



HULA HOOP FOOD GROUP RELAY

DELAWARE 4-H

Healthy Living

GOALS

To engage youth in fun and interactive activity, encourage cardio activity, and to review and reflect on key concepts learned in UFC.

SUPPLIES

- This sheet of paper
- 1 to 2 Hula Hoops
- Stopwatch if needed

TIME REQUIRED

15-30 minutes (depending on group size)

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Break youth into two groups or more, if necessary.
2. Have adequate space for youth to hula hoop down a lane while walking a distance.
3. Begin the race by asking the Food Group Questions listed below to each team. A team cannot start unless they answer a question correctly.
4. Once a question is answered, the youth will hula hoop while simultaneously walking down race way distance and back. This is a relay style race, so youth will pass off the hula hoop to their next teammate until all have a turn.
5. The first group to complete the race wins; however they cannot officially win until another food group question is answered correctly. So the other team may steal the win!

FOOD GROUP QUESTIONS

Basic Youth Questions

1. What food group would tofu most likely be categorized in?
Protein
2. How many cups of dairy should you consume daily?
3 cups
3. Name three green vegetables.
Broccoli, spinach, lettuce, green beans, etc.
4. Name four fruits.
Apples, bananas, grapes, oranges, kiwi, pear, etc.
5. Name three yellow fruits.
Pear, banana, apples, lemons, etc.
6. Name three sources of grain.
Rice, bread, pasta, oatmeal, etc.
7. What is healthier - whole wheat or white bread?
Whole wheat bread

Harder Youth Questions

1. What makes white flour different from wheat flour?
The removal of bran and germ.
2. What is quinoa a good source of?
Protein
3. Skim milk and whole milk have the same amount of what?
Calcium
4. -or- What is better for you—skim or whole milk? Why?
Skim, no fat.
5. What vitamin does your body need from milk in order to use calcium? Vitamin D
6. The yoga pose “warrior” is what type of physical activity?
Stretching/Flexibility
7. What does your body need protein for?
Growth, strong nails and hair, immunity
8. What weighs more—muscle or fat?
Muscle is denser.

REFLECT: Ask Youth

1. What type of exercise category does the hula hoop relay fit in? Cardio

APPLY: Ask Youth

1. How will you apply nutrition knowledge learned in this course to your life?
2. How will you apply exercise knowledge you learned in this course to your life?

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!