MyPryamid – Fruit Group
This month we will focus on the red stripe in MyPryamid or the fruit group. The recommendations are that we consume a variety of fruit; choose fresh, frozen, canned, or dried fruits when possible; and to go easy on fruit juices. Boys and girls, ages 9 – 13 who get less than 30 minutes per day of moderate physical activity generally need 1 ½ cups of fruit daily. Those who are more physically active may be able to consume more while staying with in the calorie needs. In general, one cup of fruit or 100% fruit juice, or one-half cup of dried fruit can be considered as one serving from the fruit group. Most fruits are naturally low in fat, sodium, and calories and have no cholesterol. Fruits are important sources of many nutrients including potassium, dietary fiber, vitamin C, and folate acid.

Make most of your fruit choices whole or cut-up fruit rather than juice for the benefits that dietary fiber provides. Select fruits high in potassium such as bananas, dried peaches and apricots, cantaloupe, and orange juice. When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.

Wash fruits before preparing or eating them. Under clean running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry fruit after washing. Keep fruits separate from raw meat, poultry, and seafood while preparing and storing.

Citrus fruits are often found in our stores during the winter months. Most of us are familiar with oranges, lemons, limes, and grapefruits. However, some other citrus fruits you may want to try include: clementines, kumquats, mandarin, minneola, pummelo, tangerines, tangelos, and ugli fruit. For more information on these citrus fruits, check out http://www.thefruitpages.com/citrus.shtml.

Physical Activity Calendars
Collect the December 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 since September?
Do you think you’re getting enough physical activity? Why?
How can you fit in more regular physical activity during the winter months?
What types of physical activities might you do with your siblings? Parents?
January 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.

Family Activity – New!
This month we are also introducing the Winter Family Activity Page. We encourage you to duplicate this page and distribute it to your 4-H families. Research shows that for youth to adopt healthy nutrition and lifestyle choices, the whole family needs to be involved. The Family Activity Page includes a Family Activity Challenge. Encourage families to participate in the challenge activity, record what they did for the month on the tear off section, and return the slip at the next club meeting. Save the slips until the end of the year. More details will follow.

Educational Activity
Jump into January! is the theme for the Physical Activity for the month. The guide sheet offers three different activities that might be done at your club meeting – “Streets and Alleys” ties to the Citizenship project, “Oranges/Colds/Energy” and “The Top Banana” are related to the Fruit group in MyPyramid. These games help to teach cooperation, communication, and competition. For the January meeting roll call, members also might be asked to share their “healthy lifestyle” New Year’s resolution or goal.

Recipes/Snacks
The January recipe is Magical Fruit Salad. It can be found at www.4-h.uiuc.edu/opps/move. This is an easy, healthy fruit snack that could be prepared at the meeting or be done as a demonstration and served as refreshments. Some 4-H members may remember this recipe from Camp Clover in the MyPryamid lessons.

Ties to 4-H Projects
Citizenship is popular individual and group project in 4-H. Clubs/groups might make arrangements to visit their county board, city council, or village board meeting in January or February to observe the work of local government officials and see parliamentary procedure in action. Clubs might ask to be on the agenda to talk about the activities that they have been doing.

They might discuss Get Up and Move! and the importance of healthy lifestyles including good nutrition and increased physical activity. The club might share the healthy snack – Magical Fruit Salad from this month’s recipe with the elected body or might consider serving Clementines. Clementines are a member of the orange family and are a seedless mandarin (a small orange with loose skin that resulted from a cross between a mandarin and an orange).

Get Up and Move!