

### Directions:

- Pass out template to each member
- Each member will be expected to select a Healthy Eating Expert to interview & share answers in the next meeting
- Need help identifying an expert? Spend 5 minutes with others brainstorming a list of people you could interview



# MARCH



## Run/Walk (10 mins.)

### Materials:

- [CDC Health Benefits of Physical Activity for Children #12](#)
- [Recess Helps You Think, And Other Reasons to Get Up and Move #49](#)
- [UC ANR: Resources to Encourage Movement #5](#)

### Directions:

- Review the Benefits of Movement from September
- Research different opportunities to support movement
- Schedule a time to go on a walk or run with others



## Mindful Scavenger Hunt (15 mins.)

### Materials:

- pencils
- clipboards
- Mindful Scavenger Hunt worksheet -pg. 23

### Directions:

- Find a place with a group to explore outside using the Mindful Scavenger Hunt worksheet
- Distribute pencils, clipboards and worksheets to each member
- Set a timer to meet back at a designated spot
- Share with each other what you found!



## Grow Your Own Food (30 mins.)

### Materials:

- [4-H Clover: Food Fun – Growing and Making Your Own Food #27](#)
- seeds
- potting soil
- containers (new or reusable)
- water

### Directions:

- Choose one of the activities above to learn about growing food
- If time allows, plant your own seeds or invite a Master Gardener to a meeting



# APRIL



## Trash Clean Up (15 mins.)

### Materials:

- [Students Clean Up their Community #59](#)
- [Teen hosts community events to clean up Stockton #3](#)
- [Plogging through California Event Planning Guide from 2021-22 #62](#)

### Directions:

- Research the importance of cleaning up your community above
- Create a plan to lead a trash clean up with your club or with other youth members with support from adult volunteers



## Food Waste (30 - 45 mins.)

### Materials:

- Food Waste Audit worksheet -[pg. 25](#)
- pencils
- [California Academy of Sciences Food Waste #50](#)
- [PBS Kids go Green #38](#)
- [Clover: Kitchen Waste Analysis - Consequences of Food Systems #39](#)

### Directions:

- Watch the food waste videos above
- Choose one meal, or one day, to analyze your food waste by using the Food Waste Audit worksheet



## Arts & Crafts (15 mins.)

### Materials:

- colored pencils, crayons, markers, etc.
- cardstock paper
- other craft materials
- [Clover: Creative Arts Activities #15](#)

### Directions:

- Choose a date and time to host an Arts & Crafts day
- Collect materials and lead a craft with others



# MAY



## Become a Citizen Scientist (5 - 10 mins.)

### Materials:

- [What is Citizen Science? #55](#)
- [California Academy of Sciences: Community Science #8](#)
- [Nature's Notebook #65](#)
- [UC Environmental Stewards](#)
- Citizen Science Apps: [iNaturalist #35](#) or [eBird #18](#)

### Directions:

- Get moving by going outside and making observations for citizen science!
- Use one of the apps listed above and explore outside or reach out to your County Cooperative Extension Office to meet a California Climate Steward or Naturalist
- Share your findings with your friends or at a meeting



## Farmers' Market (15 mins.)

### Materials:

- [farmers' market list #13](#)
- reusable bags
- Farmers' Market worksheet -pg. 22
- pencils

### Directions:

- Find a local farmers' market using the website above
- With adult volunteers or your family, attend a farmers' market
- Write down which seasonal fruits and vegetables you find
- Share your findings with other youth or at your next meeting



## Service Learning (15 mins.)

### Materials:

- [4-H Service Learning Project Sheet](#)
- Book: [The Kids Guide to Service Projects by Barbara A. Lewis #40](#)
- [CA 4-H Service Learning Projects](#)
- [Youth Service Learning Project Planning Guidebook #67](#)

### Directions:

- Form a team who is interested in conducting a service learning project
- Brainstorm community needs and group interests
- Use the [Youth Service Learning Project Planning Guidebook](#) to create next steps





# JUNE



## Water Safety

(5 - 10 mins.)

### Materials:

- [American Red Cross: WHALES Tales Lessons #6](#)
- [Teaching the Importance of Being Safe Around Water #25](#)

### Directions:

- Watch 1 - 3 lessons from above about water safety.
- Share 2 - 4 recommendations with others



## Potluck

(15 mins.)

### Materials:

- [USDA My Plate template #21](#)
- Recipe Index Card
- Pencil
- Sign Up sheet
- [CalFresh Healthy Living eatFresh Recipes #23](#)

### Directions:

- Host a potluck at your next meeting and create a sign up sheet for people to bring: appetizer, main dish, side dish, or dessert
- Make sure there are no known food allergies
- Write down your recipe to share with others!



## Letters of Appreciation

(15 mins.)

### Materials:













- pencils
- pens
- envelopes
- lined paper or cards

### Directions:

- Match each youth member with another
- Hand out lined paper or cards and writing utensils
- Ask them to write a letter of appreciation for their buddy
  - I appreciate you because \_\_\_\_\_.
  - Thank you for \_\_\_\_\_.



# RESOURCES

Fruit & Vegetable Taste Test		
Date	Name of Fruit or Vegetable	Tried It, Liked It, Loved It
		  
		  
		  
		  

Farmers' Market Visit		
Date	Farmers' Market & Location	Fruits & Vegetables Available



## Grocery Shopping List

Item

Quantity

Cost



# Interview Template

Directions: Choose a Healthy Living expert to interview! Use this template to gather your questions and answers.

Date	Name of Interviewer	Name of Interviewee & Job Title
1. What training or education did you receive for your job?		
2. Why did you choose this job?		
3. What is your favorite part of this job?		
4. What is your <u>least</u> favorite part of this job?		
5. What would you recommend to a young person who is interested in this job?		
6.		



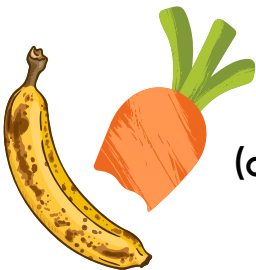
# Food Waste Audit

Directions: Watch the [California Academy of Sciences Food Waste video](#) or [PBS Kids go Green video](#). Then, choose a meal to do a food waste audit at your club, meeting or home. #50#38



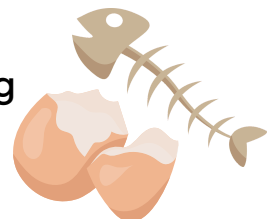
Meal Type (circle one): Breakfast    Lunch    Dinner    Snack

Food Item (including drinks)	Food Waste Type (Avoidable, Unavoidable, other)	Amount (~ cups or pounds)	Reason for Waste



**Avoidable:** Food that can be consumed or repurposed, but often thrown away (overripe bananas, day old bread veggie tops like carrots or beet greens)

**Unavoidable:** Food that is not consumed (bones, fat and grease, banana peels, egg shells)



# Fall Fruits & Vegetables

## Cloverbuds (5 – 8 years old)

Directions: Trace the words in script and italics.



apple

*apple*



squash

*squash*



fig

*fig*



brussel  
sprouts

*brussel  
sprouts*



persimmon

*persimmon*





# Winter Fruits & Vegetables

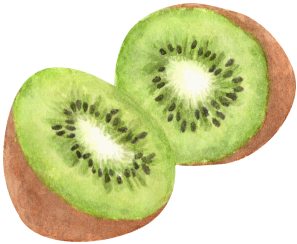
## Cloverbuds (5 – 8 years old)

Directions: Trace the words in script and italics..



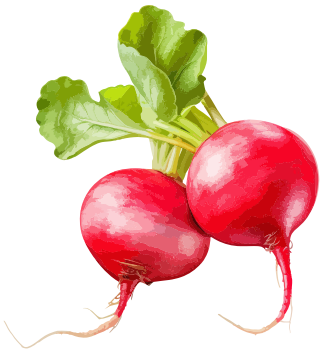
citrus

*citrus*



kiwi

*kiwi*



radish

*radish*



carrots

*carrots*



turnips

*turnips*



# Spring Fruits & Vegetables

## Cloverbuds (5 – 8 years old)

Directions: Trace the words in script and italics.



