Vary your fruits and vegetables!
Eating two to three cups of vegetables and one and a half to two cups of fruit per day is part of an important plan for healthier living. It is also important to eat a variety of colors of fruits and vegetables. Deeply hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals (plant chemicals with disease preventative properties) your body needs to maintain good health and energy levels and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. Within each color group, each fruit and vegetable has benefits of its own. So, eat from each color group daily and try for variety within the color groups!

The color groups and some of their benefits are listed below:

- Blue/Purple: memory function, healthy aging
- Green: vision health, strong bones and teeth
- White: heart health, healthy cholesterol
- Yellow/Orange: heart health, vision health, immune system health
- Red: heart health, memory function

This month, members will learn about the importance of eating a variety of fruits and vegetables and the benefits that each color group has! They will also be challenged to eat foods of different colors every day!

(Source: www.5aday.org, USDA)

Club Roll Call: What is your favorite fruit or vegetable and what color is it?

Physical Activity Calendars
Collect the March 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 his/her 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.

Reflexion Questions:
Did you see an increase of physical activity over days in March?
Have you been able to exercise outdoors in the warmer weather?
What activities do you do in P.E. class? Do you remember to record those minutes on your calendar?

Pass out the April Physical Activity Calendar.
Educational Activity
In this month’s physical activity, members will learn about the benefits of eating a rainbow of fruits and vegetables. They will participate in a physical activity called Rainbow Run, in which they will use their knowledge of some common and not-so-common fruits and vegetables. When the leader calls out the name of a fruit or vegetable, members will have to run to the appropriate area of the room or field that corresponds to the color of that vegetable or fruit.

Recipes/Snacks
The April snack is a yogurt sundae that can be topped with granola, nuts, and fruits of every color. One serving of this snack provides youth with 20% of their recommended daily value of calcium.

Family Activity
This month’s family activity is the Five A Day The Color Way Challenge in which members and their families can keep track of the colorful fruits and vegetables they eat each day. This activity will encourage families to eat a variety of fruits and vegetables, thereby getting the benefits from all the color groups. Another activity families can do is go on a Rainbow Walk. After a spring rain shower, families can take a walk to see if they can find a rainbow in the sky.

Community Activity
This month’s community encourages members to get out into their communities and interview someone who keeps a vegetable garden. Members can learn what vegetables are planted in gardens, how to take care of them, and what food dishes you can make. Members interested in becoming a Junior Master Gardener can talk with an Extension Master Gardener to learn more about having a garden. Youth can also explore the Plant a Row for the Hungry program, in which gardeners plant an extra row in their gardens and donate the food to their local food bank.

Ties to 4-H Projects
Color is found everywhere in the world! Members can explore colors in many different projects. In Clothing and Textiles projects, members will use colors and patterns to make items such as lunch bags, mittens, vests, and other clothing articles. Projects in Interior Design also explore color in the context of decorating. In Food and Nutrition projects, members will learn about foods of all colors. In Fruits and Vegetables, youth can expand upon their knowledge learned at this month’s meeting. Beautiful colors are found in nature. Members can explore nature in projects like Forestry, Geology, Horticulture, and Natural Resources. Visual Arts and Photography projects encourage youth to use color creatively.

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!

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
### April

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

**Name ____________________________**

**Fruit and Vegetable Color Groups**

Name the color group that each fruit or vegetable belongs to!

- Red
- Blue/Purple
- Green
- White
- Yellow/Orange

- Potatoes ________________
- Blueberries ________________
- Lemon ________________
- Avocados ________________
- Raisins ________________
- Lettuce ________________
- Watermelon ________________
- Dates ________________
- Sweet corn ________________
- Strawberries ________________
- Cantaloupe ________________
- Peas ________________
- Plums ________________
- Pears ________________
- Raspberries ________________

April

**total minutes of physical activity**
Yogurt Fruit Sundae

Lowfat vanilla flavored yogurt – ½ cup per person
Fresh, canned or frozen fruit, chopped – ¼ cup per person
Lowfat granola – 2 tablespoons per person
Chopped nuts – ½ tablespoon per person

Place yogurt in small dish. Top with fruit, granola and nuts. Offer a variety of fruits. Each person can make his/her own sundae.
Rainbow Run! (20 minutes)

Items needed for this activity:
- List of fruits and vegetables from color groups (provided in this activity guide)
- Signs to designate color areas

Activity set up:
- A large area (inside or outside) where members can run back and forth between five color stations
- Label each color station with the provided color sign (blue/purple, green, white, yellow/orange, and red)

Step 1: Information to share with club members (5 minutes)
Eating five or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living. Deeply-hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body needs to maintain good health and energy levels and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. And, within each color group, each fruit and vegetable has benefits of its own. So, eat from each color group daily and try for variety within the color groups!

