

# ***Countdown Chapter 4***

# ***Food and Nutrition***



# **Countdown Chapter 4**

## **Food and Nutrition**

### **Contents**

|   |   |
|---|---|
| Are You a Couch Potato? .....             | 1 |
| Fitness Fun .....                         | 3 |
| Eating Healthy .....                      | 5 |
| Is a Tomato a Fruit or a Vegetable? ..... | 7 |
| What Should You Eat? .....                | 9 |

# Food and Nutrition

## Are You a Couch Potato?

Select someone to read the statements below. After each statement is read, decide if it is a couch potato activity or a “get moving” activity.

Use the following gestures to give your answer:

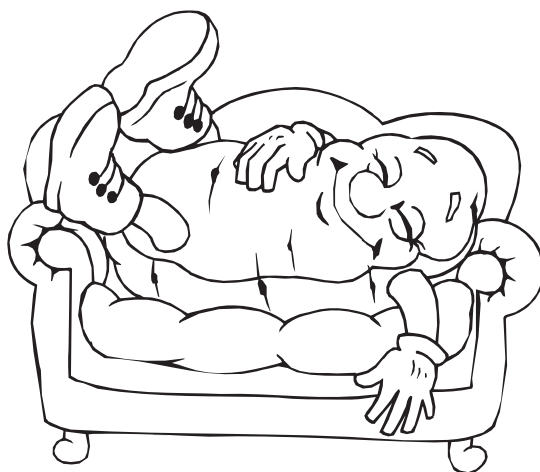
- thumbs down—couch potato activity
- thumbs up—get moving activity

### Decision-Making

#### In this activity you will:

- learn that exercise is a key to staying healthy.
- learn fun activities you can do to stay fit.

1. I think riding a bike is exercise.
2. I think watching TV is exercise.
3. I think riding in a car is exercise.
4. I think running is exercise.
5. I think walking is exercise.
6. I think dancing is exercise.
7. I think sleeping is exercise.
8. I think studying is exercise.
9. I think lifting weights is exercise.
10. I think swimming is exercise.
11. I think switching the TV channels is exercise.
12. I think jumping rope is exercise.
13. I think playing basketball is exercise.
14. I think playing baseball is exercise.
15. I think talking on the phone is exercise.



*Developed by: Mary Forster, Extension Associate, 4-H Youth Development/Family and Consumer Sciences*

# Food and Nutrition

## Are You a Couch Potato?

Select someone to read the statements below. After each statement is read, decide if it is a couch potato activity or a “get moving” activity.

Use the following gestures to give your answer:

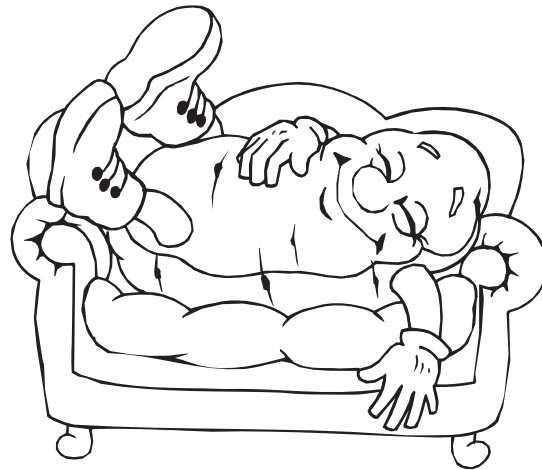
- thumbs down—couch potato activity
- thumbs up—get moving activity

### Decision-Making—Key

#### In this activity you will:

- learn that exercise is a key to staying healthy.
- learn fun activities you can do to stay fit.