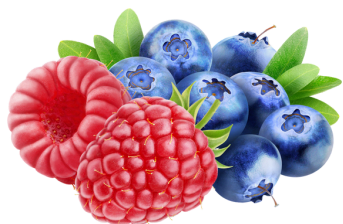
asparagus    *asparagus*



peas    *peas*



cherries    *cherries*



berries    *berries*



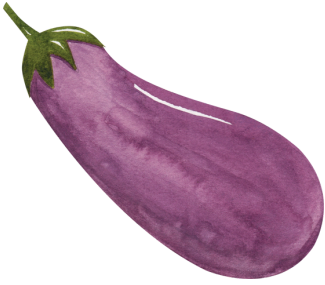
avocado    *avocado*



# Summer Fruits & Vegetables

## Cloverbuds (5 – 8 years old)

Directions: Trace the words in script and italics.



eggplant

*eggplant*



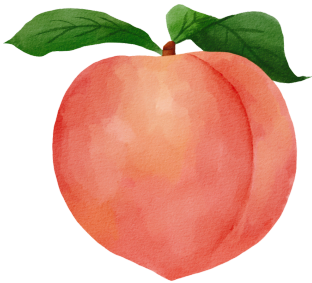
tomato

*tomato*



melons

*melons*



peach

*peach*



peppers

*peppers*



# Fall Fruits & Vegetables

## Juniors (9 – 11 years old)

Directions: Match the fruit or vegetable with the correct description.



Apple



Squash



Fig



Brussel Sprouts



Persimmon

This fall fruit is a good source of Vitamin A, Vitamin C, and antioxidants. It is also widely known as Japan's national fruit and has two main varieties: Hachiya and Fuyu.

-----  
This vegetable grows on a vine and can be harvested early in the fall until winter. It is in the same family as cucumbers, gourds and melons.

-----  
Legend has it that John Chapman traveled the country planting this fruit's trees before the American Revolution, which is why he was given a famous nickname. It wasn't until the 1800s when this fruit was first planted in Watsonville & Sebastopol, California.

-----  
This vegetable is related to other cabbages such as kale, cauliflower, kohlrabi and broccoli.  
It is easily grown in California, especially along the Central Coast and in Imperial County.

-----  
This fruit's tree does not produce any flowers.  
Instead the fruit is pollinated and the flower is inside!

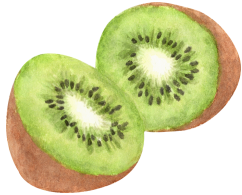
# Winter Fruits & Vegetables

## Juniors (9 - 11 years old)

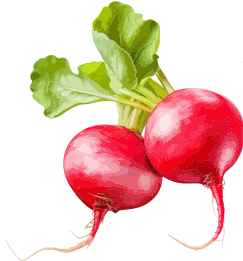
Directions: Match the fruit or vegetable with the correct description.



Citrus



Kiwi



Radish



Carrots



Turnips

This taproot vegetable is a good source of Vitamin A which supports your eyes, skin and immune system. Holtville, California is known as this vegetable's Capital of the World.

-----

This fruit grows on a vine, and can grow as high as 30 feet! It is also a superfood because it is nutrient dense – it is a great source of Vitamin C which helps with cuts and wounds, and protects your immune system!

-----

This root vegetable has many different varieties from English breakfast, Easter egg, and daikon. California is the lead grower in this daikon vegetable.

-----

This root vegetable is related to a radish, but all parts of the plant are edible!

-----

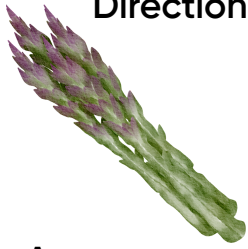
In California, this table fruit is very popular and were first brought from Brazil. You can visit a whole museum dedicated to this fruit in Riverside, California.



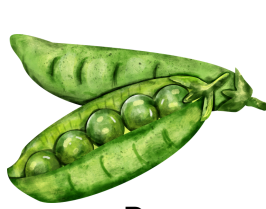
# Spring Fruits & Vegetables

## Juniors (9 – 11 years old)

Directions: Match the fruit or vegetable with the correct description.



Asparagus



Peas



Cherries



Berries



Avocado

Two of these fruits are part of the rose family and are made of tiny fruits called drupelets. These fruits are rich in Vitamin C too!

-----

California grows 80 different types of this fruit, with Hass being the most popular variety. It is a great source of healthy fats!

-----

This vegetable is known for its edible stem which is rich in Vitamin A, Vitamin C, and Vitamin K. It is closely related to leeks, onions and garlic.

-----

Not only can you eat this delicious fruit, but many people like to visit places like Washington, D.C. and Japan to watch this tree's flower blossoms.

-----

These edible seeds are also known as legumes. The sweet variety is most popular with California youth!

-----



# Summer Fruits & Vegetables

## Juniors (9 - 11 years old)

Directions: Match the fruit or vegetable with the correct description.



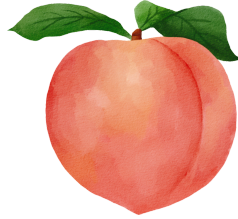
Eggplant



Tomato



Melon



Peach



Peppers

It is often argued if this is a fruit or vegetable, but continues to be popular in salads, salsas, and sauces! The Sacramento Valley is home to this fruit because of it's growing and canning facilities.

-----  
This fruit grows along a vine similar to cucumbers and squash.  
It needs an average of 10 - 15 visits from pollinators  
before you can eat the delicious fruit!

-----  
This fruit comes in many different flavors from sweet to hot!  
There are over 200 sweet varieties grown in California.

-----  
This vegetable is part of the nightshade family along with tomatoes and peppers. They can be sauteed, steamed, baked, or roasted as a delicious main or side dish!

-----  
This fruit is considered a stone fruit because of its large seed and is related to apricots, plums and cherries. Fresno County is the lead in this fruit's production!

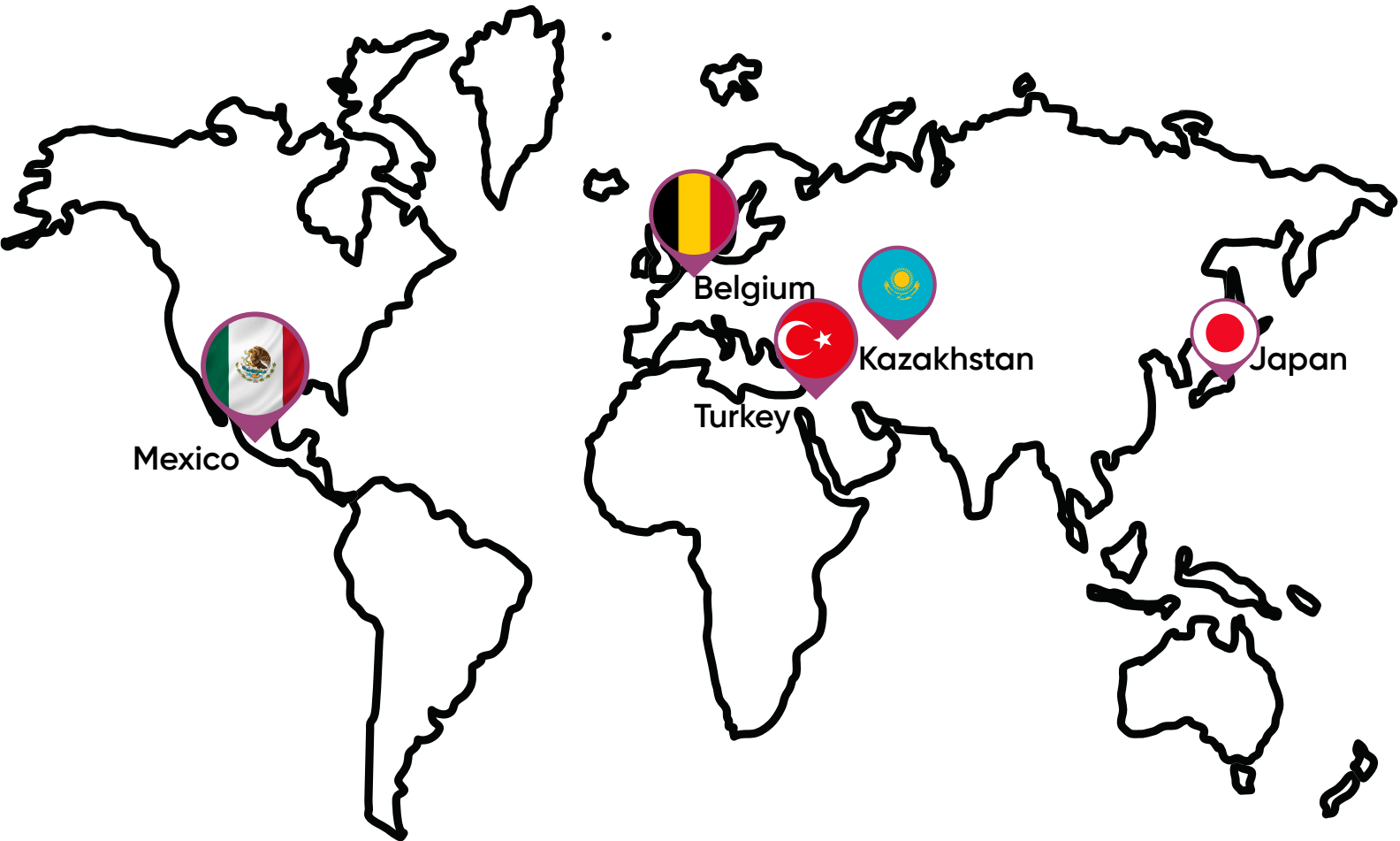
-----



# Fall Fruits & Vegetables

## Intermediates (12 - 14 years old) & Seniors (15 - 18 years old)

Directions: Match the fruit or vegetable with its country of origin.



