MyPyramid

This month we are going to take a close look at MyPyramid for Kids. There is a step-by-step explanation of the key concepts of the MyPyramid. The handout is available at www.mypyramid.gov/kids/index.html under A Close Look at MyPyramid For Kids or at http://teamnutrition.usda.gov/resources/mpk_close.pdf. The six key concepts include:

- Be Physically Active Every Day
- Choose Healthier Foods From Each Food Group
- Make Choices That are Right for You
- Eat More From Some Food Groups Than Others
- Every Color Every Day
- Take One Step at a Time

The very narrow yellow stripe on MyPyramid is for Oils. Oils are not really a food group, but we still need some for good health. We should get oils from nuts, salad dressings, and liquid oils such as corn oil, soybean oil, canola oil, or olive oil. We should limit solid fats like butter, margarine, shortening, and lard. Oils and solid fats contain about 120 calories per tablespoon. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake. For most boys and girls ages 9-13, in addition to the healthy choices you make from the five food groups, you may also consume approximately 5 teaspoons or less than two tablespoons per day of fat from nuts, salad dressings, and liquid oils. These amounts are appropriate for individuals who get less than 30 minutes of moderate physical activity, beyond normal daily activities.

Club Roll Call

For roll call, ask each youth to name his or her favorite winter sport.

Physical Activity Calendars

Collect the November Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his/her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of more intense activity, 3 times a week?
Do you think you’re getting enough physical activity? Why?
What precautions do you need to take when exercising in cold weather?
How can you fit more regular indoor physical activity into your life?
December Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members (and leaders). Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies. Remember during the busy holiday season, it is important to keep physically active, especially since there are many opportunities to consume extra calories at parties and gatherings. Many households have lots of extra treats on hand.

Educational Activity
“Snowman Fun!” is the theme of the physical activity for December. Three activities are provided for club/group participation. The Snowman Race, the Build-a-Snowman Contest, and the Snowman Stuffing are short physical activities that can be completed during your club recreation or program time. Physical activity can still take place during cold weather but it takes a little more preparation and a few more clothing items.

Recipes/Snacks
Two recipes are included for the month of December. One is Hot and Sweet Tidbits, which would need to be prepared ahead of time to serve at the meeting. The Peppermint Cocoa recipe could be made for the club/group meeting. It also could be mixed and packaged into decorated containers as gifts for seniors or shut ins the community. Be sure to attach a tag with the preparation instructions.

Ties to 4-H Projects
As a December community service project, 4-H clubs/groups might collect mittens, hats, socks, and scarves to donate to needy children. There are often many children who do not have appropriate clothing for the cold weather. Teachers, religious staff members, and social service agency personnel may know of children who need these warm items and could help in the distribution of these items to the appropriate families.

Members enrolled in the Visual Arts project might lead the club/group in making holiday greeting cards for seniors in the community. They might also make gift tags and decorate quart jars to fill with the Peppermint Cocoa mix that could be given seniors and shut ins. This would be a good project for the cold weather months of January and February too.

Get Up and Move!
A Close Look at MyPyramid

MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Eat More From Some Food Groups Than Others
Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Choose Healthier Foods From Each Group
Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

Every Color Every Day
The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You
MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time
You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.
### Energy Chart

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate covered cherry</td>
<td>75</td>
</tr>
<tr>
<td>Candy cane (5 oz)</td>
<td>60</td>
</tr>
<tr>
<td>Chocolate (1 piece - 2 oz)</td>
<td>38</td>
</tr>
<tr>
<td>Chocolate chip cookie (1 oz)</td>
<td>38</td>
</tr>
<tr>
<td>Sugar cookie (homemade)</td>
<td>55</td>
</tr>
<tr>
<td>Grits</td>
<td>46</td>
</tr>
<tr>
<td>Jams and jellies</td>
<td>36</td>
</tr>
</tbody>
</table>

**Approx.**

Choose these extra calories.

High in sugar: nuts and some holiday treats and main dishes. Have some sugar highs in sugar and let them enjoy during this time of year.

### Holiday Treats

Each day fill in what physical activity you did and how many minutes you did it.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

**Total minutes of activity:**

- **Walking (2 mph)**: 120
- **Volleyball (recreational)**: 132
- **Walking (2 mph)**: 120
- **Swimming (25 yd/min)**: 128
- **Skating (cross-country)**: 360
- **Running on ice**: 172
- **Ice skating (9 mph)**: 192
- **Jumping rope**: 375
- **Jogging (3.5 mph)**: 370
- **Ice skating (6 mph)**: 192
- **Bicycling (6 mph)**: 225
- **Basketball (recreational)**: 225
- **Aerobic Dance**: 73

**Weekly Total**

- **Monday**: 200
- **Tuesday**: 250
- **Wednesday**: 300
- **Thursday**: 325
- **Friday**: 275
- **Saturday**: 225
- **Sunday**: 175

**December Total**

- **Monday**: 1400
- **Tuesday**: 1750
- **Wednesday**: 2200
- **Thursday**: 2550
- **Friday**: 2800
- **Saturday**: 2300
- **Sunday**: 1850

**Notes:**

- Keep track of your daily activities and total minutes.
- Encourage your family to get them into regular physical activity.
- Monitor your progress and celebrate improvements.
Get Up & Move!

