MyPyramid – Meat and Beans Group
The purple stripe on the USDA MyPyramid represents the meat and beans group. All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered a part of this group. Dry beans and peas are considered as a part of this group as well as a part of the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils so choose these items often instead of meat and poultry. Vary your choices with more fish, beans, peas, nuts, and seeds. Girls and boys ages 9 – 13 need a five ounce equivalent of the meat and beans group daily. One ounce equivalents would be one egg, ¼ cup of cooked dry beans, ½ ounce of nuts or seeds, 1 tablespoon of peanut butter, or 1 ounce of meat or poultry. A small lean hamburger is typically 2 – 3 ounces.

Club Roll Call
Ask each youth to name his/her favorite food from the meat and beans group.

Physical Activity Calendars
Collect the April 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?
Have you increased your daily minutes of activity during April? Why or why not?
How can you fit more regular physical activity into your life?
What is your favorite spring time outdoor activity?
How can you increase your minutes of participation in this activity?

May 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. The Club Charts should be tallied in August and sent to the State 4-H Office in Champaign. Clubs, completing at least five months of activity who turn in their Club Charts, will receive special recognition.
Educational Activity
Run for Fun is the theme of the May Activity Guide. There is background information on running and stretching. There are also several group activities to get everyone involved in physical activity. Check out “Sharks and Minnows,” “Drop and Pop Race,” and the “Running Obstacle Course.

The American Running Association has a web site that contains fitness articles on a variety of topics. They can be found at www.americanrunning.org. Some of the topics include: Anatomy of a Running Shoe, Get Straight on Shoe Shape, Getting-and Keeping-Children Active, Preventing Obesity in Children, Sending Fitness Messages to Children, and Stretching Can Be Fun! Parents and leaders might want to take the quiz in the fact sheet “Sending Fitness Messages to Children” to see how they rate as a fitness booster. The web site also contains a running shoe database for those looking for a good running shoe.

The American Running Association is sponsoring a One-on-One, Walk and Run Program for families, groups, or schools. The program goal is to increase the physical activity levels of youth in order to lower weight levels, encourage healthier eating habits, and create a more active populace of youth. The program provides for a regimen of daily walking and walking-running to improve physical fitness through a time-based program. 4-H clubs and/or families may want to enroll in this 12-week Walk-Run Challenge program and receive a free kit with posters and magnets. The club may also want to challenge other families in the community to participate.

Recipes/Snacks
The May recipe is for Black Bean Dip. The dip can be served with tortilla chips. This fits in well with the meat and bean group discussion. It is also appropriate for the Mexican celebration of Cinco de Mayo. See the May materials in Series One for more information on Cinco de Mayo. The recipe can be found at www.4-h.uiuc.edu/opps/move.

Ties to 4-H Projects
The second Sunday in May is Mother’s Day. For those of you enrolled in 4-H horticulture or plant and soil science projects, you might consider doing some gardening with/for your Mom. This might involve planting herbs in pots that you can set outside the kitchen door; planting flowers around the front entrance, patio, or deck; or planting vegetable plants in a small garden. During the rest of the summer, you will get your exercise by watering and weeding the plants on a regular basis. The average 100-pound person who spends thirty minutes gardening or weeding will expend 90 – 100 calories each time. Your reward will be in having fresh herbs, flowers, or vegetables for your family and in spending quality minutes doing physical activity outdoors.

Get Up and Move!
Get Up & Move!

Black Bean Dip

1 teaspoon vegetable oil  
½ cup chopped onion  
1 tablespoon minced garlic  
1 can black beans (15 oz.), well drained  
½ cup diced tomato  
½ cup salsa or piquant sauce

In a skillet, sauté the onion and garlic until tender. Add the beans, tomato, salsa, and spices. Heat about 5 minutes or until slightly thickened. Remove from heat. Stir in the lime juice. Sprinkle with cheese and allow to melt. May stir before serving. Serve warm or cold with low-fat tortilla chips.

Makes 12 (¼ cup) servings.

Nutritional Information per serving of dip (does not include chips)

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*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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Run for Fun! (20 minutes)

Items needed for this activity:
• Obstacle course: cones, large boxes, hula hoops, paper bags, large balls, jump ropes, or other items.

Background information for presenter:
Jogging and/or running can be an excellent strategy for increasing daily physical activity. Running is easily accessible to most people – regardless of age, sex, income or fitness level. It can be done in almost any weather or climate, given the proper gear, or event on an inside track. No fancy equipment is needed to run, except for a decent pair of running shoes. Best of all, there’s not much of a learning curve for running – most people know how to do it.

Running burns more calories per minute than many sports and is considered one of the best aerobic exercises. It can be a casual, non-competitive sport done at a pace as fast or slow as a person wishes, or taken to a higher level, with competition in short- and long-distance races.