Apple



Squash



Fig



Brussel Sprouts



Persimmon



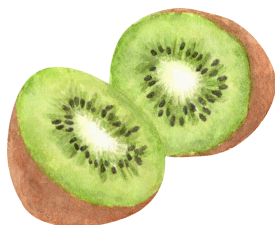
# Winter Fruits & Vegetables

## Intermediates (12 - 14 years old) & Seniors (15 - 18 years old)

Directions: Match the fruit or vegetable with its country of origin. A few may come from the same place!



Citrus



Kiwi



Radish



Carrots



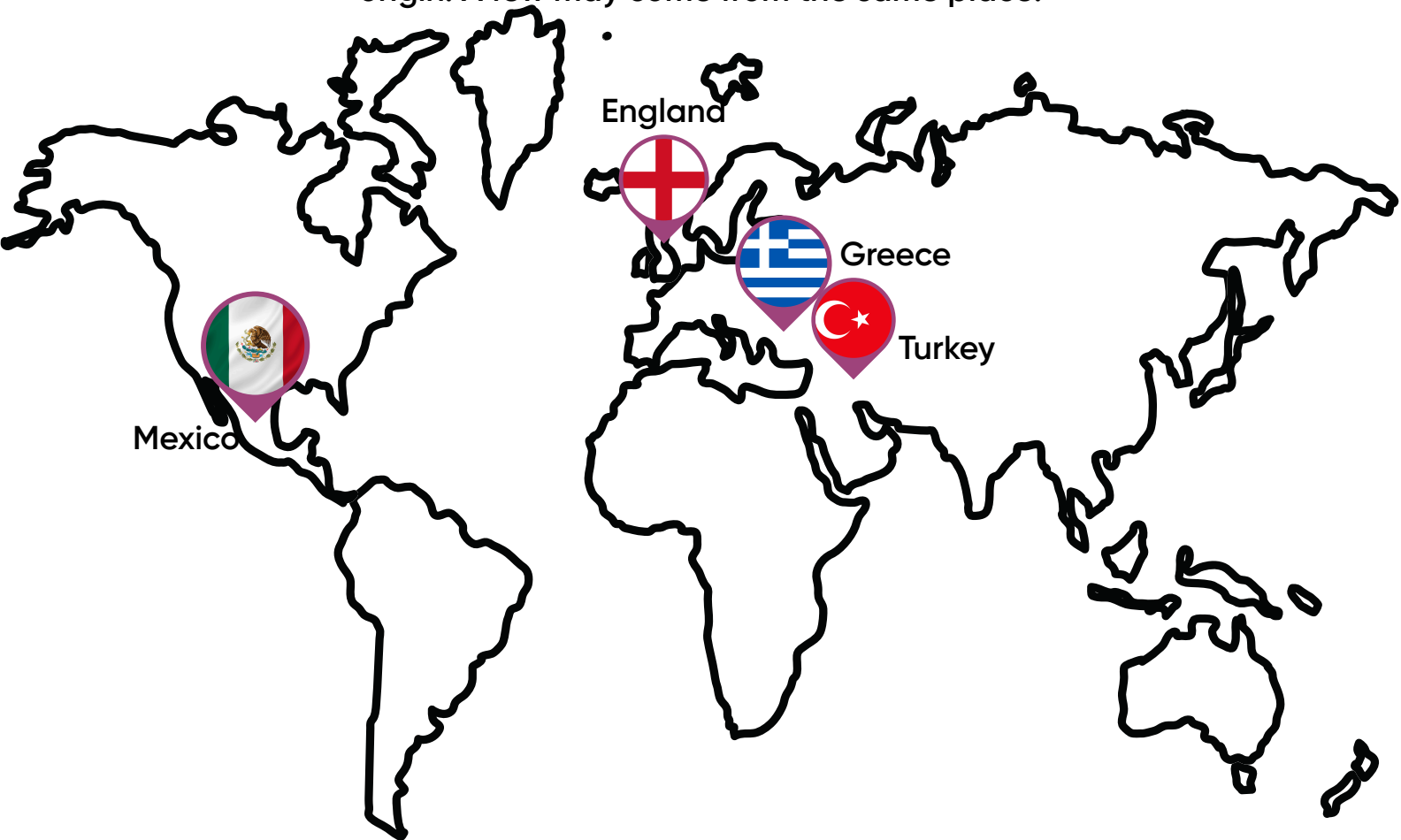
Turnips



# Spring Fruits & Vegetables

## Intermediates (12 – 14 years old) & Seniors (15 – 18 years old)

Directions: Match the fruit or vegetable with its country of origin. A few may come from the same place!



Asparagus



Peas



Cherries



Berries



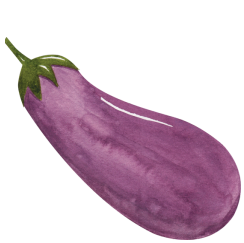
Avocado



# Summer Fruits & Vegetables

## Intermediates (12 - 14 years old) & Seniors (15 - 18 years old)

Directions: Match the fruit or vegetable with its country of origin.



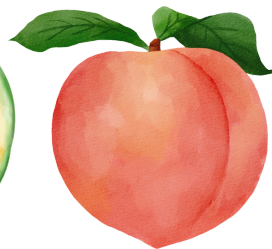
Eggplant



Tomato



Melon



Peach



Peppers



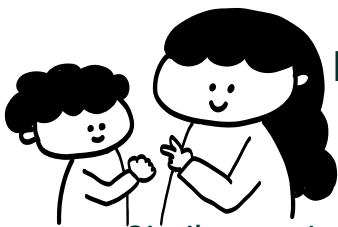
# Ice Breakers: Movement



## Would You Rather?

Split the room in half.

- Ask "Would you rather...?" questions and designate a 30 second movement for each answer.
- Participants move to the corresponding side of the room and complete the movement.
- EXAMPLE: Would you rather have a cat or a dog as a pet? (Cat = squats and Dog = fire hydrants)



## Human Rock, Paper Scissors

Similar to the original Rock, Paper, Scissors, this game uses whole body movements.

- Jump up & down while saying "Rock, paper, scissors."
- On "shoot" move your body to form a rock, paper, or scissors.
  - rock - curled up like a rock
  - paper - arms and legs spread out
  - scissors - opposite leg and arm positioned outwards
- First player to earn best 2 out of 3 wins!

## Shake It Off

Create a toe-to-toe circle.

- Count down from 5-4-3-2-1 by shaking each body part.
  - Right arm & wrist
  - Left arm & wrist
  - Right leg & foot
  - Left leg & foot
- Then proceed with 4-3-2-1, then 3-2-1, 2-1, and 1 for a whole body shake.



## Where the Wind Blows

Stand in a toe-to-toe circle on a given floor marking (i.e. tape, dot, etc.)

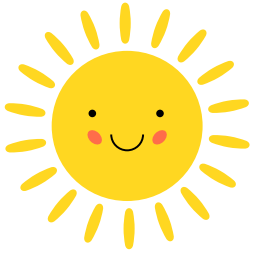
- Have a participant or leader stand in the middle of the circle and state "The wind blows for anyone who \_\_\_\_\_."
- If the participant does not relate to the statement, they remain standing on the floor marking.
- If the participant does relate to the statement, they must switch with another participant (who also relates). The participant in the middle of the circle will try to "steal" an open spot.
- The participant who does not have a spot in the outer circle, becomes "it" in the middle and shares another statement.





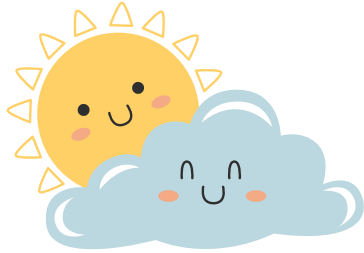
# Ice Breakers: Check-In Questions

## Weather Report Check-In: What's your weather?



### Sunny

happy  
excited  
content  
joyful  
cheerful



### Cloudy

calm  
peaceful  
tired  
present



### Rainy

tired  
sluggish  
sad  
depressed



### Thunderstorm

sad  
depressed  
angry  
frustrated

## Color Check-In: What color are you feeling today?



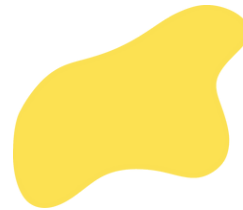
### Pink

happy  
excited  
content  
joyful  
cheerful  
elated



### Red

mad  
angry  
'hangry'  
frustrated  
annoyed



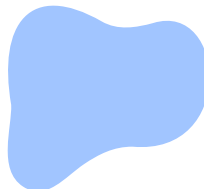
### Yellow

happy  
excited  
content  
joyful  
cheerful  
elated



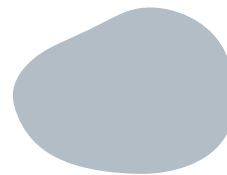
### Green

calm  
focused  
ready  
peaceful



### Blue

tired  
sluggish  
sad  
depressed



### Gray

tired  
sleepy  
bored  
sluggish  
confused  
annoyed



# Sleep & Movement Tracker

Directions: Watch one of the following videos below. Then, choose to track your sleep or movement for a whole week using the tracker! Remember, sleep 10 hours a night, to feel just right! Move and play for at least 1 hour a day.