1. I think riding a bike is exercise. **thumbs up**
2. I think watching TV is exercise. **thumbs down**
3. I think riding in a car is exercise. **thumbs down**
4. I think running is exercise. **thumbs up**
5. I think walking is exercise. **thumbs up**
6. I think dancing is exercise. **thumbs up**
7. I think sleeping is exercise. **thumbs down**
8. I think studying is exercise. **thumbs down**
9. I think lifting weights is exercise. **thumbs up**
10. I think swimming is exercise. **thumbs up**
11. I think switching the TV channels is exercise. **thumbs down**
12. I think jumping rope is exercise. **thumbs up**
13. I think playing basketball is exercise. **thumbs up**
14. I think playing baseball is exercise. **thumbs up**
15. I think talking on the phone is exercise. **thumbs down**



# Food and Nutrition

## Fitness Fun

Use the words below to complete each statement. Each word is used only once.  
Unscramble the circled letters to spell an important word.

### Word Scramble

**In this activity you will:**

- learn concepts for keeping fit and staying healthy.

aerobic

easily

calories

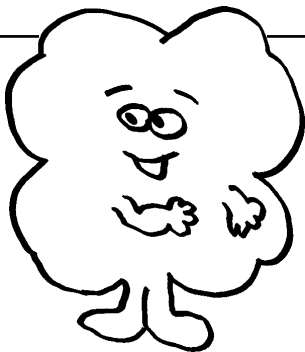
heart

stretch

strong

unhealthy

1. Jumping rope is an   ○   activity.
2.   ○   before you work out.
3. The   ○   pumps blood and oxygen through your body.
4. Smoking can cause   ○   lungs.
5. Flexibility is the ability to stretch   ○  .
6. You burn   ○   while exercising.
7. Exercise makes muscles   ○  .



*The important word is*

\_\_\_\_\_

Source: 4-H 355, Keeping Fit

Developed by: Dee Jepsen, Extension Associate, Ag Eng/Health/Safety

# Food and Nutrition

## Fitness Fun

Use the words below to complete each statement. Each word is used only once. Unscramble the circled letters to spell an important word.

### Word Scramble—Key

**In this activity you will:**

- learn concepts for keeping fit and staying healthy.

aerobic

easily

calories

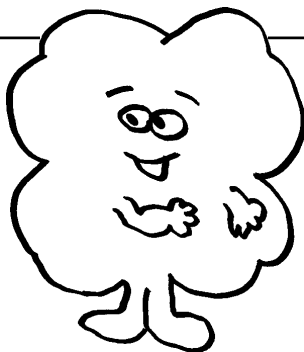
heart

stretch

strong

unhealthy

1. Jumping rope is an a e r o b i c activity.
2. s t r e t c h before you work out.
3. The h e a r t pumps blood and oxygen through your body.
4. Smoking can cause u n h e a l t h y lungs.
5. Flexibility is the ability to stretch e a s i l y.
6. You burn c a l o r i e s while exercising.
7. Exercise makes muscles s t r o n g.



*The important word is*

h e a l t h y

Source: 4-H 355, Keeping Fit

Developed by: Dee Jepsen, Extension Associate, Ag Eng/Health/Safety

# Food and Nutrition

## Eating Healthy

Find the words hidden in the word search. Words can be across, down, diagonal, or backwards.

fats  
cereal  
cheese  
poultry

fruit  
milk  
two  
four

oils  
pasta  
vegetables  
fish

bread  
yogurt  
five  
eleven

sweets  
pyramid  
meat  
eggs

apple  
three  
food groups

pear

i y h j s g m o f i v e r g  
a o u b r e a d r x e g g s  
e g h i s h a j l q g i y o  
p u n x k e o s q f e e s p  
z r l t s w f r u i t m w d  
k t a e m a o m x v a h e f  
c e e m t d s r i t b x e y  
i h b s w l a t m i l k t r  
c m q p i m x l p c e d s t  
b f o o d g r o u p s u g l  
l o v c a s u n s y w m l u  
q u c h p e a r k r e n f o  
q r e n p o s a p a t s a p  
j b r k l t c n d m b y v n  
c w e j e h z i w i o t j v  
p r a t s r g n d d h w q r  
f e l e v e n g f a n o y m  
v z t k q e d o g f i s h e

## Word Search

**In this activity you will:**

- learn important words to know when choosing healthy foods.

