



DELAWARE 4-H

Healthy Living

FITNESS AND NUTRITION BALL TOSS

GOALS

To review concepts of healthy eating, wholesome beverages, and basic physical fitness. Participants will increase knowledge of nutrition and fitness.

SUPPLIES

- This sheet of paper
- 1 beach ball per 8-10 youth, numbered with permanent marker 1-8
- Question and Answer Key attached

TIME REQUIRED

15-30 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Gather children in a circle - approximately 8-10 youth per circle.
2. Tell them you will be playing a game to learn more about healthy eating and healthy activities.
3. Instruct youth to toss the ball and tell you what number their right thumb lands on the ball.
4. Read, or have an older youth read, the corresponding question.
5. Have youth toss the ball to the next person until all 18 questions have been reviewed and all youth have participated at least once.

REFLECT: Ask Youth

1. What new words or ideas did you learn today?
2. Which of these things do you find hardest to achieve? And which do you find the easiest?
3. Who has an idea to help others make healthy choices?

APPLY: Ask Youth

1. As a result of doing this activity, what healthy activity will you commit to doing?
2. How will you share this information with others?

APPLICATION IDEAS MIGHT INCLUDE:

- Drink water instead of soda
- Play outside each day
- Watch less TV
- Eat healthy snacks
- Share with my family

Thank you for participating in this fun activity!



Cooperative Extension

COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



DELAWARE 4-H

Healthy Living

NUTRITION AND FITNESS BALL QUESTIONS

- 1. What is healthier to drink - water or soda?**
Water
- 2. How much of your dinner plate should be composed of fruits and vegetables?**
Half
- 3. Name a lean protein.**
Pork loin, plant protein, turkey, beans/legumes, and lean beef
- 4. What is healthier - whole grain bread or white bread?**
Whole grain
- 5. Name one piece of information found on a food label.**
Ingredients, serving size, vitamins, minerals, calories
- 6. Name two beverages you should drink every day (provided you are not allergic).**
Milk, water
- 7. Name 4 green vegetables.**
Spinach, celery, lettuce, green beans, broccoli, squash, etc.
- 8. Name 3 orange/red vegetables.**
Yam, sweet potato, carrots, tomatoes, beets
- 9. How many hours each day should you exercise?**
1 hour
- 10. What is the maximum amount of daily screen time recommended for kids?**
2 hours
- 11. Name a type of exercise that elevates your heart rate and should be done for 30-60 minutes 3 to 5 times per week.**
Running, soccer, swimming, basketball, mowing the lawn, raking leaves
- 12. What is something you should do for your muscles after you have exercised?**
Stretching, flexibility, rest
- 13. Beverages like Gatorade and Kool Aid add calories to our diet. What is a better choice?**
Water
- 14. A push up, a bicep curl, or a leg press are all examples of what type of exercise?**
Strength
- 15. What gives our bodies fuel to live?**
Food
- 16. How many hours of sleep should you have each night?**
9-10 hours
- 17. Why is it important to brush your teeth?**
To prevent cavities, prevent illness, and maintain appearance.
- 18. What is the minimum amount of fruit and vegetables you should eat each day?**
5 servings