

CLOVERBUDDIES

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



OCTOBER 2025

PROJECT EXPLORATION:

**FAMILY, HOME & HEALTH
AND FOODS & NUTRITION**

Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



UW-MADISON EXTENSION
LA CROSSE COUNTY



Candy Making



Youth in the 4-H Candy Making project will explore tools, techniques, safety precautions, ingredients, and more as they develop their skills. Based on specific skills, candy making is a chance to bring art and science into the kitchen!



Consumer Savvy



Mastering consumer skills will help you succeed in many areas of life. Set personal goals, communicate clearly, and make smart decisions with money.



Food Decorating



Creativity can be a piece of cake (or bread or other food)! This project teaches youth how to start making food for parties and events. It may start with knowing and practicing cake decorating skills and advance to creating beautiful works of food art. The only limits are ingredients and imagination!



Foods & Nutrition



If you enjoy cooking or like good food, this project could be for you. Youth will have fun learning cooking basics and then advance over time to making gourmet meals. This project also focuses on nutrition and using MyPlate to guide eating, meal preparation, and planning.



Home Environment



Get creative with design, organization, and upcycling! Youth use decision making skills, great taste, and big heart to make a difference through fun and meaningful activities that improve your room, home, and community.



Sewing



Have you ever wanted an outfit in a different color or style? Youth in the Sewing project learn basics like sewing a shirt or putting a zipper on a pair of pants. As youth advance, they may learn to choose and customize a design for the perfect look.



Child Development



Learn about children's ages and stages, age-appropriate toys, healthy snacks, and how to create games or stories for children. Learn what it means to be responsible for children and how to be a good babysitter.



Entrepreneurship



Investigate what it means to be an entrepreneur by learning about community businesses, exploring business ideas, and determining your skills to make career choices.



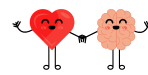
Food Preservation



Does your garden produce more tomatoes than you know what to do with? In the Food Preservation project, youth learn to freeze and dry foods. Then, learn what to do with those tomatoes, cucumbers, and other produce with advanced food preservation techniques.



Health



The Health project helps youth explore health and wellness. Youth learn to assemble a first aid kit and treat minor injuries. They also learn to stay healthy and develop a personal fitness plan that includes physical, mental, emotional, social, and other aspects of health.



Personal Finance



Master money management skills! Learn how to save, budget, and make smart financial choices. Get ready to take control of your finances and build a bright future!



Sports & Fitness



4-H members in this project will boost their sports skills and fitness! Learn fun ways to build flexibility, strength, and endurance while staying active and healthy. Let's get moving together!

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

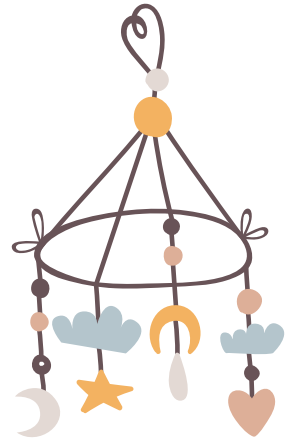
When a child plays with others and has interest in both the activity and other children involved in playing.