## Sleep



[PBS - Sleep #57](#)

[PBS - Why Can't Teens Wake Up](#)

[Early for School? #66](#)

[PBS - Sleep Quiz #58](#)












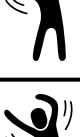




## Movement

[PBS - Health Feels Great! #33](#)

[PBS - Getting Fit at the Gym #29](#)

[PBS - The Health Benefits of Exercise #60](#)

Date	Activity (sleep or movement) Circle One	Time (Begin)	Time (End)	Total Time (hours & minutes)	How do you feel?
	 	:	:		
	 	:	:		
	 	:	:		
	 	:	:		
	 	:	:		
	 	:	:		
	 	:	:		
			TOTAL		



# Yoga Poses

Move your body with some simple yoga movements to bring your focus and attention inwards.



## Easy Pose

- Sit on your bottom, crossing your feet into "criss, cross, applesauce."
- Sit tall, placing your hands in your lap, on either side of the mat or in a comfortable position.
- Take 2-3 deep breaths with closed eyes.



## Rock Pose

- Kneel on your knees, touching your big toes.
- Sit on your heels.
- Gently walk your hands to the front of your mat or space.
- Place your forehead on the mat.
- Take 2 -3 deep breaths.



## Seated Hamstring Stretch

- Sit on your bottom with your feet in front of you.
- Walk your hands from your hips to your toes or shins.
- Hold this pose as you take 2-3 deep breaths.



## Tree Pose

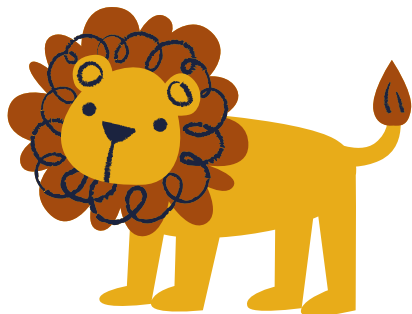
- Stand tall with feet hip-width distance apart.
- Place your hands above you or on your hips to help with balance.
- Take one foot and place the bottom of your foot on the ankle, calf or mid-thigh of your other leg. Hold for 8-10 seconds.
- Repeat on the other side.



# Breathing Exercises

Try out some breathing exercises to help calm your body and mind or to practice being present!

## Lion Breath



- Find a comfortable position.
- Breathe in through your nose.
- Breathe out through your mouth, sticking out your tongue to make a "roaring" sound.

Video Option: [Lion's Breath – Brain to Belly Kids Yoga #7](#)

## Snake Breath



- Find a comfortable position.
- Breathe in through your nose.
- Breathe out through your mouth, making a "ssss" or hissing sound slowly like a snake.

Video Option: [Snake Breath – GoNoodle #32](#)

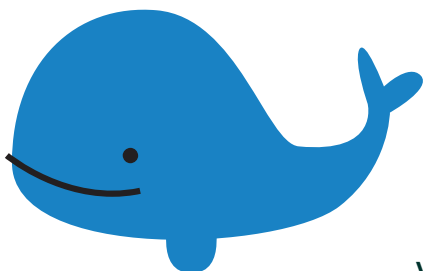
## Rainbow Breath



- Find a comfortable position.
- Place your hands together, breathe in through your nose while bringing your hands and arms above your head.
- Separate your hands as you breathe out to make an arch like a rainbow.

Video Option: [Rainbow Breath – GoNoodle #30](#)

## Whale Breath



- Find a comfortable position.
- Breathe in through your nose.
- Place your hands around your mouth like a blowhole and breathe out.

Video Option: [Whale Breath – Brain to Belly Kids Yoga #31](#)

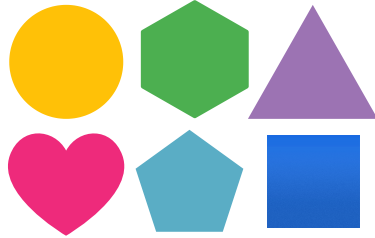


# Mindful Scavenger Hunt

Go on a scavenger hunt to see if you can find the following items and cross them off as you find each one.



1 -2 flowers



6 items with different shapes & colors



3 items with different textures (e.g. soft, hard, fuzzy)



3 -5 leaves with different colors, shapes & sizes



2 -3 invertebrates (animals without backbones)



3 -4 clouds with different shapes



2 nonliving things found in nature (i.e. rocks, clouds, water, soil)



2 -3 vertebrates (animals with backbones)

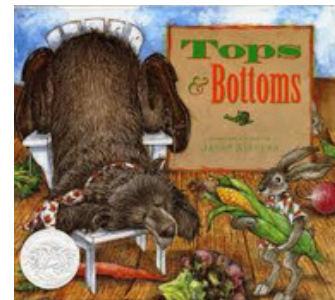
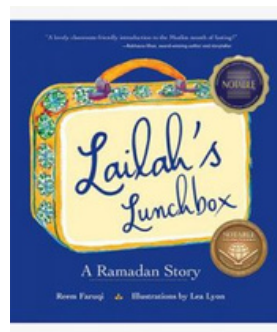
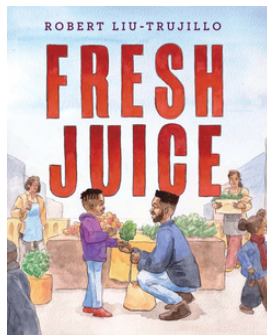
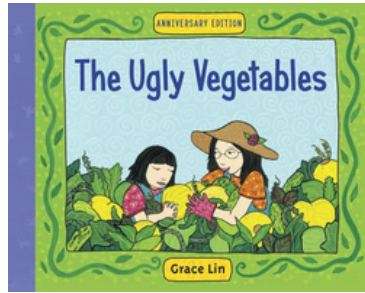
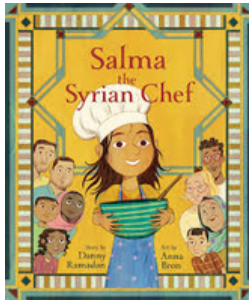


close your eyes in a comfortable spot & listen to your surroundings – how many sounds can you name?

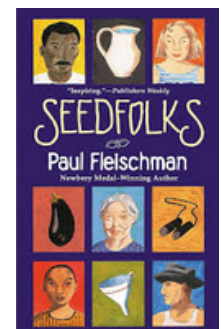
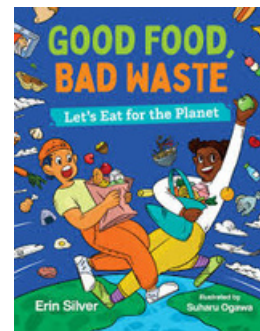
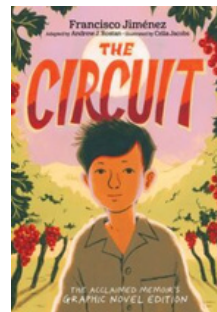
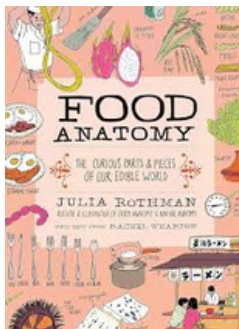


# Children's Books: Healthy Eating

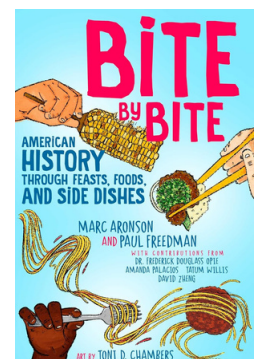
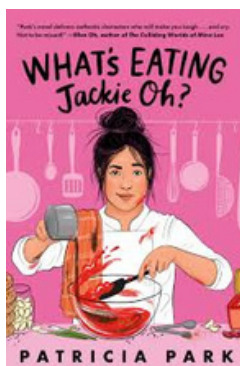
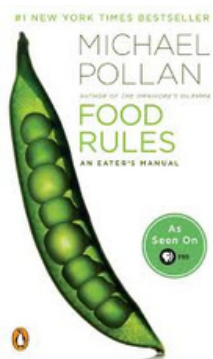
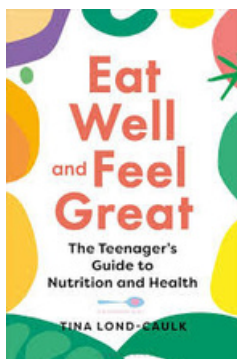
Cloverbuds: 5 – 8 years old



