

Ohio 4-H Cloverbud Kit

A teaching tool for Ohio 4-H Volunteers

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4-H Cloverbuds

OHIO STATE UNIVERSITY EXTENSION

Sports Fun

Ohio 4-H Cloverbud Kit

Notebook Sections:

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- written by Beverly Kelbaugh (from the Ohio 4-H Cloverbud Curriculum Series II)	
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March 2007



List of Kit Contents



Section 1

Sports Fun Kit Contents

When you return the kit to the Extension Office,
please make sure the following items are in the kit
for the next 4-H Volunteer.

Teacher's Notebook

MyPyramid Poster

Food Bingo Game

Bon Appetit (music CD)

Eating the Alphabet (children's book)

Food Model Cards

Five Lunch Bags

Placemat

Completed 4-H Cloverbud Kit Evaluation



4-H Cloverbuds
OHIO STATE UNIVERSITY EXTENSION

Sports Lesson

From Ohio 4-H Cloverbud Curriculum – Series 2



Section 2

MyPyramid Activities



Section 4

Food Model Activities

Food Models can be purchased from National Dairy Council at www.nationaldairycouncil.org Or by calling 1-800-426-8271



Section 5

Food Model Go Fish

Activity Synopsis

Students practice categorizing foods into food groups with the familiar game of 'Go Fish' that uses food models as cards.

Activity Outcome

Students will be able to:

- Categorize foods into the Five Food Groups

Materials and Advance Prep

- **Assorted Food Models** (for primary students only use Five Food Group foods, not 'Others' or Combination Foods)
- Optional: Mount each food model on same-size cards

What To Do

1. Deal 7 Food Models to each student.
2. Place the remaining deck of models upside down in the center of the table. If participants have 2 foods from a food group or category, they can put them down as a pair.
3. In turn, each participant asks the player to the right for all of the foods they have from a specific food group. For example, player A might say to player B, 'Give me all of your Milk Group foods.' If player B has a food from the Milk Group, player B must turn it over. If not, player A is told to 'Go Fish' and draws a card from the deck of Food Models.
4. Play continues until a player has no more Food Models. The player with the most food models wins.

Additional Resources



Section 6

