Sports Nutrition
Many of today’s youth are involved in extracurricular sports activities. Because so many young people are athletes, this month’s topic focuses on sports nutrition. All children need to eat balanced meals and have a healthy diet. Should that balance change if a child is on a sports team or working out? Maybe. Children should eat the right mix of foods to support their higher levels of activity, but that mix might not be much different from what is considered a healthy diet. Eating for sports should be an extension of healthy eating for life.

Sports nutrition is for everyone, not just those who are on a sports team. Even those not involved in rigorous activity through a sport need energy for daily activities and exercise. We all need to be concerned about having healthy bones, strong muscles, and a healthy cardiovascular system. While athletes or very active people may need more calories than less active people and more water because of the loss of water through perspiration, athletes do not need to eat a lot of extra protein or special kinds of protein. Athletes also do not need special sports drinks or pills to give them more energy.

(Sources: www.kidshealth.org, USDA, 4-H Sports Nutrition Guide)

Club Roll Call: What sports do you enjoy playing (on a team or on your own)?

Physical Activity Calendars
Collect the May Physical Activity Calendar 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 his/her activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over days in May?
Did you get at least 30 minutes of moderate activity each day?
What kinds of activity are you getting?
Do you think you’re getting enough physical activity? Why?
How can you fit more short periods of regular physical activity into your life?

Pass out the June Physical Activity Calendar.
Educational Activity
In this month’s physical activity, members will participate in some common drills used by athletes in various sports. Youth will practice dribbling a basketball, vertical jumping, knee lifts, and arm circles. These activities will help members to get various body parts moving and also to experience some drills that athletes use to perfect their skills.

Recipes/Snacks
This month’s snack features a high energy snack made with oats, soy nuts or peanuts, and fruit. With 3 grams of fiber, one serving of this snack provides 12% of the daily recommended amount of fiber. Young athletes are sure to replenish their energy with this snack!

Family Activity
For this month’s family activity, members are encouraged to participate in sports with their families. They can engage in a sport they already play together, such as basketball in the driveway, or they can try a new sport for the day! Possibilities for activities include playing tennis at a local court, volleyball at a local recreation center, and soccer! Before playing the sport, members are encouraged to visit the local library or use the internet to learn the rules of the sport they are interested in trying.

Community Activity
As a community activity this month, members can contact a favorite athlete to see what he or she does to keep fit and active and what he or she eats to stay healthy! These athletes can be professional athletes, local team athletes, or even high school athletes! To write to an athlete, members can use a sports magazine, game program, or the internet to find the address. Another activity a member can do is to visit a high school or college team sports practice to see what sports teams at that level are like. Members can talk to the team members or to the coaches for valuable insight about being part of a team.

Ties to 4-H Projects
A number of 4-H Projects tie into this month’s topic of sports and nutrition. Bicycle Adventures and Outdoor Adventures are two project topics in which members will learn about healthy ways to exercise. In the Food and Nutrition projects, the groups of MyPyramid can be explored in Dairy Foods, Breads and Cereals, Fruits and Vegetables, and Meat and Other Protein Sources. In Sports Nutrition, members will learn about power snacks, foods that are good sources of energy, and food and fitness topics. Since sports events and stories are often in the news, members enrolled in Journalism can read and compare these stories, or even write one of their own.

All Get Up and Move! materials can be found on the State 4-H website at http://www.4-h.uiuc.edu/opps/move.

Get Up and Move!
|       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| **Total minutes of physical activity** |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

Each day, fill in what physical activity you did and how many minutes you did it. For more resources visit: www.4-h.illinois.edu/physicalmove

Name the sport represented by pictures below in each of the spaces and total at the bottom.
Get Up & Move!

High Energy Snack

3 cups oat square cereal
1 1/2 cups quick cooking oats
1/3 cup roasted soy nuts or dry roasted peanuts
1/4 cup honey
2 tablespoons vegetable oil
1 cup dried fruit
1/2 cup mini candy-coated milk chocolate candies

In a large bowl, combine cereal, oats, and nuts.

In a small bowl, combine honey and oil; mix well. Add to cereal mixture; mix well.

Spread oat mixture in single layer on 15-1/2 x 10-1/2 x 1-inch rimmed baking sheet sprayed with cooking spray.