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

BAGEL

BANANA

BISCUIT

CANTALOUPE

CEREAL

CINNAMON ROLL

DONUT

EGGS

FRENCH TOAST

GRITS

HASHBROWNS

JUICE

MILK

MUFFIN

OATMEAL

OMELET

ORANGE

PANCAKES

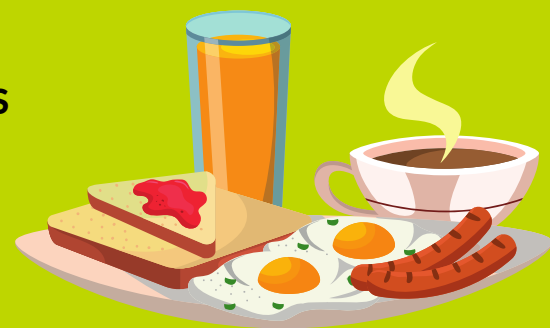
PASTRY

SAUSAGE

SCONE

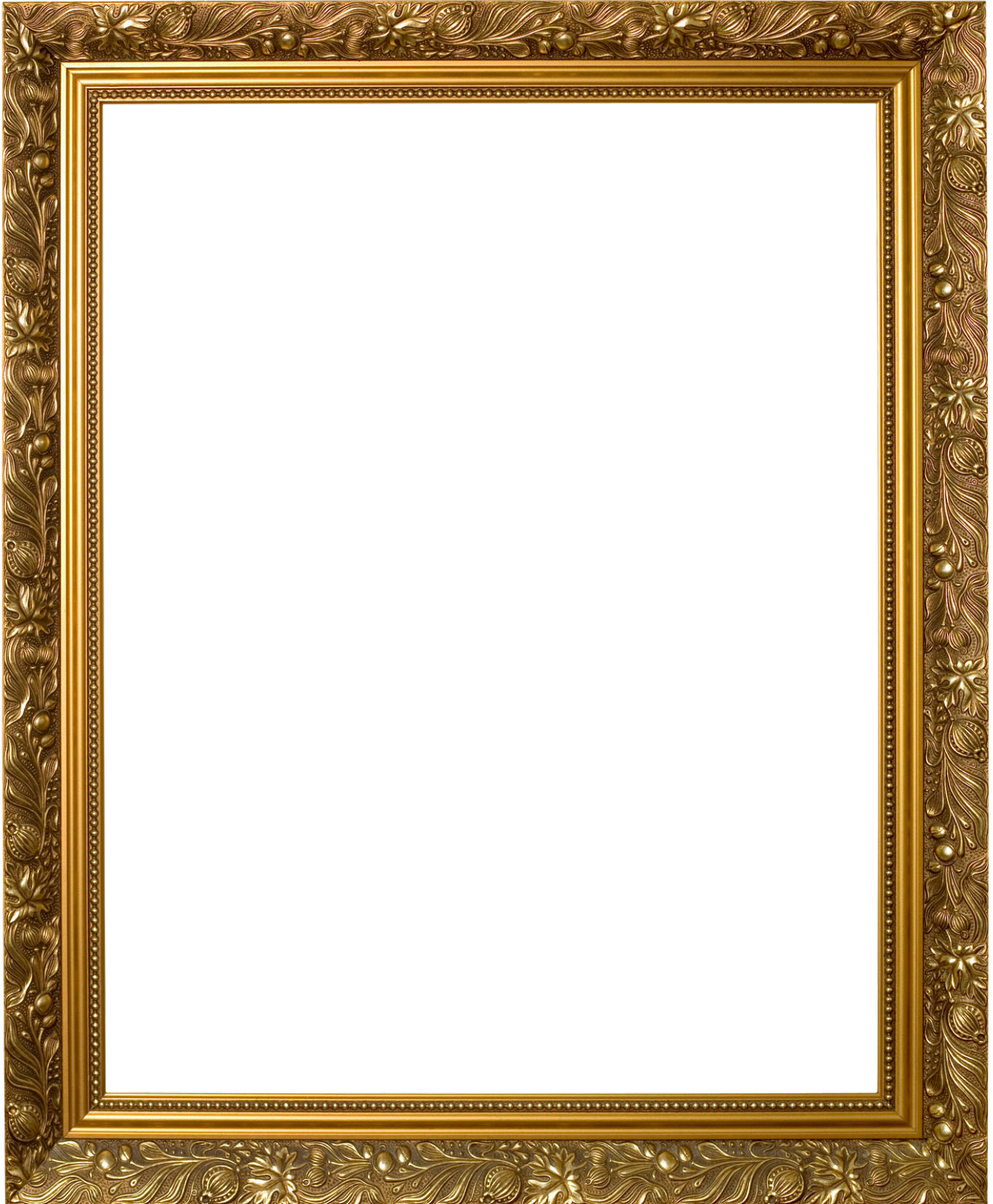
TOAST

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!!

