Get Up & Move!

Leader Activity Guide    Series 2: November

USDA Introduces MyPyramid
In 2005, USDA introduced MyPyramid which replaces the Food Guide Pyramid. An excellent web site with resources for families, kids, and teachers has been created. The address is www.mypyramid.gov. Information related to MyPyramid will be shared in the Get Up and Move! Leader Activity Guide over the next few months. A mini poster for each member may be downloaded at www.mypyramid.gov/downloads/MiniPoster.pdf or at http://teamnutrition.usda.gov/resources/mpk_tips.pdf.

MyPyramid contains six vertical stripes in various colors. The orange stripe represents Grains. With the fall harvest wrapping up, it is fitting that the background information this month focuses on Grains. Any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain is a grain product. Grains are divided into two sub groups – whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. (See below) Refined grains have been milled in a process that removes the bran and germ. This is done to give grains a finer texture and to improve their shelf life, but dietary fiber, iron, and B vitamins are removed. Many refined grains are enriched – or have the B vitamins and iron added back. USDA recommends that Americans eat at least 3 ounces of whole grain products each day. Look for “whole” before the grain name on the list of ingredients or for the Whole Grain Stamp.

The Whole Grains Council has several excellent educational resources on their website at www.wholegrainscouncil.org/resources/PDFs-from-the-Whole-Grains-Council. “What is a Whole Grain?” contains a graphic of a whole grain, showing the bran, germ, and endosperm along with the definition of a whole grain. Getting Enough Whole Grain provides pictures of whole grain foods and lists serving sizes. The final resource, Count Servings with the Stamp, explains the whole grain stamp now found on food labels.

Club Roll Call
A roll call suggestion for this month is for each youth to name their favorite breakfast cereal and then indicate whether it is a healthy or less healthy choice.

Physical Activity Calendars
Collect the October Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart. Be sure that the members accurately record their number of minutes.

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?
Did you increase your number of minutes of physical activity from September to October?
Now that the weather is getting cooler, what types of physical activity can you do inside your home?

November 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.

Educational Activity
Tying to our theme of Grains, two activities included in the Get Up and Move! Physical Activity Guide for November are “Upset the Bread Basket” and “The Great Grain Race.” Each activity takes 10 to 15 minutes and can be used for the club/group recreation time or as a part of the club/group program for the month. Remember, although USDA recommends at least 60 minutes of physical activity per day, it can be done in smaller increments. Be sure to count the minutes gained from this activity.

Recipes/Snacks
The recipe/snack for November is Oatmeal Craisin Cookies. These could be prepared as the refreshments for the November meeting and the recipe shared with families to take home. This might be a healthy addition to their holiday cookie selection. The club/group could also make these to share with seniors or other shut-ins during the holiday season. Popcorn is a nutritious whole grain snack that could be substituted for the cookies.

Ties to 4-H Projects
For members enrolled in the Breads and Cereals Project, they may want to download the materials from the Whole Grains Council mentioned above and provide the background information and handouts to club/group members. They may also want to bring in products that have examples of the various whole grain stamps on them. Some pictures of products are also on the web site. Discussion of the different types/levels of stamps would be helpful.

Get Up and Move!

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11/05
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Each day fill in what physical activity you did and how many minutes you did it.

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<th>Sunday</th>
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November

MyPyramid

For more resources visit: www.4-h.uiuc.edu/opps/move
Get Up & Move!

Oatmeal Craisin Cookies

Ingredients:
1 cup butter or margarine, softened
1 cup brown sugar, packed
1 cup white sugar
2 eggs
1 teaspoon vanilla extract
2 cups quick cooking oats
2 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1 cup raisins
1 cup craisins (dried cranberries)

Directions:
Beat butter, sugars, eggs and vanilla for 5 minutes.
In another bowl combine oats, flour baking soda, baking powder and salt.
Add to butter mixture 1 cup at a time.
Mix in raisins and craisins.
Drop by spoonfuls onto greased cookie sheets.
Bake for 12-14 minutes at 350°F.

Makes four dozen cookies.

Nutrition information per cookie:
110 calories, 2.5 g fat, 15 mg cholesterol, 115 mg sodium,
20 g carbohydrate, 1 g sugar.