Hot and Sweet Tidbits

1 package (14 ounces) honey-nut round toasted oat cereal
1 package (12 ounces) square corn cereal
8 cups popped popcorn
1 can (11 ½ ounces) mixed nuts, dry roasted
½ cup butter or margarine
½ cup light corn syrup
½ cup small red cinnamon candies
½ cup sugar
1 tablespoon chili powder
¼ teaspoon salt
¼ teaspoon ground red pepper

Preheat oven to 250°F. Spray a large roasting pan with nonstick spray. Combine cereals, popcorn, and nuts in roasting pan. In a medium saucepan, combine butter, corn syrup, cinnamon candies, sugar, chili powder, salt, and red pepper. Stirring constantly, bring to a boil over medium heat. Continue stirring until candies melt. Pour over cereal mixture; stir until well coated. Bake 1 hour, stirring every 15 minutes. Spread on aluminum foil; cool completely. Store in an airtight container.

Yield: about 34 cups snack mix

Note: Do not use mixed nuts if any participants have allergies to nuts.

Peppermint Cocoa

3 cups powdered milk
1 1/4 cup sugar
8 to 10 peppermint candies, crushed

1/2 cup baking cocoa
1/8 teaspoon salt

Stir all ingredients together and store in a wide-mouth, one-quart canning jar or airtight container.

To Make: To make one serving, add 5 to 6 tablespoons of mix to your mug. Add one cup boiling water. Stir. Makes 12 servings.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (45g)</th>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Calories from Fat</td>
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<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>32g</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

12/05

University of Illinois Extension provides equal opportunities in programs and employment. 12/05
Snowman Fun! (20-40 minutes)

Items needed for this activity:
- Two sets of items to create a “snowman”
  - Stocking Cap
  - Mittens
  - Sunglasses
  - Scarf
  - Boots (large)
  - Belt
  - Suspenders
  - Ear muffs
  - Clown nose
  - Large overcoat (optional)
  - Large overalls (optional)

Other items that you feel could go on a snowman
- 2 boxes to hold “snowman” clothes
- Balloons (30-50 balloons per team)
- 30 gallon trash bags (need 1 bag per team for the Snowman Stuffing game)
- Timer

Background information for presenter:
Planning outdoor activities can be challenging during winter months. Many “typical” wintertime activities revolve around having snow on the ground. This month you have several options for a fun, hands-on activity that will involve all of the members in some form of physical activity. One of the activities requires “snowy” conditions the others are indoor snowman activities.

Step 1: Information to share with club members (5 minutes)
When being physically active during cold months, it is important that you dress appropriately. Whenever you go outside, it is important to have your head covered, as a great deal of body heat gets lost through an uncovered head. A hat and maybe even earmuffs are best. Hoods do work, however they can interfere with moving and seeing. It is also important to dress in layers for warmth – just don’t wear so many layers that you can’t move easily for fun and safety. If you will be outside for an extended period of time in cold temperatures, consider tying a scarf over your mouth and nose. A scarf can facilitate warming the air that you breathe before it gets into your throat and lungs. If you use a scarf, remember to tuck the ends inside your coat so it doesn’t get caught on something and become a choking hazard. Last – remember mittens or gloves and boots.

The only “man” that doesn’t have to worry about getting too cold is perhaps a snowman. Today we are going to get active doing some activities focusing on snowmen.

Step 2: Group Activity (10 minutes)
Snowman Race: (Prior to the activity, use masking tape to mark both a start/finish line and dressing line for each team).
Who can tell me what you need to make a snowman? (Possible responses might be snow, sticks for arms, rocks or coal for eyes, hat, scarf, etc.) All of those are good responses and we are going to use a few of those items in our Snowman Race. Today we are not going to use real snow in this race; instead each of you is going to “dress” like a snowman.

First I need to have you form two teams (have participants count off to form two teams). Here is a start line for each team. (Point out area.) There is a box of snowman
supplies for each team on the other side of the “dressing” line of each team. All of the members of each team should line up in single file behind the “start” line.

When I say go (or blow a whistle), the first person from each team should run to the other side of the dressing line, put ALL of the items from their snowman box on over their clothes, complete five jumping jacks, take all of the snowman clothes off, and run back to the start line to tag the hand of the next player. The next person repeats the process. The team to complete the relay first is the Champion Snowman Dresser!