Juniors: 9 – 11 years old



Intermediates: 12 – 14 years old & Seniors: 15 – 18 years old

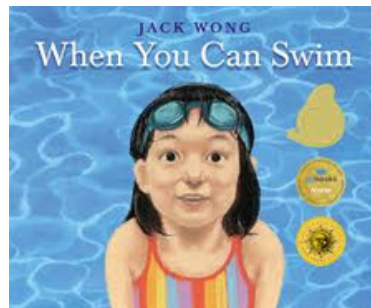
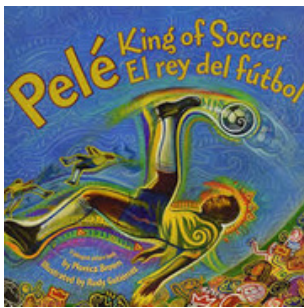
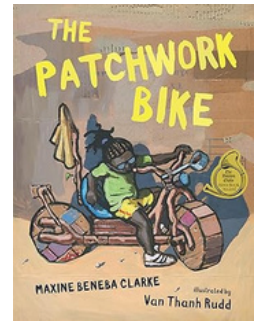
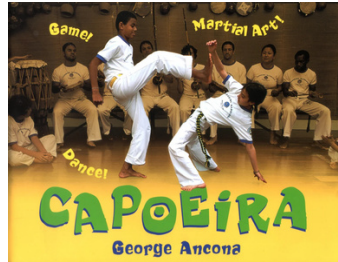
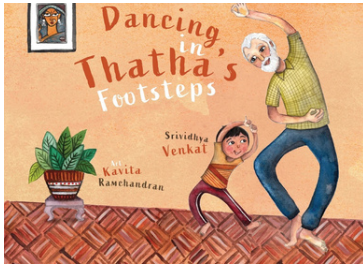


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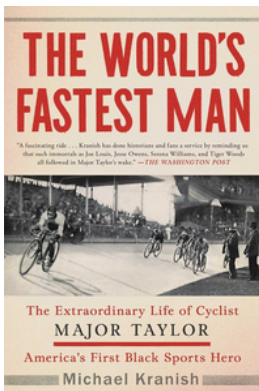


# Children's Books: Movement

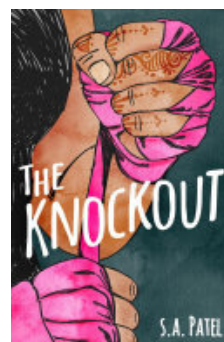
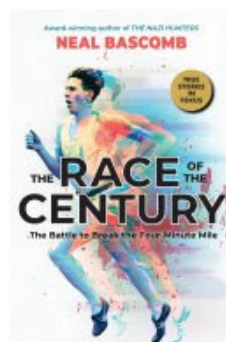
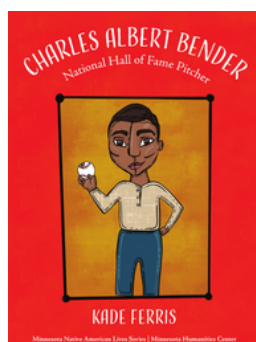
Cloverbuds: 5 – 8 years old



Juniors: 9 – 11 years old



Intermediates: 12 – 14 years old & Seniors: 15 – 18 years old

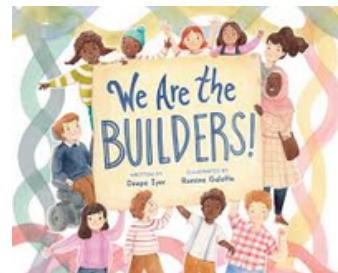
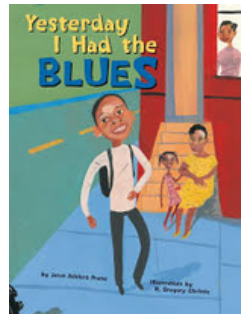
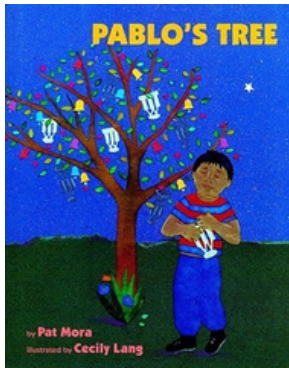
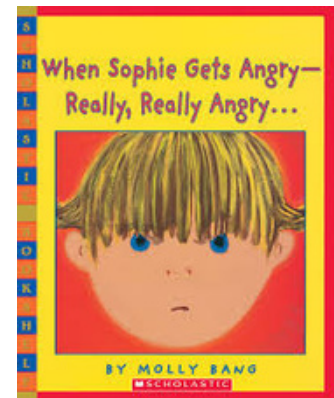
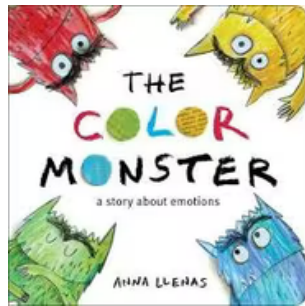


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Agriculture and Natural Resources

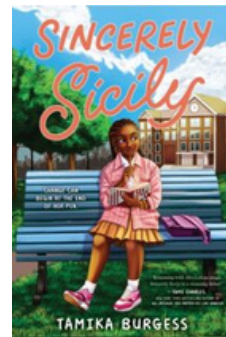
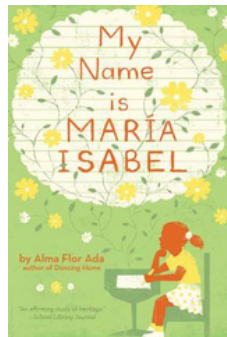


# Children's Books: Social Emotional

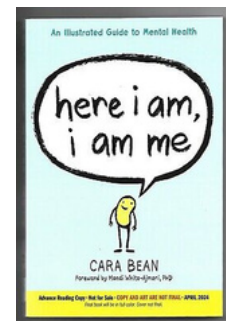
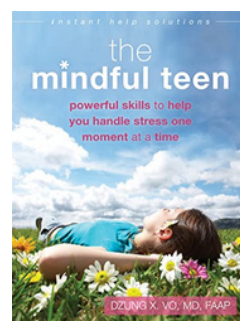
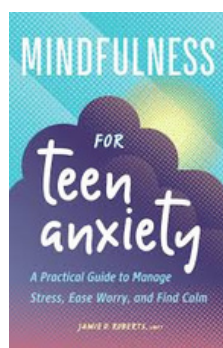
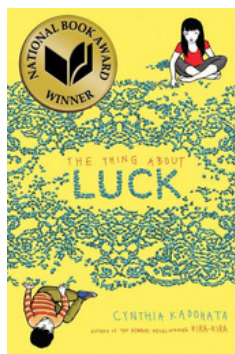
## Cloverbuds: 5 – 8 years old

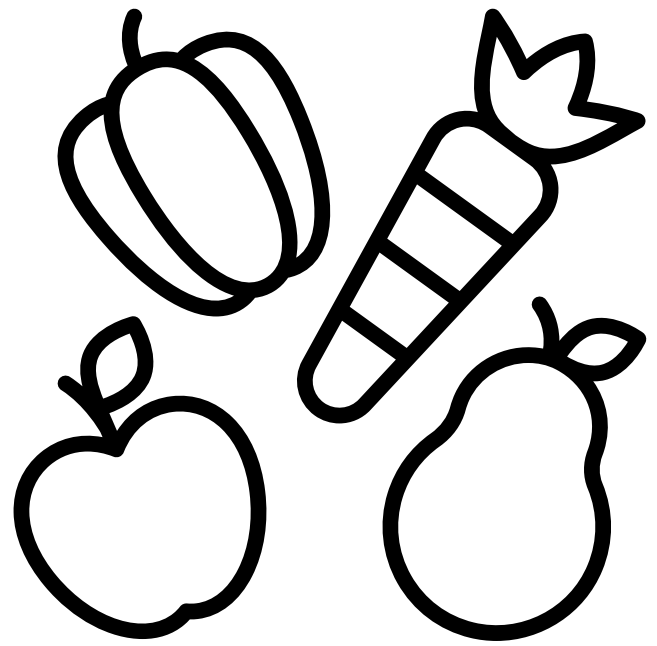
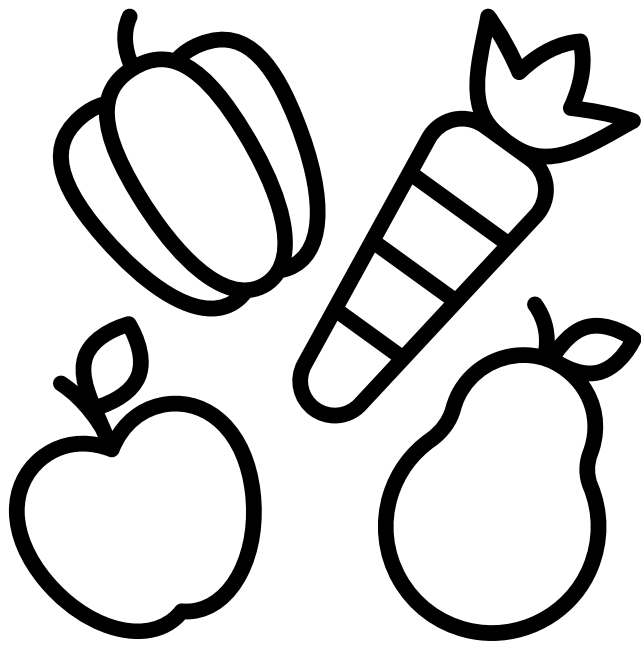