Nutrition Facts
Serving Size: (30g) Serving Per Container: 1 cookie

Amount Per Serving
Calories 110 Calories from Fat 20%
Total Fat 2.5g 4%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 125mg 5%
Total Carbohydrate 20g 7%
Dietary Fiber 1g 4%
Sugars 13g
Protein 1g

Vitamin A 2% · Vitamin C 0%
Calcium 2% · Iron 4%

*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 2,000 2,500
Total Fat Less Than 10g 15g
Saturated Fat Less Than 6g 10g
Cholesterol Less Than 200mg 250mg
Sodium Less Than 300mg 400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4
Going for the Grain (27 minutes)

**Items needed for this activity:**

- Signs to post at each of the Stops in the Great Grain Race – 1 set (available on web)
- Grain Group Handout
- Instruction Cards for each team for the Great Grain Race – 1 set per team (available on web)
- Stopwatch or a watch with a second hand.

**Background information for presenter:**

With the introduction of MyPyramid, everyone is taking a fresh look at the recommendations being shared by USDA. One element that guided the development of MyPyramid, is the view that “one size doesn’t fit all.” In other words, the MyPyramid concept helps individuals—adults and youth—choose the foods and amounts that are appropriate based on their age, gender, and activity level.

In an effort to help educate youth on the recommended nutritional and physical activity information, we are focusing on one specific group today – the grain group. This lesson plan provides two options for activities focusing on increasing participant knowledge about the grain group. If time is available you may choose to include both activities.

**Step 1: Information to share with club members (2 minutes)**

Grains come from plants like wheat, corn and oats. These are made into foods that you eat everyday such as bread, cereal, tortillas, crackers, and muffins. Popcorn is a common snack that comes from the grain group. When picking foods to eat from the grain group, you should consider the amount of sugar that has been added. For example, some cereals that you may be most familiar with may have a high sugar content. Be sure to check the food label to know if you are making the best choice.

**Step 2: Group Activity (10 minutes)**

Upset the “Bread Basket” Game – Many of you may be familiar with the “Upset the Fruit Basket” game – but has anyone ever played “Upset the Bread Basket?” Today we are focusing on the grain group. Most of us eat bread, which is a common food item from the grain group.

We need to form a circle with everyone taking a seat (either in a chair or on the floor). I will come around and have each of you choose either a bread or cereal name (examples: wheat bread, bagel, rice, cereal, etc.)

After everyone has identified a bread or cereal name, choose one person to be the “caller.” That person stands in the middle of the circle. If using chairs – you will need to remove his/her chair. When you say “go,” the “caller” should call out 2-3 bread or cereal names. All participants with those bread or cereal names get up and run to sit in a different spot before the caller gets to their spot. The person who doesn’t get to a seat (or the last one standing if sitting on the floor) becomes the new caller. The caller also has the option of calling “Upset the Bread Basket.” When that happens, everyone jumps up and moves.

The number of cycles that you play the game should depend on the amount of time available, and also the size of your group.

Some of the kids may choose cereals that are heavily sweetened. These still come from the grain group, however they may be a less healthy choice. Use this information as a discussion point after you have finished playing the game. You may also want to use the grain group handout as a discussion.
guide at the end of this activity to review other foods found in the grain group, which may not have been mentioned.

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

Great “Grain” Race – There have been several versions of a movie called the “Great Race” and even a reality TV show focused on individuals working together to complete a race. Today, we are going to complete our version of the “Great Grain Race.” To complete this race, you’ll be working as a team. Our teams are either the “Pasta Platoon” or the “Bread Brigade.”

NOTE – if you have a large club or group and want to divide into more teams, other options for team names are: “Whole Wheat Wonders,” “Mighty Muffins,” or “Popcorn Prowlers.”

A course has been created and each team is required to move through the entire course. For safety and space reasons, this will be a timed event. Teams will not move through the course at the same time. Instead, each team will be timed as they move through the different stops.

In the course, there are six required stops. At each of the stops, you’ll receive an Instruction Card that will tell the team what movement they should make as they move to the next stop. For example, when you get to Stop #1 and review the card, it may tell you that your entire team needs to gallop to Stop #2. Each set of instructions will be different. NOTE – you should designate a Team Leader. That individual is responsible for reading the card to the rest of the team and also for holding the card and keeping it until the end of the Great “Grain” Race. All members of your team must be at the stop to hear the instructions before moving on to the next stop.