Not all running has to be distance running. The activities included in this guide are easy-to-coordinate experiences that can generate feelings of success and accomplishment among youth participants.

Step 1: Information to share with club members (1 minute)
Running is a good way to increase your minutes of physical activity and is a great aerobic conditioner. Running can also help strengthen your legs, develop greater endurance, ease tension, boost energy, and burn 585-700 calories an hour, depending on your speed and size. Along with the obvious benefits of adding running to your list of physical activities – there also can be a few concerns to keep in mind with running. Running can place increased stress on your joints. Like all fitness activities, it is important to work your way into a routine. Start off running short distances to make sure that your body adjusts to the increase in physical activity.

Step 2: Group Activity (8 minutes)
Leg Stretches
To prevent muscle injuries, it is good to stretch your leg muscles before beginning a long run or before you begin today’s games. If you participate in organized sports, you may already know some basic muscle stretching exercises. There are many variations to leg stretches and here are a few examples that you can try as a group before beginning the other activities.

Stretch #1 – Calf Stretch (two options)
1. Stand with feet shoulder-width apart.
2. Extend one leg behind you, keeping both feet flat on the floor. Your front knee should be bent and rear knee straight.
3. Move your hips forward, keeping your lower back flat. Lean until you feel tension in the calf muscle of the extended leg.
4. Hold for 10 seconds, then relax.
5. Stretch the other leg.
6. Repeat.

Stretch #2 – Calf Stretch
1. Stand arm’s length distance from a wall, tree, or other support.
2. Put your hands on the wall, keep your back and your legs straight and your heels flat on the floor.
3. Bend your arms and lean forward, trying to touch your chest to the wall.
4. Feel the stretch in your calf muscles.
5. Hold it for a few seconds.
6. Repeat.
NOTE – you can do this one leg at a time, or both together. DON’T BOUNCE when you stretch – stretch gently and completely focusing your attention on the calf muscle. Stretch #3—Hamstring Stretch (two options)

1. Sit on the floor with one leg out straight.
2. Bend the other leg at the knee and press the sole of that foot against your opposite inner thigh.
3. Extend your arms as far as possible, grasping the ankle of the extended leg and pulling your upper body down as you exhale. Hold your bent knee close to floor and bend at the waist, keeping your spine fairly straight.
4. Hold 10 seconds, then relax.
5. Stretch the other leg.
6. Repeat.

Stretch #4 – Hamstring Stretch

1. Stand about a foot from a wall and place your hands on the wall at shoulder-height, shoulder-width apart.
2. Take a step back while pushing into the wall.
3. Keep your back straight and press your heels into the floor.
4. Hold, then step forward and repeat.

Stretch #5 – Knee Stretches (Quadriceps)

1. Stand on your left leg.
2. Reach back and hold your right foot behind you with your left hand.
3. Balance against a wall with your free hand as you gently pull upward on your right foot.
4. You should feel a stretch in your right thigh, not in the knee.
5. Reverse and repeat with your right leg.

NOTE – you should do this gently and do not strain your muscle.

Step 3: Group Activity (15 minutes)

Sharks and Minnows

Prior to the activity, identify a large open area. If you have a large number of participants, try to find an area similar to the width of a football field. A smaller space can be used for a smaller group. This is an active game, but a good warm up game since it gets everyone involved right from the start.

Designate one participant as the shark, the other participants all start as minnows. Have the minnows line up in a straight line on one side of the field, all facing the opposite side.

The goal is for the minnows to cross the open space and reach a designated line. The shark will attempt to tag as many minnows as possible. Once tagged, the minnows become sharks. Continue running back and forth until all of the minnows are turned into sharks.

Drop & Pop Race

Prior to activity, identify an open area for participants to run. Mark a start and an end point. Place a chair at the designated “end” line for each team.

Divide participants into teams of equal numbers. Give each team balloons – one balloon per team member. Participants should inflate the balloons to approximately the same size and tie them. Instruct all of the team members to form a line behind the start point. When the race begins, the first team member of each team runs to the chair, drops the balloon on the chair, then sits on the balloon until it pops. When the balloon pops, the team member runs back to his or her team, tags the next person in line and the race continues until the last team member in each team makes it back to the line. The first team to finish wins. NOTE – If it is a hot day, the balloons can be filled with water for more fun.

Running Obstacle Course

Prior to the activity, set up an obstacle course for participants to run through. Potential items for the course are included in the supply list provided above.

Create an obstacle course designed from available resources. The course might involve participants running, hopping, or skipping around markers or cones; crawling through tunnels made from large cardboard boxes; running through a series of hoops; or jumping rope a specific number of times. It works best to have identical items so that two courses can be created, allowing two teams to participate at the same time. If you have more than two teams, include an elimination round in the event or use a stopwatch to time each team.

