**My Pyramid - Vegetables**

The **green** stripe on MyPyramid represents the vegetable group. Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables can be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed. Vegetables are organized into 5 sub groups, based on their nutrient content. These include dark green, orange, starchy vegetables, dry beans and peas, and others.

It is important that we vary the vegetables we eat. We need to eat more dark green and orange veggies as well as more dry beans and peas. Girls age 9-13 should consume 2 cups of vegetables daily while boys should consume 2 ½ cups daily. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Make vegetables more appealing by serving a low-fat salad dressing as a dip to go with raw broccoli, red and green peppers, celery sticks, or cauliflower. Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Decorate plates or serving dishes with vegetable slices. Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. In addition to carrot and celery sticks, consider broccoli, cauliflower, cucumber slices, and red and green pepper strips.

**Club Roll Call**

Since **TV-Turnoff Week** is generally the last week of April, a roll call suggestion would be to name an activity that you can do this month rather than watching television. To download the fact sheet – “Turn off TV, Turn on a Healthier Lifestyle” go to [http://www.tvturnoff.org/factsheets.htm](http://www.tvturnoff.org/factsheets.htm).

**Physical Activity Calendars**

Collect the **March 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?  
Are you increasing your minutes of physical activity from month to month?  
What new physical activity can you do now that day light savings time has arrived?  
How can you fit more regular physical activity into your life?  
What types of physical activities might you do outdoors this month?
April Physical Activity Calendars are now on the web site at [www.4-h.uiuc.edu/opps/move](http://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**

Frisbee Fanatics is the theme for the physical activities outlined in the Activity Guide this month. In 2005, clubs and groups were asked to create a new game using the flying discs and submit their ideas to the State 4-H Office. Thanks to the Shumway Eagles 4-H Club in Effingham County for their game! Get out and enjoy spring!

**National Volunteer Week** is also in April. This is a good time to thank 4-H leaders and others that have assisted with your club or group this year. 4-H members might provide the volunteers with a “healthy snack” or invite them to join them in a physical fitness activity, such as a walk, to thank them for their support.

**Recipes/Snacks**

The recipe this month is for a healthy dip to use with a variety of vegetables. See the introductory section of this leader guide for ideas. The Vegetable Dip recipe can be found at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move). A second recipe for Jícama with Lime Juice is included.

**Ties to 4-H Projects**

With the beginning of spring, it is time to begin thinking about summer camp. Camps provide plenty of opportunities for physical activity. Check out the different camping programs offered by University of Illinois Extension and the 4-H camping associations. The web address is [http://www.4-h.uiuc.edu/opps/camping.html](http://www.4-h.uiuc.edu/opps/camping.html). Several of the camps have open houses in the spring and will be mailing registration materials shortly. Many counties also offer Camp Clover day camps for youth ages 8 -12. These three-hour, four day camps are held in various communities across the state. Contact your local Extension office to enroll or to volunteer to assist, if you are an interested teen or adult.

For youth enrolled in the Aerospace project, spring is a good time to get outdoors and launch rockets, fly kites, and try other aerospace activities. Check out the cool web site for kids from NASA: [http://www.nasa.gov/audience/forkids/home/index.html](http://www.nasa.gov/audience/forkids/home/index.html). Illinois 4-H will sponsor a Rocket Launch for 4-H members in June in Champaign as part of the State Judging Contests Day. Each county may send up to 10 youth. Participants must bring the Rocket Launch Information Form to the event. For more information on this event, contact your local Extension office or download the information at [http://www.4-h.uiuc.edu/events/event051.html#rocketlaunch](http://www.4-h.uiuc.edu/events/event051.html#rocketlaunch). A county office staff signature is required on each form. The event may be cancelled in case of rain or unsafe weather conditions.

**Get Up and Move!**