Optional Variation: When working with a large group, assign youth an item from the snowman box to help dress the participant. Spread the “dresser helpers” as far apart as possible. As the person who is racing/being dressed approaches a helper, the helper must complete 5 jumping jacks before placing the snowman article on the other person.

**Step 3: Group Activity (15 minutes)**

**Build-a-Snowman Contest:** This activity can only be done if there is a good covering of snow outdoors. If conditions are good – make sure that all members have the proper outdoor clothing (including gloves, hats, etc.) Depending on the size of the group, form teams of at least 5 participants who will work as a team to build the first 5-foot snowman. Review common guidelines for building a snowman in case some participants have not had that opportunity. The main point is to explain that they need to start with a small ball or clump of snow and then just start rolling and packing it to form a larger ball. Do require that the entire team help in the process. Tasks will include rolling the balls, helping stack the balls up, finding resources to “dress” their snowman, etc.

The winner will be the first team to create a 5-foot snowman. (It will help if you have a measuring stick on hand).

Another option on this activity would be to identify other categories to evaluate the snowmen. For example, “best dressed;” “sturdiest appearance;” or “most 4-H-like”.

**Step 3: Group Activity (10 minutes)**

**Snowman Stuffing:** This can be a fun holiday activity. Prior to starting the activity, members will need to blow up a large supply of balloons and use masking tape to mark both a start line and snowman stuffing location for each team. Depending upon room space, scatter the balloons around the edges of the room or in a container near the starting line. Divide all of the participants into teams of 4-6 players. This activity involves one participant who plays the role of the snowman, while the other participants are responsible for “stuffing” the snowman with balloons. Once you have identified the snowman, that individual should put the garbage bag on. Two slits should be cut in the sealed end of the bag. The snowman should slip his/her legs through those slits. Team members can help them pull the garbage bag up to the snowman’s armpits (arms outside of the garbage bag) and tape the open ends of the bag across their shoulders – leaving an opening in the front and the back. These two openings will be used to “stuff” the snowman with balloons.

Remind participants that the only balloons that count in this game are the ones that are intact – so balloons popped while stuffing them in the bag don’t count.

Have team members line up behind their starting line. Explain that each participant will quickly get a balloon, race to stuff in the snowman, then return to the starting line to tag the next person. We will set a timer for two minutes and see how many un-popped balloons can be stuffed into the bag before the timer goes off.

The winning team is the team that gets the most intact balloons in the suit during the two-minute time period.

**Get Up & Move!**
Facts on Fats and Oils
Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Some oils are mainly used as flavorings, such as walnut oil and sesame oil. Oils come from many different plants and from fish. Some common oils are:
- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- Soybean oil
- Sunflower oil

There are certain foods that are naturally high in oils, like:
- Nuts
- Olives
- Some fish
- Avocados

Oils
Most oils are high in unsaturated fats, the type of fat that is better for you, and low in saturated fats, the fats you want to eat less of. There are a few plant oils that are high in saturated fats, like coconut oil and palm kernel oil. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol.

Cholesterol is a waxy substance produced in the liver that can cause heart disease. Dietary cholesterol is found in foods like full fat dairy products, fatty meats, egg yolks, and shellfish. The body produces enough cholesterol on its own, so it needs as little additional cholesterol from food sources as possible to stay healthy.

Solid Fats
Solid fats are those that are solid at room temperature, like butter and shortening. Solid fats tend to contain more saturated fats, and cholesterol. These are things that cause “bad” cholesterol levels in the blood to rise. Too much “bad” cholesterol in the blood can build up on the walls of the arteries that lead to the heart and the brain. Solid fats come from many animal foods and can be made from vegetable oil through a process called hydrogenation. To lower the risk for heart disease, your family should cut back on foods containing saturated fats, and cholesterol. Some common solid fats are:
- Butter
- Beef fat
- Chicken fat
- Pork fat
Importance of Oils
Consuming oils is important for your family’s health because oils contain “essential fatty acids.” There is an allowance for oils in MyPyramid separate from discretionary calories because they contain these acids. The fatty acids in fish, nuts, and vegetable oils do not raise bad cholesterol levels. In addition to the fatty acids, oils are a major source of vitamin E in typical American diets. Fats also help to protect the organs, keep the body warm and help the body absorb and move nutrients. They also help hormone production.

Although consuming oils is important to your family’s health, oils still contain calories. There are about 120 calories per tablespoon of fats and oil. Your family should try to limit the amount of calories they consume from fats and oils in order to balance out their total calorie intake.

Daily Allowance of Oils
There is a small daily oil allowance in MyPyramid, which includes the oil naturally found in food or used in food preparation. The allowance ranges from 2-6 teaspoons. The important thing to remember is that daily oil intake should be kept small.

Tips for Cutting the Fat
Here are some tips for limiting the amount of fats in the daily diet, particularly saturated fats.