Remember – you are working as a team so you need to provide encouragement to the other team members. Don’t read the instructions and then move on from a stop without informing all of the team members.

The instructions will not be the same for each team, at each stop, therefore it is important that they read their specific team instructions – not just do what they saw other teams doing.

Once you have reviewed the instructions for completing the race, ask the members of the first team to line up at a START line. Other teams should sit on the ground, out of the identified course. A designated timer should be identified. That individual will time each of team. Once everyone is ready…let the race begin!

Race Course Guidelines – Prior to the activity, identify six different stops. Print, cut apart, and post signs to identify each “stop.” Print copies of the Instruction Cards for each team that provide instructions for moving from stop to stop. Post the Instruction Cards at each stop.

**Get Up & Move!**
# Grain Group

<table>
<thead>
<tr>
<th>Bagel</th>
<th>Noodles</th>
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<tbody>
<tr>
<td>Bread</td>
<td>Oatmeal</td>
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<tr>
<td>Brown rice</td>
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<tr>
<td>Cereal</td>
<td>Pancake</td>
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<td>Cornbread</td>
<td>Popcorn</td>
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<tr>
<td>Cornmeal</td>
<td>Rice</td>
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<tr>
<td>Crackers</td>
<td>Rolls</td>
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<tr>
<td>Croissant</td>
<td>Rice</td>
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<tr>
<td>Grits</td>
<td>Sandwich buns</td>
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<tr>
<td>Macaroni</td>
<td>Spaghetti</td>
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<tr>
<td>Muffins</td>
<td>Tortillas</td>
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</tbody>
</table>
Stop
#1

Stop
#2
Stop

#3

Stop

#4
Stop

#5

Stop

#6
STATION #1
Whole Wheat Wonders
March to Station #2

STATION #2
Whole Wheat Wonders
Hop to Station #3
STATION #3
Whole Wheat Wonders
Dance to Station #4

STATION #4
Whole Wheat Wonders
Skip to Station #5
STATION #5

Whole Wheat Wonders

Jog to Station #6

STATION #6

Whole Wheat Wonders

Gallop to Finish
STATION #1
Mighty Muffins
Dance to Station #2

STATION #2
Mighty Muffins
March to Station #3
STATION #3
Mighty Muffins
Gallop to Station #4

STATION #4
Mighty Muffins
Jog to Station #5
STATION #5
Mighty Muffins
Skip to Station #6

STATION #6
Mighty Muffins
Hop to Finish
STATION #1
Pasta Platoon
Hop to Station #2

STATION #2
Pasta Platoon
Jog to Station #3
STATION #3
Pasta Platoon
Skip to Station #4

STATION #4
Pasta Platoon
Gallop to Station #5
STATION #5
Pasta Platoon
Dance to Station #6

STATION #6
Pasta Platoon
March to the Finish
STATION #1
Bread Brigade
Jog to Station #2

STATION #2
Bread Brigade
Gallop to Station #3
STATION #3
Bread Brigade
March to Station #4

STATION #4
Bread Brigade
Dance to Station #5
STATION #5
Bread Brigade
Hop to Station #6

STATION #6
Bread Brigade
Skip to the Finish
STATION #1
Popcorn Prowlers
Galloping to Station #2

STATION #2
Popcorn Prowlers
Dancing to Station #3
STATION #3
Popcorn Prowlers
Hop to Station #4

STATION #4
Popcorn Prowlers
March to Station #5
STATION #5
Popcorn Prowlers
Skip to Station #6

STATION #6
Popcorn Prowlers
Jog to Finish
Whole Lot of Grains

Whole grains and products made with whole grains contain all the parts and naturally-occurring nutrients of the grain seed. This includes the entire grain kernel – the bran, germ, and endosperm. Refined grains have been milled in a process that removes the bran, germ, and dietary fiber, iron, and B vitamins. Many refined grains are enriched, or have the B vitamins and iron added back. You and your children should be looking for the words “whole grain” in the ingredients list when you buy grain products.