## Juniors: 9 – 11 years old

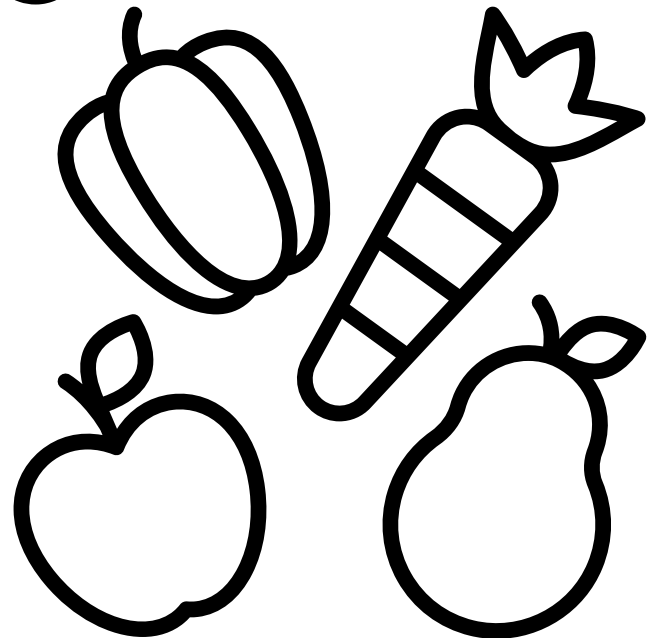
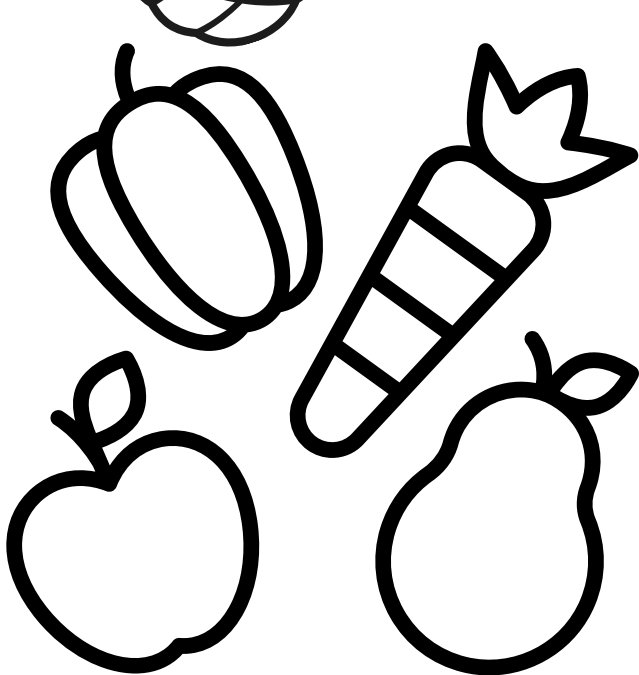
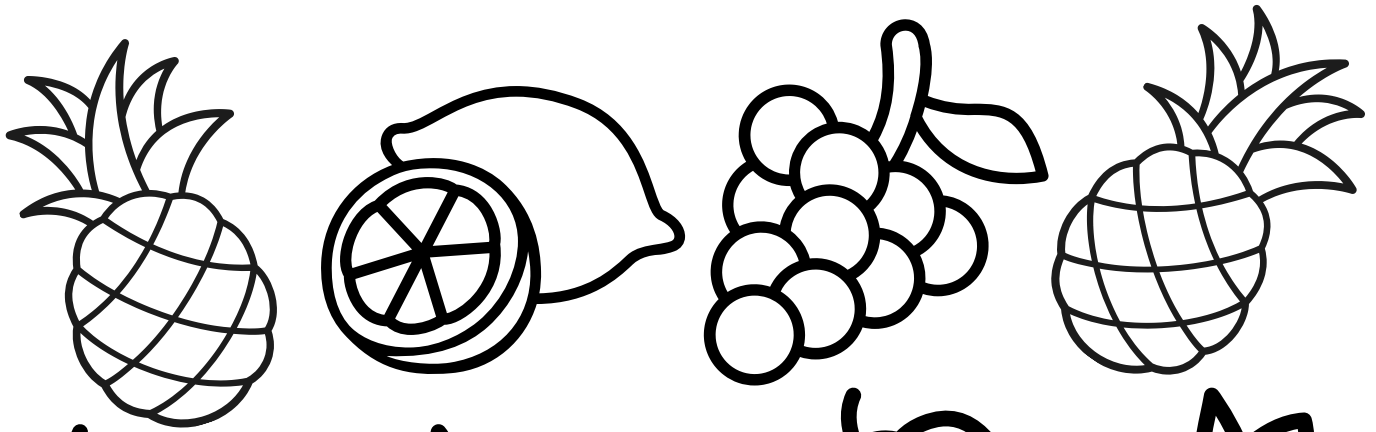


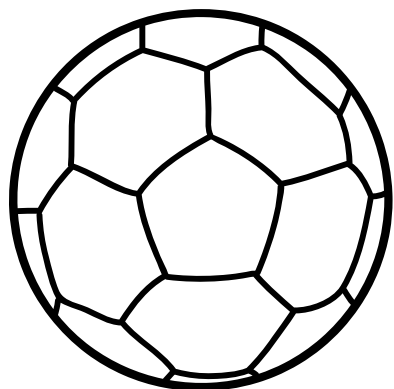
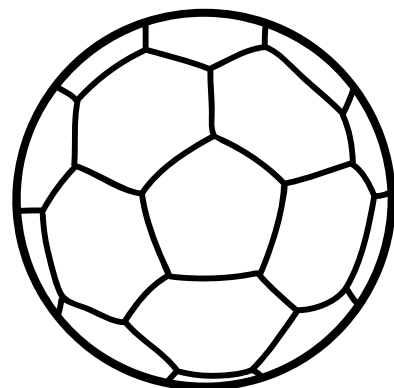
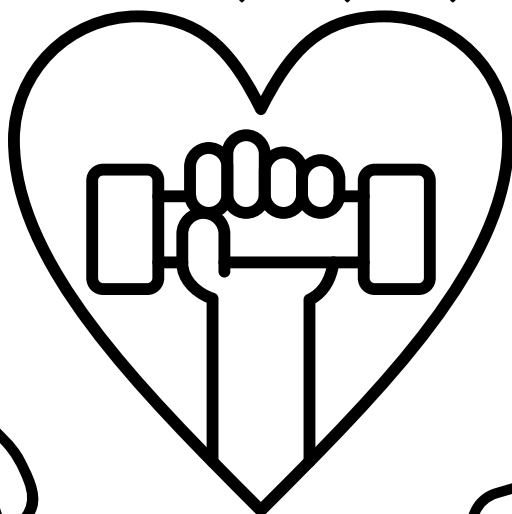
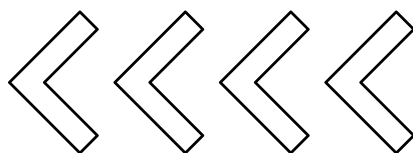
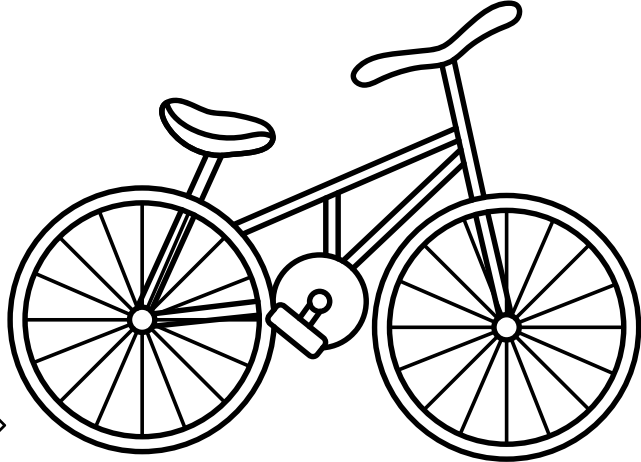
## Intermediates: 12 – 14 years old & Seniors: 15 – 18 years old