Source: 4-H 460, Adventures With Food

Developed by: Dee Jepsen, Extension Associate, Ag Eng/Health/Safety

# Food and Nutrition

## Eating Healthy

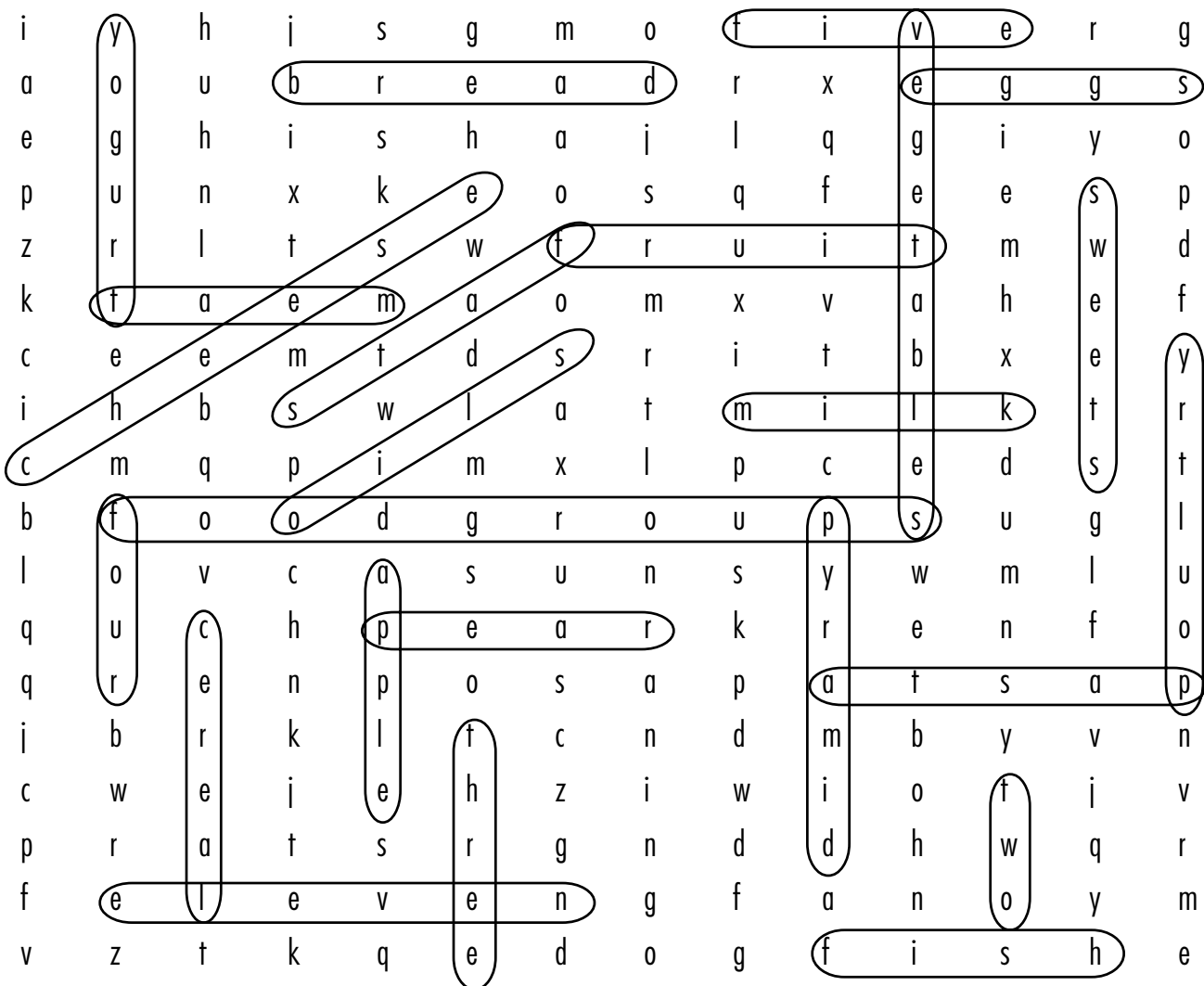
Find the words hidden in the word search. Words can be across, down, diagonal, or backwards.