- Use margarine spreads instead of butter or daily blends.
- Use salad dressings and mayonnaise made from oils such as canola, sunflower, soy and olive oils.
- Use low-fat or fat-free dairy products or “calcium added” soy products.
- Limit full-fat cheese and ice cream to twice a week.
- Try to have fish at least twice a week.
- Select lean poultry and meats.
- Snack on plain, unsalted nuts and fresh fruits.
- Incorporate dried peas, beans, or lentils into two meals a week.
- Limit snack foods such as potato chips to once a week or less.
- Limit cakes, cookies, and pastries to once a week or less.
- Limit cholesterol-rich foods such as egg yolks to a few times a week.

Source: (www.mypyramid.gov; www.kidshealth.com; www.betterhealth.vic.gov)
Snow Time Fun
This month you learned why it is important to find balance in your diet with the type of fats you eat. It is also important to find balance in your life by incorporating physical activity. It can be difficult to stay active during the winter months because of poor weather conditions, but there are still plenty of options.

This month you and your family can be physically active together and enjoy the winter weather by building a snowperson. Try to choose a day that is not too cold and make sure that the snow is a bit sticky. Be sure to dress warm with a coat, hat, gloves and a scarf. You can also invite other friends and their families to help you build your snowperson.

Before you go outside to build your snowperson gather the materials you will need. Suggestions include old scarves, hats, vests, flannel shirts, straw brooms, pipes, carrots, stones, and large buttons or pieces of coal. Once outside you can gather sticks or old shovels and brooms for arms.

The first step to making your snowman is to roll a snowball the size of a baseball. That ball should be put on the ground and rolled until it gets to the size of a small table for two people. You should finish rolling the ball where you want the snowperson to sit in your yard. This will be the bottom of your snowperson. Next you should roll a second ball, yet it should be smaller than the first. Place the second ball on top of the first and pack some snow around the bottom of the second ball to make sure it’s secure. This will be the upper body of your snowperson. Next, roll a third and final ball of snow that is a bit smaller than the second. Place the third ball on top of the second and pack some snow around the bottom of the third ball. This will be the head of your snowperson. You might need an adult to help place third ball on top of your snowperson. Now you and your family are ready to decorate.

Below are a few suggestions for ways to decorate your snowperson. Don’t feel limited by the suggestions; your snowperson can be transformed into as many things as you can think of!

- **Faces:**
  - **Nose:** carrots, coal, button, stick
  - **Eyes:** buttons, small apples, coal, painted stones, craft googly eyes
  - **Mouth:** stones, coal, buttons, wax lips

- **Hair:** Mop heads, colored string or yarn

- **Snowman:** Old coat in a masculine color, top hat, long scarf

- **Snowwoman:** Old coat in feminine colors, food coloring to make rosy cheeks and lips
- **Sportsnowman:** Football helmet, old pair of figure skates, golf club and cap, or an old jersey

While you are outside building your snowperson you might want to try making snow angels or even having a friendly snowball fight. There are many fun activities that you can do outside during the winter, but always remember to dress appropriately for the weather. Also don’t forget to record the minutes you spend building your snowman in your December physical activity calendar. Remember that your goal is to get 60 minutes of physical activity every day!

Source: (www.youthonline.ca)
Holiday Baskets
December is a month full of holiday celebrations and is a great time to give back to those in need in your community. This month you and your club can make holiday gift baskets for those who are less fortunate in your community.

Before you begin making your baskets, contact your local social service agency for a list of families, elderly, and people with special needs who would like to receive a holiday basket. You might also want to deliver baskets to those in need in your neighborhood. Having an idea of who will receive the baskets will help you decide what to put in them.

Some ideas for things to put in holiday gift baskets are foods like holiday cookies or bread, fresh fruit, canned food, dried food, jams, and coffee. If you are going to make the holiday treats that you put in your baskets, try to use less fats and oils in your recipes. You might even want to look for recipes that use fat substitutes, like applesauce or low-fat yogurt. Items they can’t get with food stamps, such as toothpaste, soap, hand lotion, soup mix, salad dressing, tea bags, and sugar are also good items to include. If the basket is for a child it might be a good idea to include some small toys, games, coloring books, or puzzles.

Each basket should be draped with a liner or napkin before the gifts are put inside. Feel free to get creative with how you arrange the gifts inside your baskets. Attach some ribbons to the handle of your baskets to add a little decoration and don’t forget to attach a holiday note. The baskets can be delivered to the social service agency or the families and individuals before the holidays. If you choose to give the baskets to people in your neighborhood you can deliver them on foot. If delivering baskets, consider organizing team that includes one or more youth and an adult. This exercise is a good way to help you reach your goal of 60 minutes of physical activity every day.

Source: [www.fun.familyeducation.com](http://www.fun.familyeducation.com)