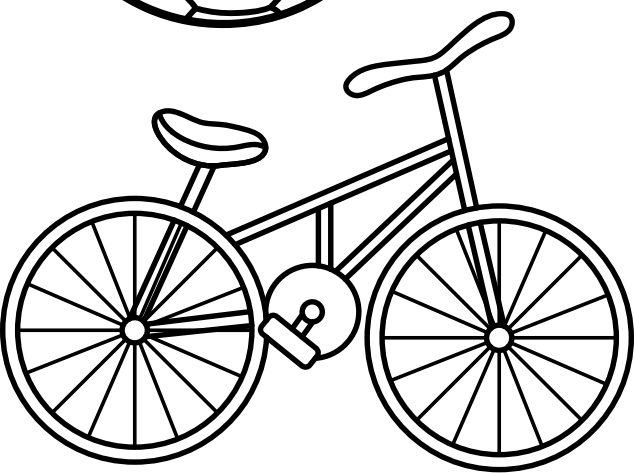
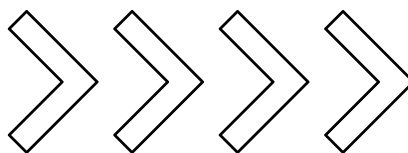


FUEL YOUR BODY





I am strong.



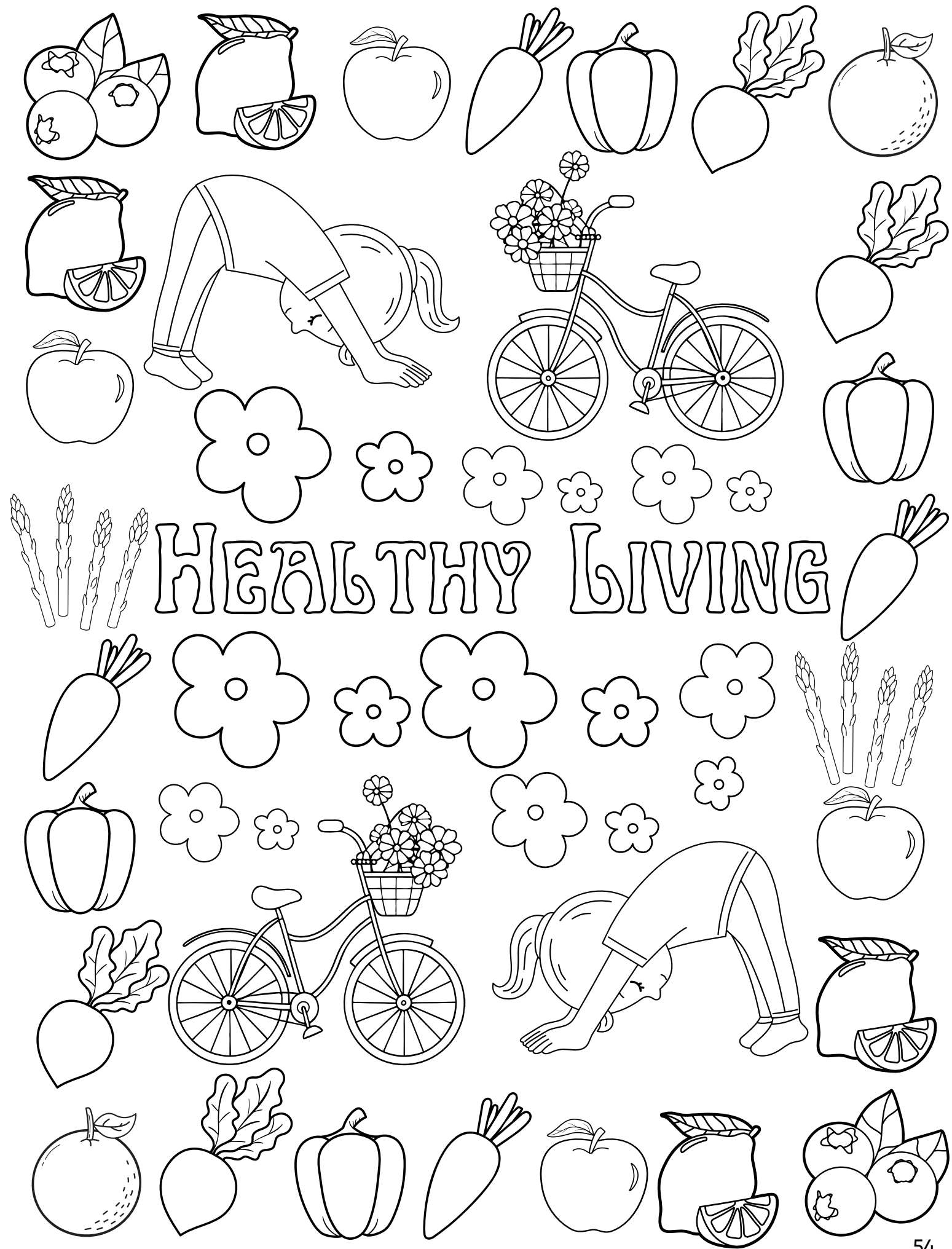
***BE***  
***KIND***  
***TO***  
***YOUR***  
***MIND***



**For my club,  
my community, my  
country, and my world**









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# ANSWER KEY

## Fall Fruits & Vegetables Juniors (9 – 11 years old)

This fall fruit is a good source of Vitamin A, Vitamin C, and antioxidants. It is also widely known as Japan's national fruit and has two main varieties: Hachiya and Fuyu.

----- persimmon -----

This vegetable grows on a vine and can be harvested early in the fall until winter. It is in the same family as cucumbers, gourds and melons.

----- squash -----

Legend has it that John Chapman traveled the country planting this fruit's trees before the American Revolution, which is why he was given a famous nickname. It wasn't until the 1800s when this fruit was first planted in Watsonville & Sebastopol, California.

----- apple -----

This vegetable is related to other cabbages such as kale, cauliflower, kohlrabi and broccoli. It is easily grown in California, especially along the Central Coast and in Imperial County.

----- brussel sprouts -----

This fruit's tree does not produce any flowers. Instead the fruit is pollinated and the flower is inside!

----- fig -----

# ANSWER KEY

## Winter Fruits & Vegetables Juniors (9 – 11 years old)

This taproot vegetable is a good source of Vitamin A which supports your eyes, skin and immune system. Holtville, California is known as this vegetable's Capital of the World.

----- carrots -----

This fruit grows on a vine, and can grow as high as 30 feet! It is also a superfood because it is nutrient dense – it is a great source of Vitamin C which helps with cuts and wounds, and protects your immune system!

----- kiwi -----

This root vegetable has many different varieties from English breakfast, Easter egg, and daikon. California is the lead grower in this daikon vegetable.

----- radish -----

This root vegetable is related to a radish, but all parts of the plant are edible!

----- turnips -----

In California, this table fruit is very popular and were first brought from Brazil. You can visit a whole museum dedicated to this fruit in Riverside, California.

----- citrus -----

# ANSWER KEY

## Spring Fruits & Vegetables Juniors (9 – 11 years old)

Two of these fruits are part of the rose family and are made of tiny fruits called drupelets. These fruits are rich in Vitamin C too!

-----berries-----

California grows 80 different types of this fruit, with Hass being the most popular variety. It is a great source of healthy fats!

-----avocado-----

This vegetable is known for its edible stem which is rich in Vitamin A, Vitamin C, and Vitamin K. It is closely related to leeks, onions and garlic.

-----asparagus-----

Not only can you eat this delicious fruit,  
but many people like to visit places like Washington, D.C.  
and Japan to watch this tree's flower blossoms.

-----cherries-----

These edible seeds are also known as legumes.  
The sweet variety is most popular with California youth!

-----peas-----



# ANSWER KEY

## Summer Fruits & Vegetables Juniors (9 – 11 years old)

It is often argued if this is a fruit or vegetable, but continues to be popular in salads, salsas, and sauces! The Sacramento Valley is home to this fruit because of it's growing and canning facilities.

-----tomato-----

This fruit grows along a vine similar to cucumbers and squash.  
It needs an average of 10 – 15 visits from pollinators  
before you can eat the delicious fruit!

-----melon-----

This fruit comes in many different flavors from sweet to hot!  
There are over 200 sweet varieties grown in California.