|         |       |            |        |         |             |      |
|---------|-------|------------|--------|---------|-------------|------|
| fats    | fruit | oils       | bread  | sweets  |             |      |
| cereal  | milk  | pasta      | yogurt | pyramid | apple       |      |
| cheese  | two   | vegetables | five   | meat    | three       |      |
| poultry | four  | fish       | eleven | eggs    | food groups | pear |

### Word Search—Key

**In this activity you will:**

- learn important words to know when choosing healthy foods.



Source: 4-H 460, Adventures With Food

Developed by: Dee Jepsen, Extension Associate, Ag Eng/Health/Safety



# Food and Nutrition

## Is a Tomato a Fruit or a Vegetable?

### Decision-Making

#### In this activity you will:

- learn how to classify different foods into each food group.

Match the different foods with their correct food groups.

- |                 |                  |
|-----------------|------------------|
| A. Apple        | N. Baked Beans   |
| B. Banana       | O. Oatmeal       |
| C. Carrots      | P. Peanut Butter |
| D. Spaghetti    | Q. Milk          |
| E. Cereal       | R. Rice          |
| F. Fish         | S. Steak         |
| G. Green Beans  | T. Tomatoes      |
| H. Hamburger    | U. Turkey        |
| I. Strawberries | V. Cheese        |
| J. Potato Chips | W. Coke          |
| K. Cucumbers    | X. Bread         |
| L. Margarine    | Y. Yogurt        |
| M. Macaroni     | Z. Zucchini      |

Breads & Cereals

Vegetables

Meats

Fruits

Dairy (Milk Products)