(The color groups and their benefits are listed below. Explain each color group’s benefit to members.)

Step 2: Group Activity 1 (10 minutes)
For this activity, we are going to use the five areas of the room that are labeled with signs stating different color groups.

Great! Now that we know what these foods do for us, let’s see which foods belong to which groups.

(Source: www.5aday.org)

Now, I am going to call out some different fruits and vegetables, one at a time. I want you each to move to the area of the room that matches the color of the food I call out. Some of these foods are common and you will know the color right away, but some are harder. We can learn about those foods together.

(You can vary this activity by having members run, walk, skip, gallop, hop, dance, or move in another way to the areas. After you call out a food name,
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.

Now, what about fruits? Can I have the 9 to 18 year old girls and the 9 to 13 year old boys raise their hands? You all need 1 ½ cups of fruit per day. Now, can the 14 to 18 year old boys raise their hands? You need 2 cups of fruit per day.

What counts as a cup of fruit? In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Great job everyone! Now we know how much fruit and vegetables we need each day. Remember to get all your servings in and try to eat a rainbow of fruits and vegetables each day to get all the benefits they give us!

Keep getting 60 minutes of physical activity each day! Exercise is another important part of being healthy!

Get Up & Move!
Blue/Purple
Green
White
Yellow/Orange
Red
Five A Day The Color Way!

Five a Day The Color Way is a great way to combine good nutrition and fun for your child.

Eating five or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living. Deeply-hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals (plant chemicals with disease preventative properties) your body needs to maintain good health and energy levels and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. And, within each color group, each fruit and vegetable has benefits of its own. So, eat from each color group daily and try for variety within the color groups!

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The USDA Food Guide Pyramid recommends five to nine servings of fruits and vegetables every day. Older children and teenage girls need at least seven servings and teenage boys need at least nine servings. Do your children eat enough fruits and vegetables?

Here are some suggestions to increase your family’s intake!
- Add some grapes to your chicken salad.
- Keep a bowl of fresh fruit on the counter or table for easy snacking. Include fruits from the different color groups.
- Add purple, red, or yellow peppers to salads.
- Add apple slices or blueberries to your pancake batter.
- Have berries handy to add to cereals or serve for dessert or snacks.
- Try peas in macaroni and cheese or steamed broccoli on a baked potato.
- Encourage variety by letting children pick out a new fruit or vegetable at the grocery store.
- Add vegetables to spaghetti sauces, chili, or soups.
Get Up & Move!

Take the Five A Day The Color Way Challenge!

In order to keep track of the rainbow of fruits and vegetables you eat each day, use the Five A Day The Color Way chart. You can find the link at the Illinois 4-H Website, http://www.4-h.uiuc.edu/opps/move/. Use a chart for each member of the family to ensure that you are getting a colorful variety of fruits and vegetables.

Another family activity your family can do is to try new fruits and vegetables! On the 4-H website, you will find a list of fruits and vegetables sorted by color group. Pick out a fruit or vegetable you have never tried before and try it! Your family can look up how to cook and eat that particular food together.

Rainbow Walk
Since April is a time for showers, you might also get to see a rainbow! After one of these spring showers, go on a family walk in search of a rainbow. Don’t forget to record these walking minutes on your physical activity calendar. When you get home from your walk, look up what makes a rainbow in the sky with your family.
April is a month in which a lot of people plant their vegetable gardens! The last frost of the winter has usually come and gone, and the weather is warming up!! Some common vegetables that are planted in vegetable gardens are carrots, radishes, tomatoes, green peppers, broccoli, spinach, lettuce, eggplants, cauliflower, green beans, and corn.

As a community activity this month, find community members who have a vegetable garden and interview them about what vegetables they plant and how they do it. Analyze the plants in their gardens and decide if they plant a rainbow. Maybe you can even get a lesson in gardening.

Contact your local Extension office to get the name of someone in your community who is an U of I Extension Master Gardener. Contact this person and ask him/her to share his/her knowledge with you. You could even look into becoming a Junior Master Gardener yourself!

Explore the Plant a Row for the Hungry program, in which gardeners plant an extra row in their garden and donate the food to their local food bank. Does your community have someone who plants a row for the hungry? If so, ask them if you can help with growing the vegetables or delivering them to the food bank!