-----peppers-----

This vegetable is part of the nightshade family along with tomatoes and peppers. They can be sauteed, steamed, baked, or roasted as a delicious main or side dish!

-----eggplant-----

This fruit is considered a stone fruit because of its large seed and is related to apricots, plums and cherries. Fresno County is the lead in this fruit's production!

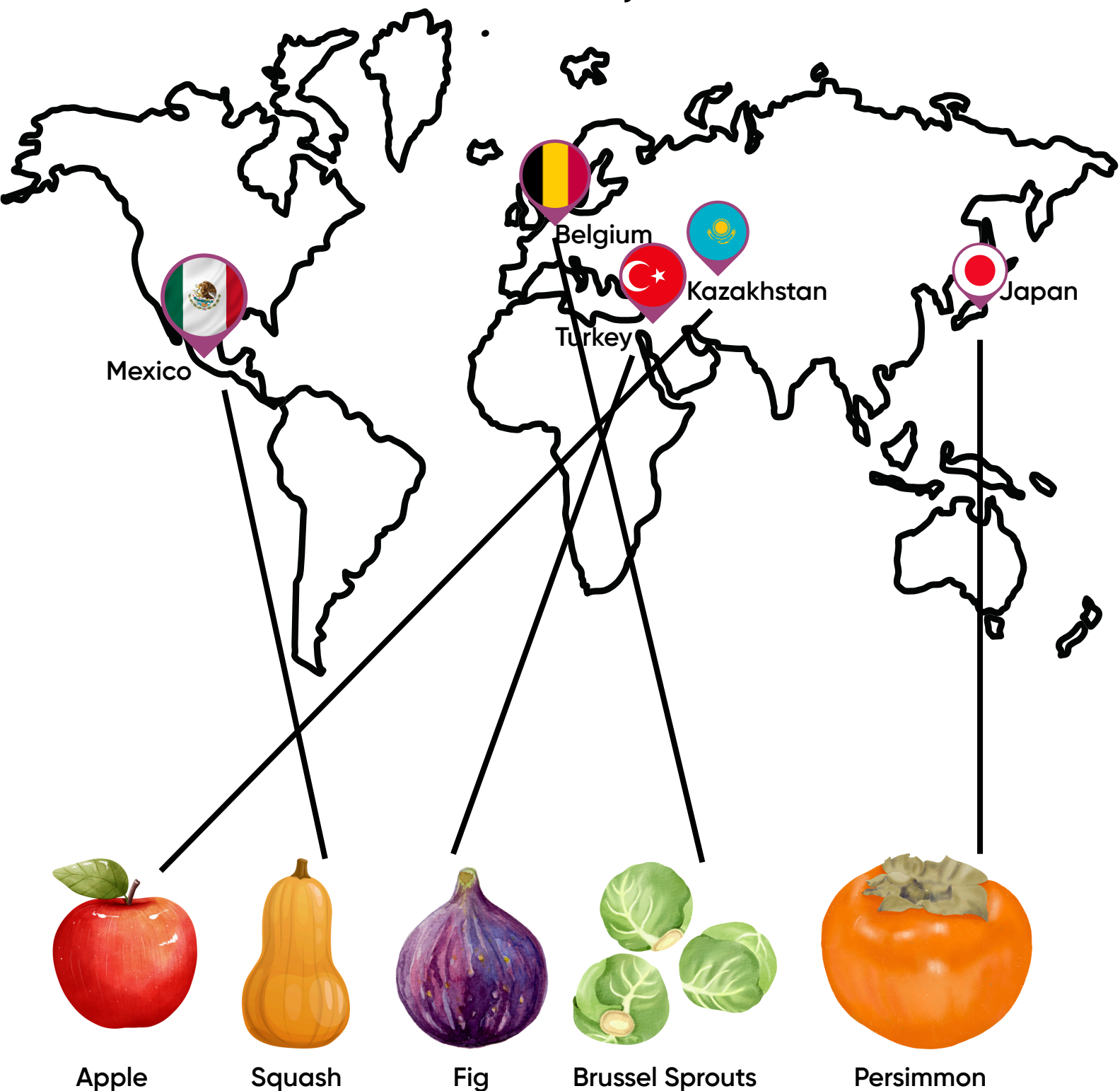
-----peach-----

# ANSWER KEY

Fall Fruits & Vegetables

Intermediates (12 - 14 years old) &

Seniors (15 - 18 years old)



# ANSWER KEY

Winter Fruits & Vegetables

Intermediates (12 - 14 years old) &

Seniors (15 - 18 years old)



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Agriculture and Natural Resources

# ANSWER KEY

Spring Fruits & Vegetables  
Intermediates (12 - 14 years old) &  
Seniors (15 - 18 years old)

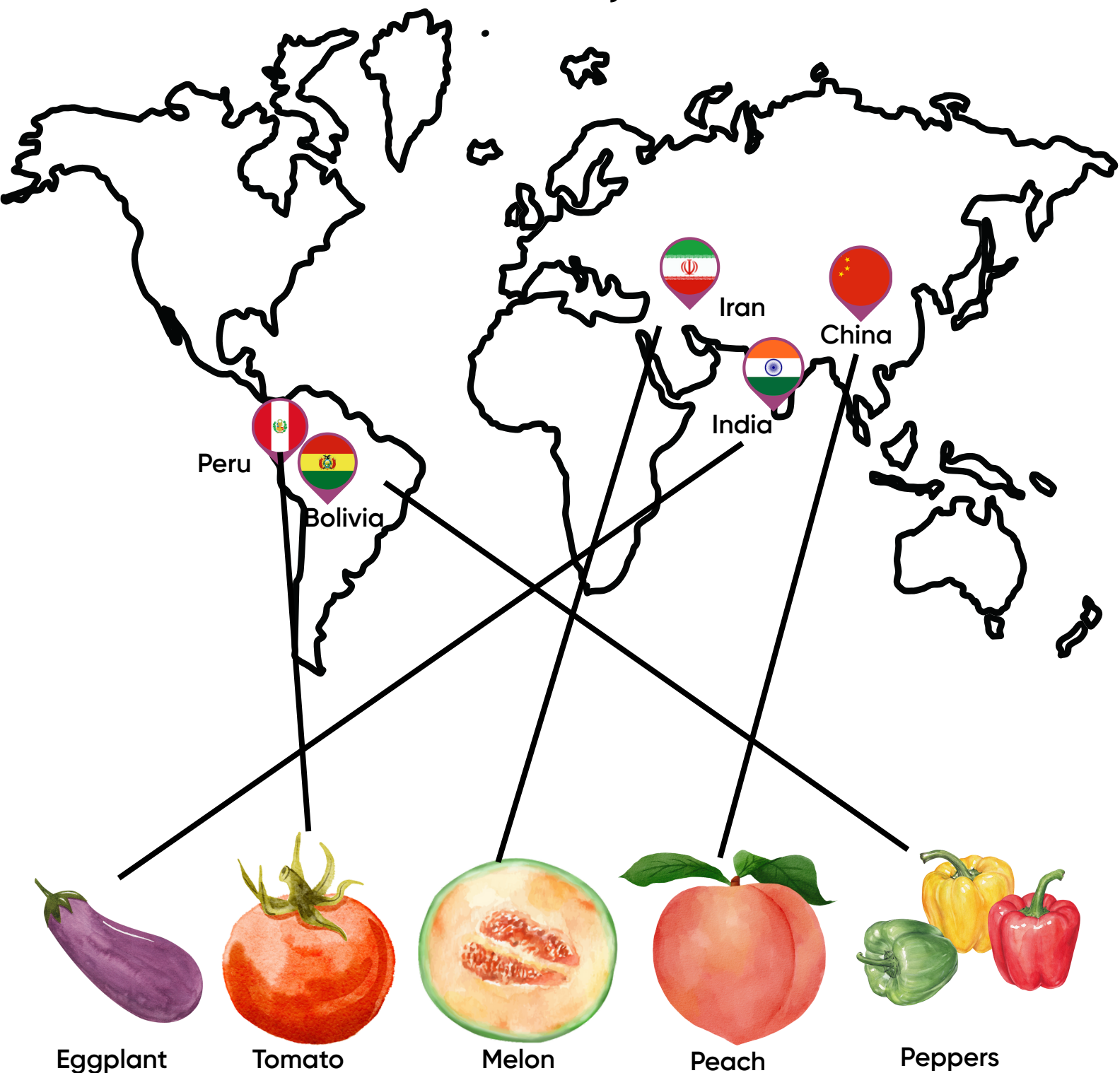


# ANSWER KEY

## Summer Fruits & Vegetables

Intermediates (12 - 14 years old) &

Seniors (15 - 18 years old)



Eggplant

Tomato

Melon

Peach

Peppers