Fats, Sweets, & Oils

---



---



---



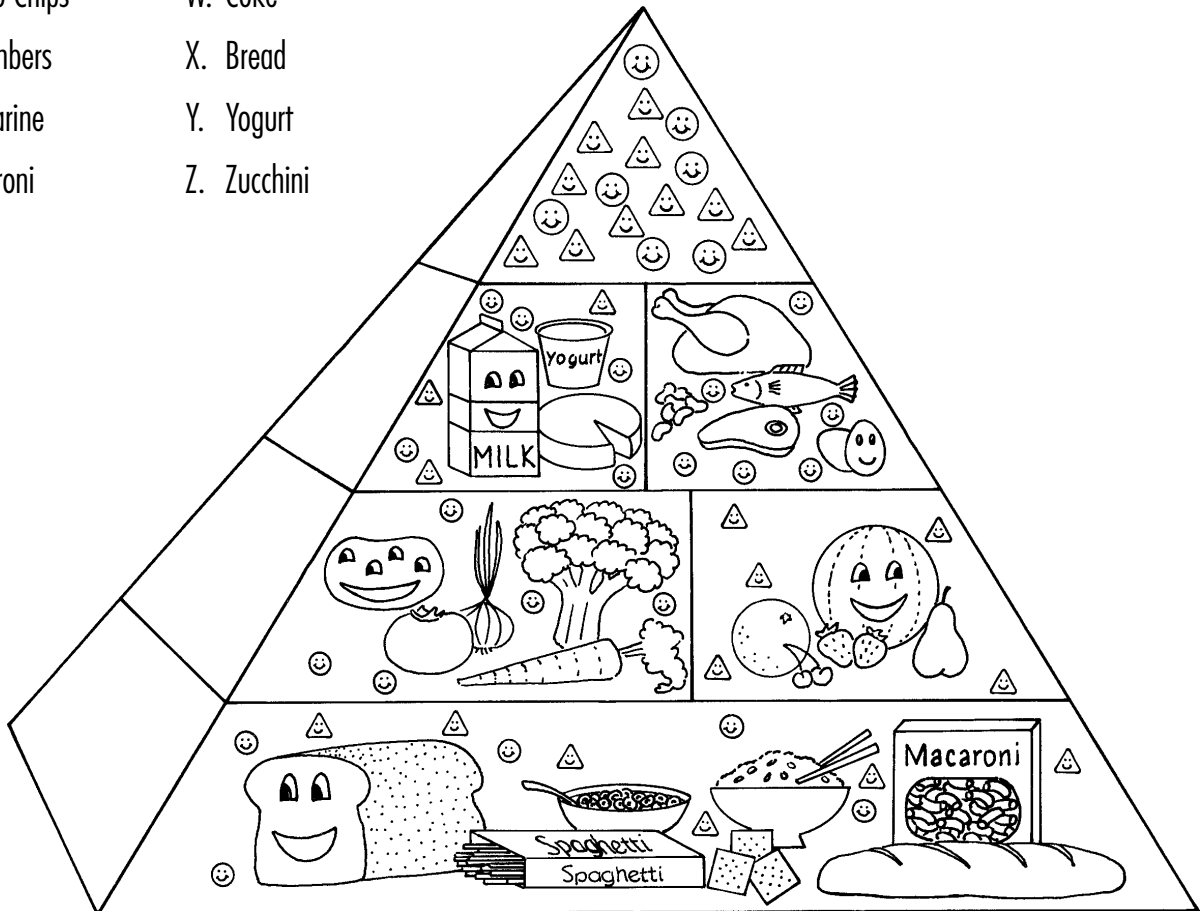
---



---



---



Developed by: Ken Culp, III, Extension Specialist, Volunteerism

# Food and Nutrition

## Is a Tomato a Fruit or a Vegetable?

### Decision-Making—Key

#### In this activity you will:

- learn how to classify different foods into each food group.

Match the different foods with their correct food groups.

- |                 |                  |
|-----------------|------------------|
| A. Apple        | N. Baked Beans   |
| B. Banana       | O. Oatmeal       |
| C. Carrots      | P. Peanut Butter |
| D. Spaghetti    | Q. Milk          |
| E. Cereal       | R. Rice          |
| F. Fish         | S. Steak         |
| G. Green Beans  | T. Tomatoes      |
| H. Hamburger    | U. Turkey        |
| I. Strawberries | V. Cheese        |
| J. Potato Chips | W. Coke          |
| K. Cucumbers    | X. Bread         |
| L. Margarine    | Y. Yogurt        |
| M. Macaroni     | Z. Zucchini      |

Breads & Cereals

Vegetables

Meats

Fruits

Dairy (Milk Products)

