**Get Up & Move!**

**Nutrition Facts Labels**

Nutrition Facts labels, which can be found on most food items, are an important resource for consumers. Thanks to Nutrition Facts labels, we get easy-to-read and consistent tables that enable us to quickly find the information we need to maintain a healthy diet. On these labels, we can find information on the amount per serving of saturated fat, cholesterol, dietary fiber, and other nutrients. We can also easily see nutrient reference values. These are expressed as “% Daily Values,” which help us to see how foods fit into an overall diet and standardized serving sizes that make nutritional comparisons of similar products easier.

Some of the facts included in the Nutrition Facts label are serving size and servings per container. The facts listed on the label are for one serving size of the food. Serving sizes can help people understand how much they are eating. The calorie portion of the Nutrition Facts label tells us the amount of energy in the food. People are often interested in this number when trying to lose weight. The percent Daily Values tell us how much of a daily allowance the food provides for a specific nutrient. The daily values are based on an adult’s needs, not a child’s. This is important to note because children may need more or less of certain nutrients depending on their age and size. Fat, cholesterol, and sodium amounts are listed on the Nutrition Facts label so that a person can realize how much of each he/she is getting. These nutrients should be consumed in limited amounts. Nutrients such as potassium, fiber, vitamin A, vitamin C, calcium, and iron are also listed. We need to make sure we get enough of these nutrients.

One good rule to follow is the 5/20 rule, which involves checking the daily value percentages of foods. For nutrients we want less of such as cholesterol and fat, we should choose foods with a low daily value (5% or less). For nutrients we want more of (such as calcium, fiber, iron, and vitamins A and C), we should choose foods with a high daily value (20% or more). By following the 5/20 rule, we can ensure that we are eating the foods that give us the nutrients we need!


**Club Roll Call:** Name a physical activity you are looking forward to doing once the weather is warmer.

**Physical Activity Calendars**

Collect the January 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 each one’s 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 January?
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?

Pass out the February Physical Activity Calendar.

Educational Activity
This month, members will spend time learning about Nutrition Facts labels and then participate in the Clown Relay. In this fast-paced and fun relay, members will dress up in oversized clothing over their own clothes and dash to the opposite side of the room, where a team member will be waiting to do the same! Leaders will need to supply the articles of clothing and can get creative with silly hats, bandanas, or mittens!

Recipes/Snacks
This month’s recipe is for Valentine Treat. This heart-shaped snack made with cranberries and cherries (or raisins) is perfect for the February holiday of Valentine's Day!

Family Activity
This month, families will explore just what makes up a USDA serving of each food group of MyPyramid. Guidelines are provided to help to visualize what a one-ounce or one-cup serving looks like. Families can also do the Milk and Milk Products Scavenger Hunt the next time they go to the grocery store. In this activity, they will explore the Daily Values of nutrients and use the 5/20 rule.

Community Activity
As a community activity, members can make and present a poster that includes information on the nutrients and vitamins discussed this month. Youth can include information about the nutrients themselves, how the body uses them, and good sources of each nutrient. Posters can be displayed and presented at school, the local grocery store, or at the next club meeting.

Ties to 4-H Projects
If members are completing this month’s community activity, they can do so as part of Public Presentations, a Communications project. Learn more about the dates of your local Public Presentations Contest and encourage youth to enter the contest using the poster as part of an illustrated speech. In order to learn about vitamins and nutrients that are part of a Nutrition Facts label, members can enroll in Food and Nutrition projects such as Tricks for Treats, Dairy Foods, Breads and Cereals, and Fruits and Vegetables. For youth who enjoyed the Clown Relay, consider the Theatre Arts projects. Members can learn more about topics such as miming, make-up, and costumes. Members enrolled in Theatre Arts may also help to gather supplies for this month’s Clown Relay.

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!

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