

# CLOVERBUDDIES

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



**OCTOBER 2022**

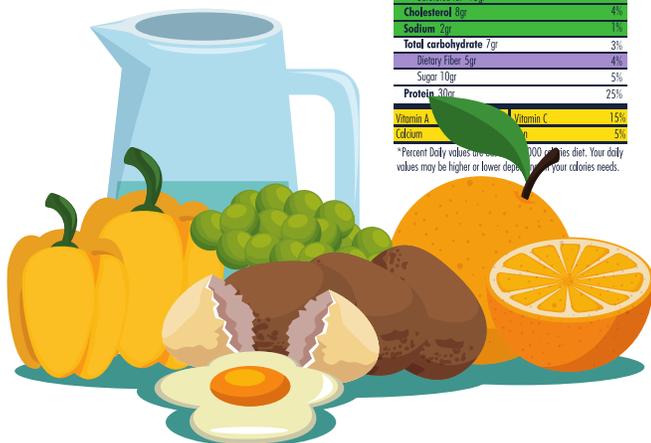
PROJECT EXPLORATION:

## 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 15g	8%
Cholesterol 8g	4%
Sodium 2g	1%
Total carbohydrate 7g	3%
Dietary Fiber 5g	4%
Sugar 10g	5%
Protein 10g	25%
Vitamin A	Vitamin C 15%
Calcium	5%

\*Percent Daily values are based on a diet of 1000 calories. Your daily values may be higher or lower depending on your individual calorie needs.



UW-MADISON EXTENSION  
LA CROSSE 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

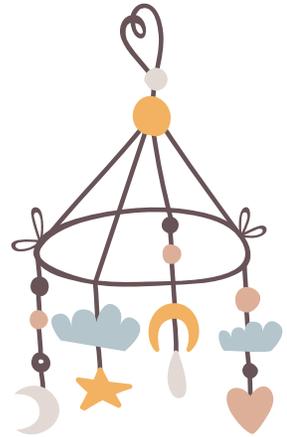
When a child plays with others and has interest in both the activity and other children involved in playing.

# 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

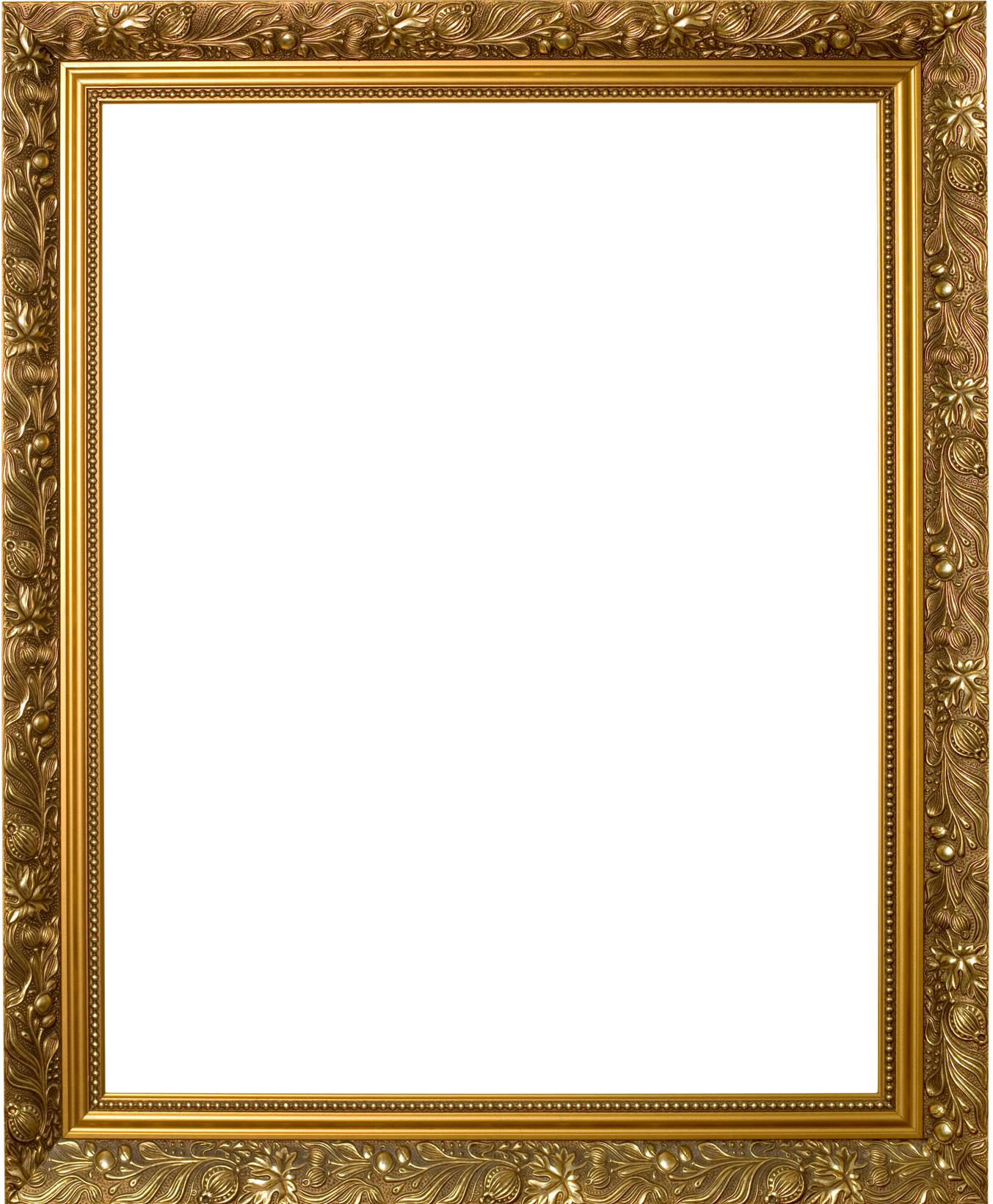
## WORD BANK:

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 and 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!!**

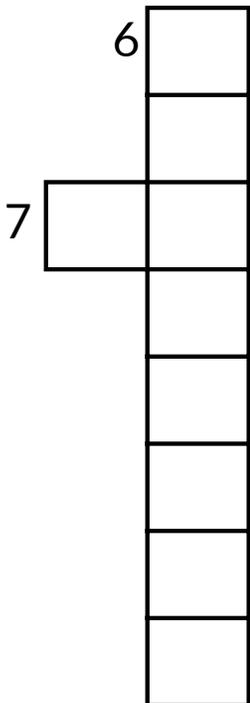
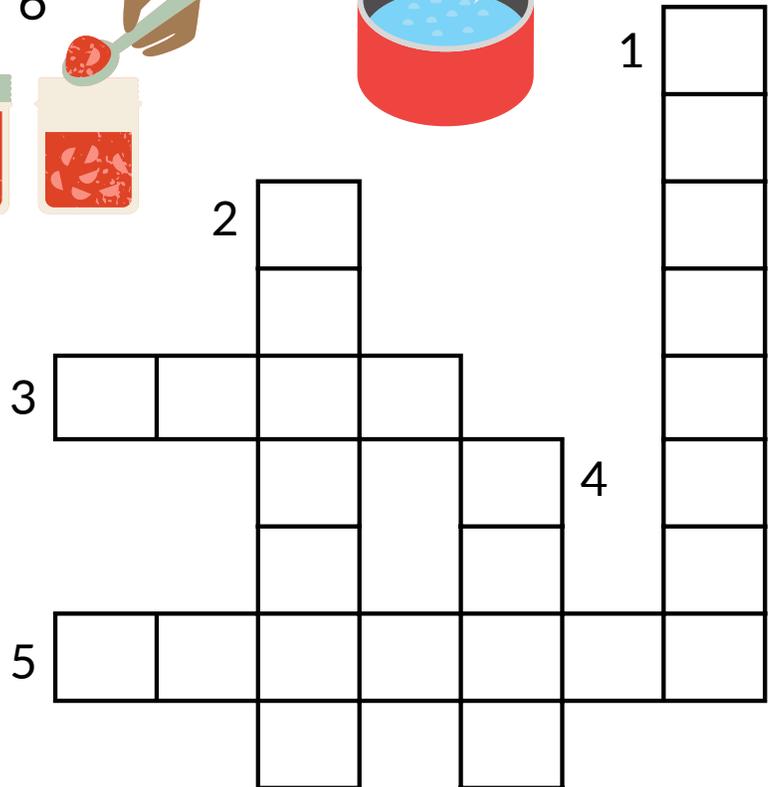
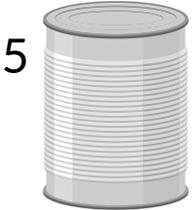
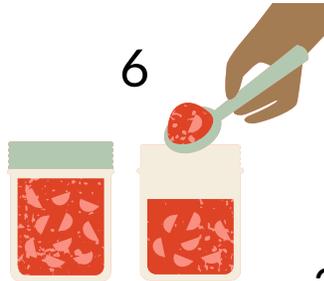
TAKE  
SOME  
REST

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!