At 350°F bake 12 to 15 minutes, stirring three times during baking. Remove from oven; stir to loosen mixture from pan. Cool completely in pan on wire rack.

Stir in dried fruit and candy.

Makes 14 1/2-cup servings.

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Nutrition Facts

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<tr>
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<tr>
<td>Sugars</td>
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<td></td>
</tr>
<tr>
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Vitamin A 2% • Vitamin C 2%
Calcium 4% • Iron 25%

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

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<td>Dietary Fiber</td>
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
Get Up & Move!
Physical Activity Series 3: June

Sports Drills (25 minutes)

Items needed for this activity:
- Stopwatch or timer
- Cones or other objects for members to run around for stations #1 and #3
- Basketballs (enough for ¼ of members)
- Drill station signs (provided)

Activity set up:
- Set up four areas for the drill stations. For stations #1 and #3, members will need enough space to run to one end of the room or field and back. For stations #2 and #4, enough space is needed for members at those stations to spread out and complete the activities.

Step 1: Information to share with club members (5 minutes)
Sports nutrition is for everyone, not just athletes or those who want to be athletes. If you spend some of your time in active playing, then you have a healthy, active lifestyle. Athletes and active people need to eat a nutritious diet to keep fit. But this diet isn’t much different from the diet everyone else needs to eat! In order to have a healthy diet, we need to make sure we are following MyPyramid and getting all the foods we need every single day.

We talk a lot about energy and how we need lots of energy to be active. All living things need a steady source of energy just to stay alive! The energy in foods is measured in calories. The nutrients that can provide calories are carbohydrates, protein, and fat. Carbohydrates are the most easily used source of energy for the body. The body prefers to use this energy source whenever possible. Fat and protein can also be used for energy, but the body prefers to store fat for future energy use.

There are three main types of carbohydrates: sugar, starch, and fiber. Only starch and sugar give us energy. Foods like bread, rice, cereal, and pasta are high in starch. That’s why you feel energetic after eating them! We also get carbohydrates from fruits and vegetables. It is important to have these foods in our diets as well!

Athletes usually eat an energy-packed meal or snack three or more hours before competing in their game or meet. There are no special foods that athletes can eat before an event to give them extra energy. The best kind of meal they can eat is one that has a lot of carbohydrate and fluid with smaller amounts of protein and fat. They get some energy from this meal, but most of their energy for their game comes from the food they eat in the days before.

Now, we are going to talk about some sports nutrition myths. Who can tell me what a myth is? (Members should give responses). That’s right! A myth is something that many people may have heard and may believe, but which isn’t really true. I am going to read some statements about athletes and sports nutrition, and I want you all to tell me if they are true statements or myths.

1. Athletes should eat a lot of extra protein or special kinds of protein. (Myth – athletes should follow MyPyramid for their food intake)
2. Athletes might need more water because water is lost through perspiration (sweating). (True – athletes should drink water before, during, and after exercise to rehydrate themselves)

3. Athletes need special sports drinks or special pills to give them more energy. (Myth – athletes do not need these things; however, they do need proper nutrition and lots of water!)

(Sources: www.kidshealth.org, USDA, 4-H Sports Nutrition Guide)

Step 2: Group Activity 1 (20 minutes)
In this month’s activity, we are going to explore some different sports! Some of these sports you might have heard of or even played yourself! Others might be new to you.

One thing that athletes do during their practices is what is called a drill. They might do many different types of drills that help them practice. In a drill, an athlete practices a certain skill that they use in their sport. A basketball player might do a dribbling drill to practice ball-handling skills or a passing drill to practice their passing skills.

What kinds of drills do you think athletes in the following activities could do?

- Tennis player
- Volleyball player
- Swimmer
- Relay runner
- Golfer

Great ideas everyone! For our activity today, we are going to practice some of the drills that athletes do to help them with certain skills! We are going to divide into 4 groups and each group will start at a different station. You will spend five minutes at each station. When I say “Change!” you will rotate to the next station!

(Divide members into four groups, explain the order of the stations and rotation, and give a brief explanation/demonstration of each of the four stations, as outlined below. Once the stations have been explained, assign each group to a different station. Tell members to begin the drill at each station. After five minutes, say “Change!” and guide members through stations until they have completed all four.)