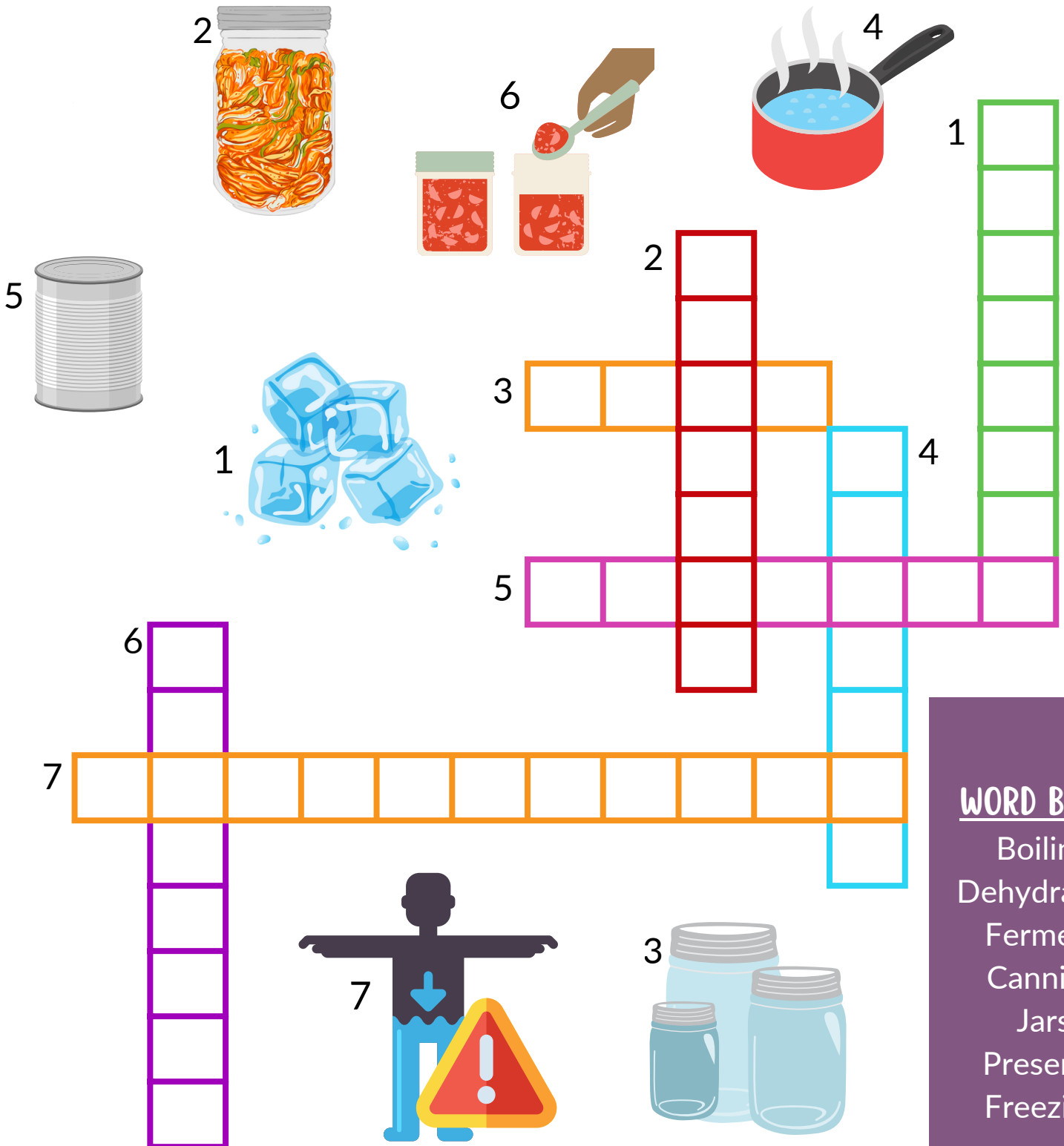
TAKE
SOME
REST

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!