Get Up & Move!
Meat and Beans

The meat and beans group of MyPyramid includes foods such as meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds. Dry beans and peas are considered to be part of this group and the vegetable group. You and your children should try to make most of your food choices from this group lean and low-fat. Fish, nuts and seeds contain healthy oils, so choose these items more frequently than meat and poultry.

Selection Tips

- Choose lean or low-fat meat and poultry.
- Avoid using solid fats when cooking poultry and meat.
- Select fish rich in omega-3 fatty acids, such as salmon, trout and herring, more often.
- Eat less of liver, organ meats, and egg yolks because they are high in cholesterol.
- Purchase deli meats that are low-sodium.
- Choose vitamin E rich sunflower seeds, almonds, and hazelnuts.

How Much is Needed

Girls and boys ages 9-13 need a five ounce equivalent of the meat and beans group daily. One ounce equivalents would be one egg, ¼ cups of cooked dry beans, ½ ounce of nuts or seeds, 1 tablespoon of peanut butter, or 1 ounce of meat or poultry.

Health Benefits and Nutrients

Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins, vitamin E, iron, zinc, and magnesium.

- Protein functions as building blocks for bones, muscles, cartilage, skin and blood. It is also building blocks for enzymes, hormones, and vitamins.
- B vitamins found in this food group serve a variety of functions in the body. They help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues.
- Vitamin E is an anti-oxidant that helps protect vitamin A and essential fatty acids from cell oxidation.
- Magnesium is used in building bones and in releasing energy from muscles.
- Zinc is necessary for biochemical reactions and helps the immune system function properly.
Importance of Fish, Nuts and Seeds
- Fish, nuts and seeds can boost the intake of healthy unsaturated fatty acids. Most of the fats in the diet should come from these sources. Some of these fatty acids need to come from food because the body cannot make them on its own.
- Some fish (salmon, trout, and herring) are high in a type of fatty acid called “omega-3 fatty acid.” Some studies have shown that eating omega-3 fatty acids may reduce the risk of cardiovascular disease.
- Some nuts and seeds (flax, walnuts) are excellent sources of essential fatty acids, and some (sunflower seeds, almonds, hazelnuts) are good sources of vitamin E.

Tips for Making Good Choices
- Go lean with protein by choosing lean beef, skinless chicken and turkey, low-fat and low-sodium deli meat.
- Trim and skim all fats while preparing and cooking meats and poultry.
- Try to vary your protein by choosing fish more often for lunch and dinner.
- Choose dry beans or peas as a main dish or part of a meal more often.
- Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry in dishes.

Keep it Safe
- Separate raw, cooked, and ready-to-eat foods.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing meats and poultry.
- Cook meat and poultry to a safe temperature to kill harmful microorganisms. Use a meat thermometer to measure the internal temperature to make sure the meat is cooked all the way through.
- Refrigerate perishable foods and leftovers within two hours.
- Defrost meats in the refrigerator or on a plate in the microwave. Do not defrost foods on a kitchen counter at room temperature.

Source: (www.mypyramid.gov)
Herb Gardens
Many flowers and plants begin to grow during the month of May. This month is also a good time for you and your family to enjoy the benefits of flowers and plants by starting your own garden. You might want to try growing an herb garden. Starting an herb garden is not too difficult and does not require that many supplies. Herbs are also great to have in the kitchen because they add flavor to food without adding extra fat and calories.

You and your family can consider starting your herb garden in indoor containers or window boxes. The following are a list of material that you might want to have to start your herb garden.

- Gardening tools (forks, shovels, rakes)
- Herb seeds, plants, or plant parts
- Large containers with drainage holes
- Seed-starting containers, soilless planting mix, fluorescent lights

Creating an Herb Garden:

1. Plan the vision:
Wherever you’re raising herbs – outdoors in the garden or in containers inside – you and your family should consider what role your herb garden will have. Do you want it to have a theme? Here are a few theme ideas:

- **Herbal vinegars (or salad dressing)** – good plants for these products include tarragon, chives, basil, dill, rosemary, thyme, and lemon balm.
- **Colonial herbs** – these gardens have herbs that were used in “olden” times. For example, rosemary was believed to calm naughty children and sage was used to color gray hair. Thyme, oregano, parsley, and savory might also be found in this type of garden.
- **Spaghetti herbs** – consider raising culinary herbs necessary for spaghetti: basil, oregano, parsley, garlic, and fennel.
- **Herbal teas** – you may want to dry, bag, and sell your own teas with the herbs from this type of garden. Chamomile, lemon balm, peppermint, and spearmint are good herbs to choose.
- **Fragrant herbs** – this type of garden should have particularly aromatic herbs: basil, rosemary, mints, lavender, thyme, lemon verbena, oregano, chamomile and savory.
- **Container herbs** – if you plan to raise herbs in containers, you might want to try these easy-to-grow plants: thyme, mint, parsley, basil, sage, marjoram and oregano.