Station #1: Basketball dribbling
Members will practice dribbling a basketball by weaving through cones set up by the leader or by dribbling to one end of the room and back. Members can go all at once, two at a time, or one at a time, depending on your group size and space available. Dribbling a basketball will help members to get moving while working on their hand-eye coordination.

Station #2: Volleyball jumping
One important skill that volleyball players have is being able to jump high! In order to practice this, members will do vertical jumps, where they will stand in one place and jump as high as they can. Make sure members are spread out enough so that they are not too close to each other.

Station #3: Soccer Knee Lifts
For this drill, members will run to one end of the room and back raising their knees high with each step. You can set up a cone or other object to run around and members can go all at once, two at a time, or one at a time, depending on group size and space available.

Station #4: Arm Circles
Many sports, such as tennis, baseball, and softball require strong arms and shoulders! For this drill, members will do both large and small arm circles, in the forward direction and the reverse direction. Members should spread out enough so that they do not get in each other’s way.

Get Up & Move!
Station #1
Basketball
Dribbling

Station #2
Volleyball
Jumping
Station #3
Soccer Knee Lifts

Station #4
Arm Circles
Sports Nutrition

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If your child is eating healthy, well-balanced meals and snacks, your child is probably getting the nutrients that he or she needs to perform well in sports. MyPyramid can provide you with guidance on what kinds of foods and drinks should be included in your child’s well-balanced meals and snacks. But children who are involved in strenuous endurance sports like cross-country running or competitive swimming, which involve 1 ½ to 2 hours of activity at a time, may need to consume more food to keep up with their increased energy demands.

It is important that any child is getting the following nutrients: vitamins and minerals, such as calcium and iron; protein from meat and poultry, dairy products, and nuts; and carbohydrates for energy. For a young athlete, carbohydrates are an important source of fuel. Without carbohydrates, your child may be running on empty. When choosing carbohydrates, look for whole-grain foods that are less processed. It is also important that young athletes drink plenty of fluid to avoid any heat illnesses or dehydration. It’s a good idea for your child to drink water or other fluids throughout the day, but especially before, during, and after periods of extended physical activity.

(Sources: www.kidshealth.org, USDA, 4-H Sports Nutrition Guide)
Get Up & Move!

Sports
One popular way to stay active is to participate in sports! Many young people are on school-sponsored sports teams, but that is not the only way you can be involved! Many people play sports on their own, whether it is by playing basketball in the driveway or soccer with their friends! In this month’s family activity, your family will learn about some new sports and try them out!

In what sports do you and your family already participate together?
________________________________________________________________________
________________________________________________________________________

What sports would you and your family like to participate in together?
________________________________________________________________________
________________________________________________________________________

Choose one of these new sports from your list of sports in which you would like to participate! As a family, visit the local library or use the internet to explore that sport and how it is played. You can find out the rules and how to keep score!

After learning about the sport, go and try it out! You can visit the local park, a nearby field, a recreation center, or local courts! This month, make a family goal to try out two new sports! Below are some examples of sports you can explore.

Tennis  
Racquetball  
Basketball  
Softball  
Bowling  
Cricket  

Volleyball  
Swimming  
Track & Field  
Tetherball  
Soccer  
Field Hockey

Badminton  
Hockey  
Baseball  
Golf  
Lacrosse  
Kickball
Sports in the Community
Sports are everywhere in our world! You have probably seen a professional sports game on television (or even in person!) and your local high school or junior high school most likely has its own sports teams! Sports are a great way for individuals to stay active and be a part of a team. For this month’s community activity, you can explore the sports teams and athletes in your area. Below are some ideas for community activities.

- Visit a practice, game, or meet or a sports team at your local high school. If you are already on a high school team, visit a practice of a sport that is different from your own! Talk with the coach of the team and some of the athletes to find out what their sport means to them. What are the practices like? Maybe you can even participate in one of the practices to see for yourself. Present what you find out and your experience at the next club meeting.

- Contact your favorite athlete to see what he or she does to keep fit and active and what he or she eats to stay healthy! These athletes can be professional athletes, local team athletes, or even high school athletes. To find the address of an athlete to whom you would like to write, you can use a sports magazine, game program, or the internet. Present any information you find out at the next club meeting.

- Sporting news and events are often in the newspaper’s sports section. If you are interested in Journalism, you can read and compare newspaper stories or articles from a sporting magazine. You can also go to a local sporting event and write an article about it for your local newspaper or school paper.