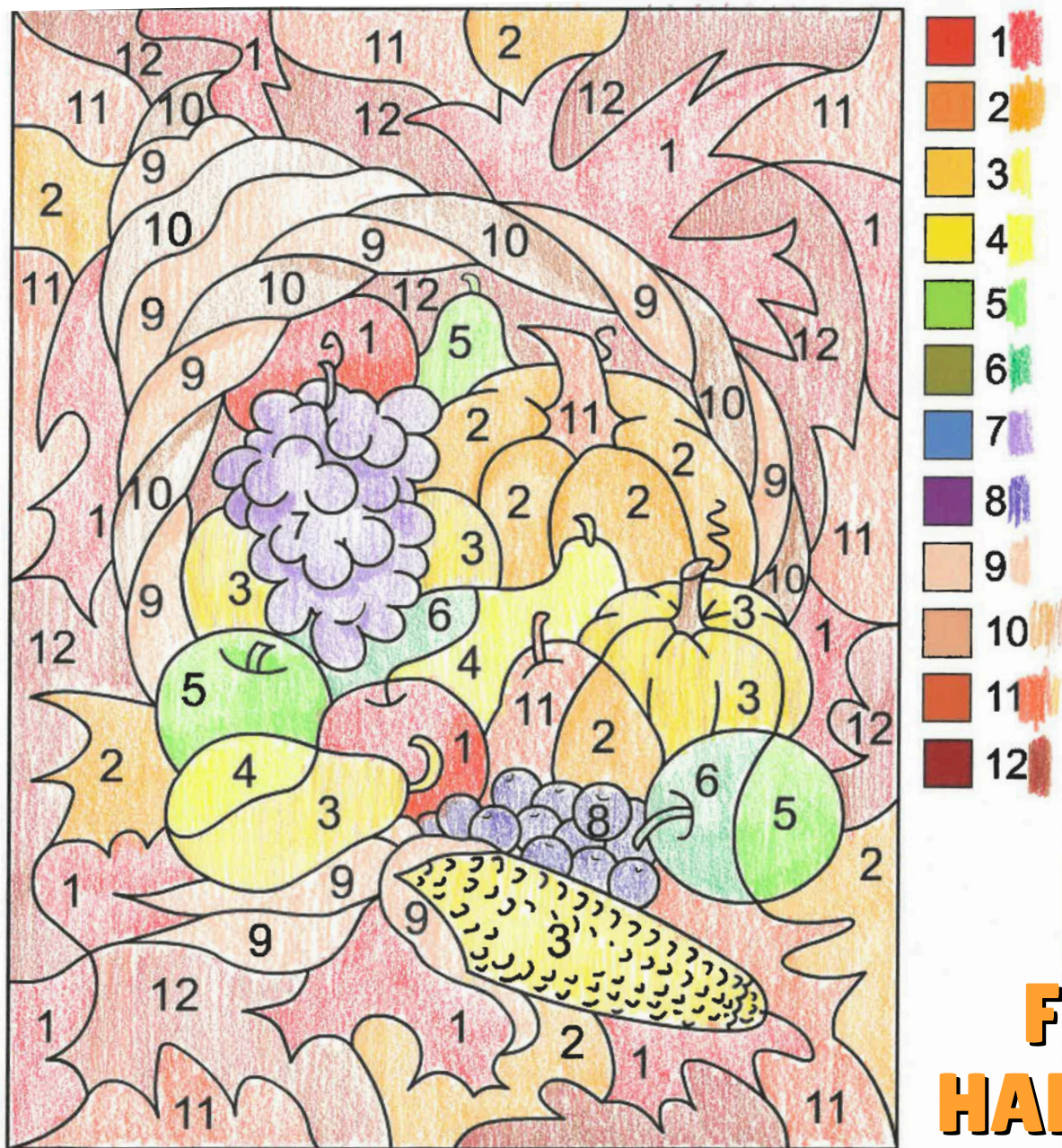


WORD BANK:

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!



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