The following grains, when consumed in a form including the bran, germ and endosperm, are examples of generally accepted whole grain foods and flours:

- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Oats, including oatmeal
- Quinoa
- Brown rice
- Rye
- Wheat, including varieties like spelt, cracked wheat, and wheat berries

Benefits of Whole Grains

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are most pronounced for those consuming 3 servings daily, some studies show health benefits from as little as one serving daily. This shows how every whole grain in you and your children’s diets can help improve your health! Below are some health benefits of whole grains:

- Reduced risk of having a stroke
- Reduce risk of having type II diabetes
- Reduced risk of heart disease
- Better weight maintenance
- Healthier blood pressure levels

Important Nutrients

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
• Dietary fiber helps reduce blood cholesterol levels and may lower the risk of heart disease. It also helps to relieve constipation and diverticulosis. Fiber-rich foods help provide a feeling of fullness with fewer calories.

• B vitamins play a key role in metabolism and help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system.

• Folate, another B vitamin, helps the body to form red blood cells.

**What’s a Serving**
The Dietary Guidelines for Americans recommends that all adults eat at least half their grains as whole grains; that are at least 3 to 5 servings of whole grains. Your children also need 2 to 3 servings or more of whole grains daily. A great way to incorporate more whole grains into your family’s diet is to include some source of whole grains at every meal. To meet the 3 serving requirement of whole grains, you can include 1 serving at each meal.

A serving of whole grains is defined as any of the following:
- ½ cup cooked 100% whole-grain rice or pasta
- ½ cup cooked hot cereal, such as oatmeal
- 1 slice 100% whole grain bread
- 1 very small (1 oz.) 100% whole grain muffin
- 1 cup 100% whole grain ready-to-eat cereal

**Ways to Enjoy Whole Grains**
- Substitute whole wheat flour for white flour in regular recipes for cookies, muffins, bread, and pancakes
- Add a ½ cup cooked bulgur, wild rice, or barley to bread stuffing
- Add a half cup of cooked brown rice or barley to your soup
- Add ¾ cup uncooked oats to each pound ground beef or turkey when making burgers or meatloaf
- Stir a handful of oats into yogurt for instant crunch
- Buy whole grain pasta, or one that blends whole grains with white flour
- Try whole grain pita bread
- Look for cereals made with grains like kamut, buckwheat or spelt.
- Look for snack foods with “100% whole grains” on the package
- Encourage your children to snack on popcorn

Set a good example for your children by eating whole grains at meals and snacks. Also, let children select and help prepare a whole grain side dish. Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains. Children will understand the importance of eating whole grains the more you involve them in food shopping and preparation.

Source: (www.mypyramid.gov)
Get Up & Move!

Healthy Whole Grains
This month you learned about the important health benefits of eating whole grains. You also learned that whole grains have fiber, which helps to reduce blood cholesterol and constipation and lowers the risk for heart disease. Fiber can also help with maintaining a healthy weight because it provides a feeling of fullness for fewer calories.

This month take a family trip to the grocery store and look for whole grains and other food items that will help you meet your daily fiber needs. You can then keep a journal and record the foods you eat that have fiber and see if you are meeting your daily needs. To find out how much fiber you need, you can follow the “age + 5” rule. For example, if you are 14 years old, you should try to eat at least 19 grams of fiber every day (14 + 5 = 19).

The best sources of fiber are fresh fruits and vegetables, nuts and legumes, and whole-grain foods. A high-fiber food has 5 grams or more of fiber per serving and a good source has 2.5 to 4.9 grams per serving. You probably already eat some fiber every day without even realizing it, but here are some simple ways to make sure you’re getting enough.

Here is how some fiber-friendly foods stack up:

- ½ cup cooked navy beans (9.5 grams of fiber)
- ½ cup cooked lima beans (6.6 grams)
- 1 medium baked sweet potato with peel (4.8 grams)
- 1 whole-wheat English muffin (4.4 grams)
- ½ cup of cooked green peas (4.4 grams)
- 1 medium pear with skin (4 grams)
- ½ cup raspberries (4 grams)
- 1 medium baked potato with peel left on (3.8 grams)
- ¼ cup oat bran cereal (3.6 grams)
- 1 ounce almonds (3.3 grams)
- 1 medium apple with skin (3.3 grams)
- ½ cup raisins (3 grams)
- ¼ cup baked beans (3 grams)
- 1 medium orange (3 grams)
- 1 medium banana (3 grams)
- ½ cup canned sauerkraut (3 grams)
Once you have returned from the store, review your shopping trip and answer the following questions.