Fats, Sweets, & Oils

**D, E, M, O, R, X**

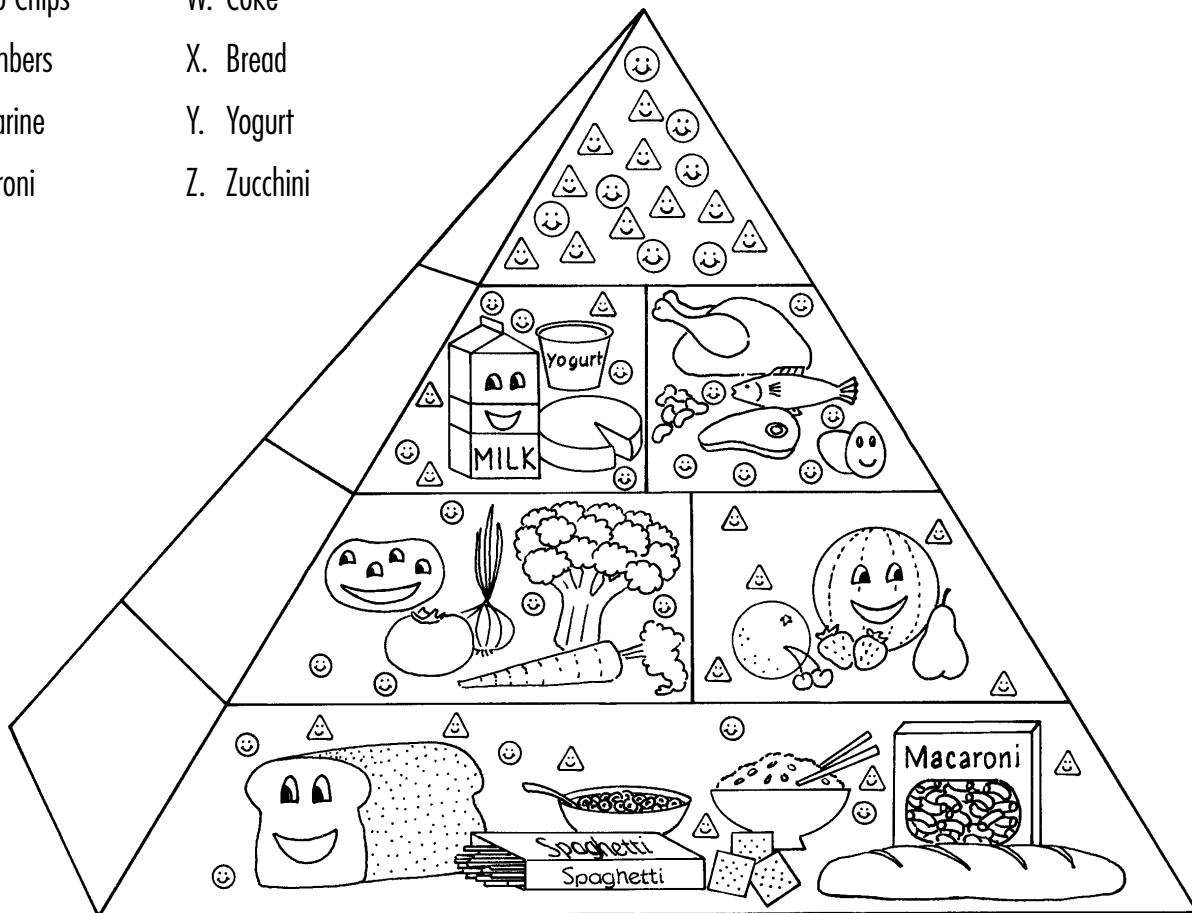
**C, G, K, P, Z**

**F, H, B, P, S, U**

**A, B, I, T**

**M, V, Y**

**J, L, W**



Developed by: Ken Culp, III, Extension Specialist, Volunteerism

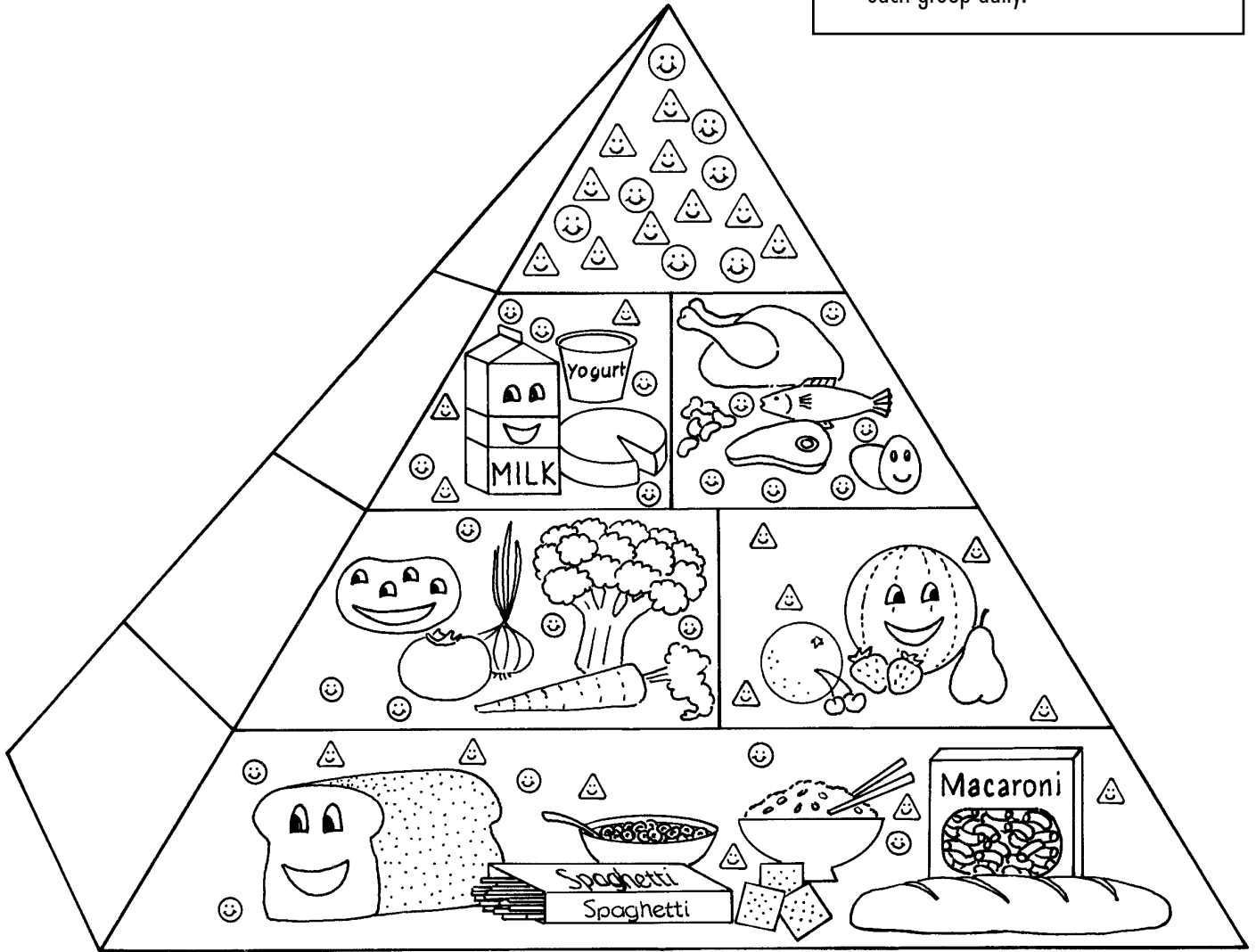
# Food and Nutrition

## What Should You Eat?

### Fill in the Blanks

#### In this activity you will:

- understand the food pyramid.
- learn how many foods to eat from each group daily.



Chris Clover says you need  
? servings of each food  
group each day.

Fats, oils, and sweets \_\_\_\_\_

Milk, yogurt, and cheese \_\_\_\_\_

Vegetables \_\_\_\_\_

Meat, fish, and eggs \_\_\_\_\_

Breads and cereals \_\_\_\_\_

Fruits \_\_\_\_\_

Source: 4-H 460, Adventures with Foods

Developed by: Dee Jepsen, Extension Associate, Safety, and Ken Culp, III, Extension Specialist, Volunteerism