2. Prepare the soil:
Most herb plants require similar growing conditions: a minimum of six hours of sunlight per day and moderately rich soil with good drainage. To improve the soil structure and drainage, you should use garden forks or shovels to loosen the soil to a depth of 8 to 12 inches before planting. If you are
planting in an area with nutrient-poor, dry, heavy, or poorly-drained soil, add some organic matter, such as compost, before planting. Rake the soil to form a fine, even bed, which is particularly important if you’re growing herbs from seeds.

3. Plant seeds, plants, or parts
Herbs may be annuals, started from seeds each year, such as basil; biennials, requiring two seasons of growth, such as parsley; or perennials, which grow back year after year, like thyme. Generally, you should plant annual and biennial herbs from seeds directly in the garden or in containers indoors (to transplant), or by seedlings.

**Starting from seeds**– If you want to get a jump on the season, you can start herb seeds indoors under lights or on sunny windowsills and later transplant them to the garden. Use the same types of containers and soilless potting mix that you would use for other indoor seedlings. To encourage healthy seedlings, keep soil mix uniformly moist until seeds germinate, keep lights 3 to 6 inches above the plants, and water seedlings thoroughly when the mix is dry to the touch. Herb seeds tend to be small, so whether you’re starting them indoors or in the garden, plant them fairly shallowly (see seed packet for planting depths.)

Before you move seedlings outdoors, “harden” them off to get them accustomed to harsher outdoors conditions. Do this by setting them outside for progressively longer periods each day, starting with a few hours and increasing to a full day over the course of a week or so.

**Starting from plants or plant parts** – You can purchase many herbs from nurseries as young plants, or dig up shoots or sections of mature perennial plants in the spring. Some herbs can also be started from stem cuttings. To do this, snip healthy stems 3 to 6 inches from the growing tip. Remove leaves from the lower half of the cutting, and plant the cutting in a soilless mix indoors or in moist sand in a shady outdoor area. Water it gently and cover the container with a plastic bag until new top growth appears. Keep cuttings out of direct sun so they don’t overheat in their plastic-bag “greenhouse.”

How you lay out your planting will depend on the plants you choose and on your theme. Herbs, like most plants, stay healthier if there’s good air circulation, so space them to allow for the mature size of each plant. (Catalogs, seed packets, and nursery containers give spacing requirements.)

4. Harvest!
You can harvest most herbs continually as soon as the plant has enough foliage to sustain growth. If you want to dry herbs to use as cooking ingredients, you should spread them in a single layer on trays or screens, or hang them in bundles using rubber bands to hold the stems together. Place the herbs in a dark, well-ventilated place until they are completely dry. Store them in the dark airtight containers.

Source: (www.kidsgardening.com)
The month of May brings warmer weather and you and your club members probably find yourself involved in more outdoor activities. This is a good time for your club to make sure that the footwear you are using for your activities fits properly. This month your club can ask a local shoe store if they will sponsor a day of “shoe fittings” for your community. This means that members of your community could come into the store and see if their athletic shoes are fitting properly.

Below are some tips for a proper shoe fit:
- Size varies among shoes brands and styles. Don’t select shoes by the size marked inside the shoes. Judge the shoe by how it fits on your foot.
- Select a shoe that conforms as closely as possible to the shape of your foot.
- Have your feet measured regularly. The size of your feet changes as you grow older.
- Have BOTH feet measured. Most people have one larger foot than the other. Fit the shoe to the larger foot.
- Fit at the end of the day when you’re feet are the largest.
- Stand during the fitting process and check that there is adequate space (3/8” to 1/2”) for your longest toe at the end of each shoe.
- Make sure the ball of the foot fits comfortable into the widest part (ball pocket) of the shoes.
- Don’t purchase shoes that feel too tight, expecting them to “stretch” to fit.
- Your heel should fit comfortably in the shoe with a minimum amount of slippage.
- Walk in the shoe and make sure it fits and feels right!

Below are some tips for selecting athletic shoes:
- Try on athletic shoes after a workout and at the end of the day. Your feet will be at their largest and you will get the best fit.
- Wear the same type of sock that you will wear for the activity.
- When the shoe is on your foot, you should be able to freely wiggle all of your toes.
- The shoes should be comfortable as soon as you try them on.
- Walk or run a few steps in the shoes. They should be comfortable.
- There should be a firm grip of the shoes to your heel. Your heel should not slip as you walk or run.

Having proper fitting athletic shoes will help you to be safe when trying to reach your daily goal of 60 minutes of physical activity!

Source: (www.aofas.org)