How many food items did you buy that are considered to be “high fiber?”
______________________________________________________________________________
______________________________________________________________________________
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How many food items did you buy that are considered “good” sources of fiber?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What are some ways that you could meet your daily fiber goal with the food items you bought?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Remember that a trip to the grocery store can help you to be more physically active. Try having your parents park farther away from the store so you can get more walking in. Even walking up and down the aisles can be considered as physical activity. Make sure to record the time you spent shopping in your physical activity calendar!

Source: [www.kidshealth.org](http://www.kidshealth.org)
Healthy Holiday Recipes
This month you have learned how you can make easy substitutions to incorporate more whole grains into your diet. Because the holiday season is not too far away, now might be a good time to start thinking about ways that you can make your holiday treats healthier by using whole grains.

This month, your club can ask children at their school to submit their favorite holiday treat recipes that are made with whole grains and less added sugar and fat. Before classmates begin to submit their recipes, it might be a good idea to distribute a fact sheet about healthy cooking substitutions. Below are some suggestions:

1. Reduce the amount of fat, sugar, and sodium.
   - **Fat.** For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree.
   - **Sugar.** Reduce the amount of sugar by one-third to one half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food.
   - **Sodium.** Reduce salt by one half in baked goods that don’t require yeast. For foods that require yeast, don’t reduce the amount of salt because it is required for leavening. Without salt, certain foods may become dense and flat.

2. Make healthy substitutions. Healthy substitutions may decrease the fat and boost the nutritional content of your food. Prepare a dessert with fat-free milk instead of whole milk to save 63 calories and almost 8 grams of fat per cup.

3. Delete an ingredient. In some recipes you can delete an ingredient, especially ones like frosting, coconuts, or nuts, which are high in fat and calories when used in excess. Other possible ingredients to delete could be butter, syrup, and jelly, which can add extra sugar, fat and calories to your recipes.

4. Change the method of preparation. Try using nonstick pans or spraying pans with nonstick cooking spray to reduce the amount of fat and calories added to baked goods.

Making healthy modifications to a recipe might take a little extra work, but it is worth the time because it means that the product will be healthier. Encourage youth to ask an adult or older sibling for help when making their recipe healthier. Also, encourage them to write a small paragraph under their submitted recipe explaining how they made their holiday treat healthier.

When you have collected all of the recipes, your club can organize them and create recipe books to distribute to your school. You could ask your school to bind the books for you as a donation. You might also want to ask for a small donation when they receive their recipe books. This
A donation could go to a local food pantry or homeless shelter. This recipe book is not only a great way to share ideas, but is also a good way to teach others about the importance of healthy cooking and eating, even around holiday time!

Below is a sample of how you can modify a recipe:

**Brownies**

Serving size and frequency of eating are important factors in deciding when to change sweet baked products. This example offers the alternative of replacing margarine with applesauce.

Spray a 9x9x2 inch baking pan with non-stick spray coating; set aside. In mixer bowl, combine applesauce, sugar, egg whites, and vanilla. Stir in flour, cocoa, baking powder, and salt. Pour into pan and bake at 350º F. for 20 to 25 minutes. Yield: 16 servings.

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<tr>
<td>¼ cup margarine</td>
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<tr>
<td>½ cup sugar</td>
<td>¼ cup unsweetened applesauce</td>
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<tr>
<td>1 egg</td>
<td>1 cup sugar</td>
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<tr>
<td>½ tsp vanilla</td>
<td>½ tsp. vanilla</td>
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<td>¼ cup flour</td>
<td>¼ cup flour</td>
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<tr>
<td>¼ cup cocoa</td>
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<tr>
<td>¼ tsp. Baking powder</td>
<td>¼ tsp. baking powder</td>
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<tr>
<td>1/8 tsp. Salt</td>
<td>1/8 tsp. salt</td>
</tr>
<tr>
<td>½ cup chopped walnuts</td>
<td>¼ cup chopped walnuts</td>
</tr>
</tbody>
</table>

(153 calories, 9 grams from fat, 49% calories from fat, 13 mg cholesterol)  
(117 calories, 5 grams fat, 34% calories from fat, 0 mg cholesterol)

Source: [www.mayoclinic.org](http://www.mayoclinic.org)