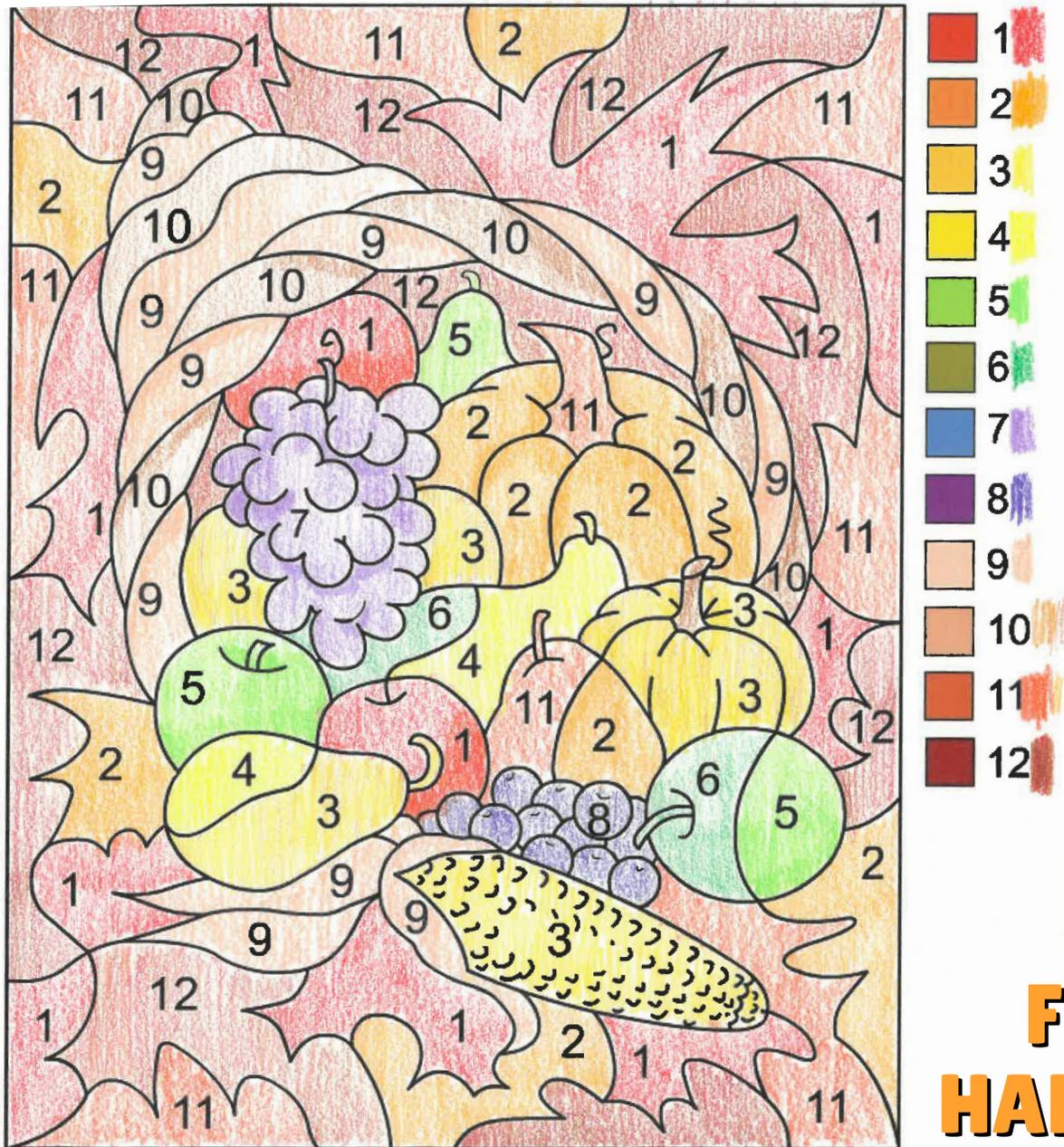


## WORD BANK:

- 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**



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