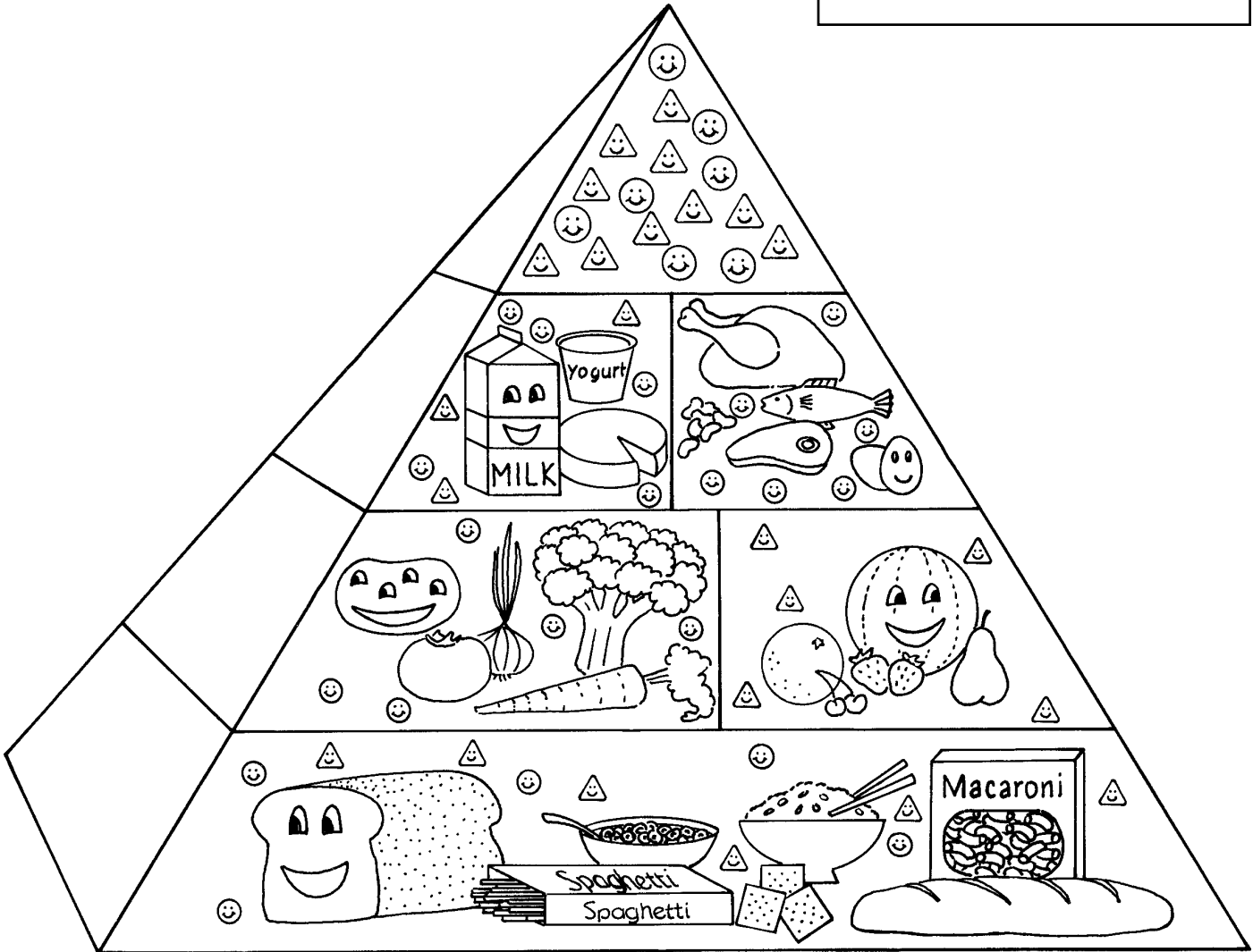
# Food and Nutrition

## What Should You Eat?

### Fill in the Blanks—Key

#### In this activity you will:

- understand the food pyramid.
- learn how many foods to eat from each group daily.



Chris Clover says you need  
?\_ servings of each food  
group each day.

Fats, oils, and sweets sparingly  
Milk, yogurt, and cheese 2-3  
Vegetables 3-5

Meat, fish, and eggs 2-3  
Breads and cereals 6-11  
Fruits 2-3

Source: 4-H 460, Adventures with Foods

Developed by: Dee Jepsen, Extension Associate, Safety, and Ken Culp, III, Extension Specialist, Volunteerism