

4-H CLOVERBUDS CONNECTION



January - March 2022

NEXT MEETING

Cloverbuds meet on every 3rd Wednesday of the month from 4-6 pm.

January 19th

February 16th

March 16th

4-H HIGHLIGHTS

Please enroll at <https://4h.zsuite.org/>

You must be active status to participate including your payment of \$5 for the year.

Sign up for Remind! TEXT @4-hclover to 81010

LET THE BEET DROP

Hello Cloverbud Families,

These past few months we have explored some pretty fun and crazy sides of 4-H. Through these next few meetings we will dig even deeper in to what 4-h has to offer. The last time we met we looked into what interior design entails. Through the rest of this newsletter there are some things to learn about what to put on your plate (from your placemats that we made at our last meeting). As you go through the newsletter try to do each activity. Parents please make sure your Cloverbuds are signed up for Cloverbuds in Zsuite. We all are looking forward to starting a brand new year off nice and bright. As the sweets start to disappear around the house start thinking about how could we replace them with a healthy snack. What is a healthy snack? Crackers? Oreos? Maybe an Orange? As you read through the rest of the newsletter start to think what a healthy snack is and what makes them healthy? If you enjoy things like this you should look into Food and Nutrition and start baking or planning some of your own tasty meals.

STAY HEALTHY INSIDE & OUT

You may have already seen My Plate in school, this is a program that comes from the USDA's Center for Nutrition Policy and Promotion.

It is a graphic of a place setting with a plate and glass divided into five food groups. Did you know that you can become a 'My Plate Champion'? By pledging to be a MyPlate Champion you're making a promise to eat healthy and be active every day.

<https://www.myplate.gov/life-stages/kids>





WHY DO APPLES TURN BROWN?

Supplies: Apples, Small jars or cups, liquids: milk, water, soda, vinegar, lemon juice, oil, etc.

1. Before starting, talk about why apples turn brown. Apples turn brown because when oxygen reacts with the chemicals in the apples, the polyphenol oxidase enzyme in the apples reacts with the oxygen in the air, turning the apples a brownish color. If you add protection to the apples, they won't turn brown. 2. Set out as many cups as you have liquids, add liquid to each. Make some guesses on what you think will happen to each apple. 3. Put one apple slice in each cup. Wait an hour. 4. Pull the slices out and lay on a plate, it is best to label the slices. Let them sit for a few hours and see what happens.

STOP AN APPLE FROM TURNING BROWN



LET'S MOVE IT!

Play a guessing game

"I am thinking of a food which begins with the letter..." Give extra clues like colour, shape, texture etc, until someone correctly guess the food. Take turns to choose and describe a food.

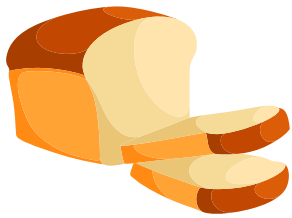


PLAY WITH YOUR FOOD

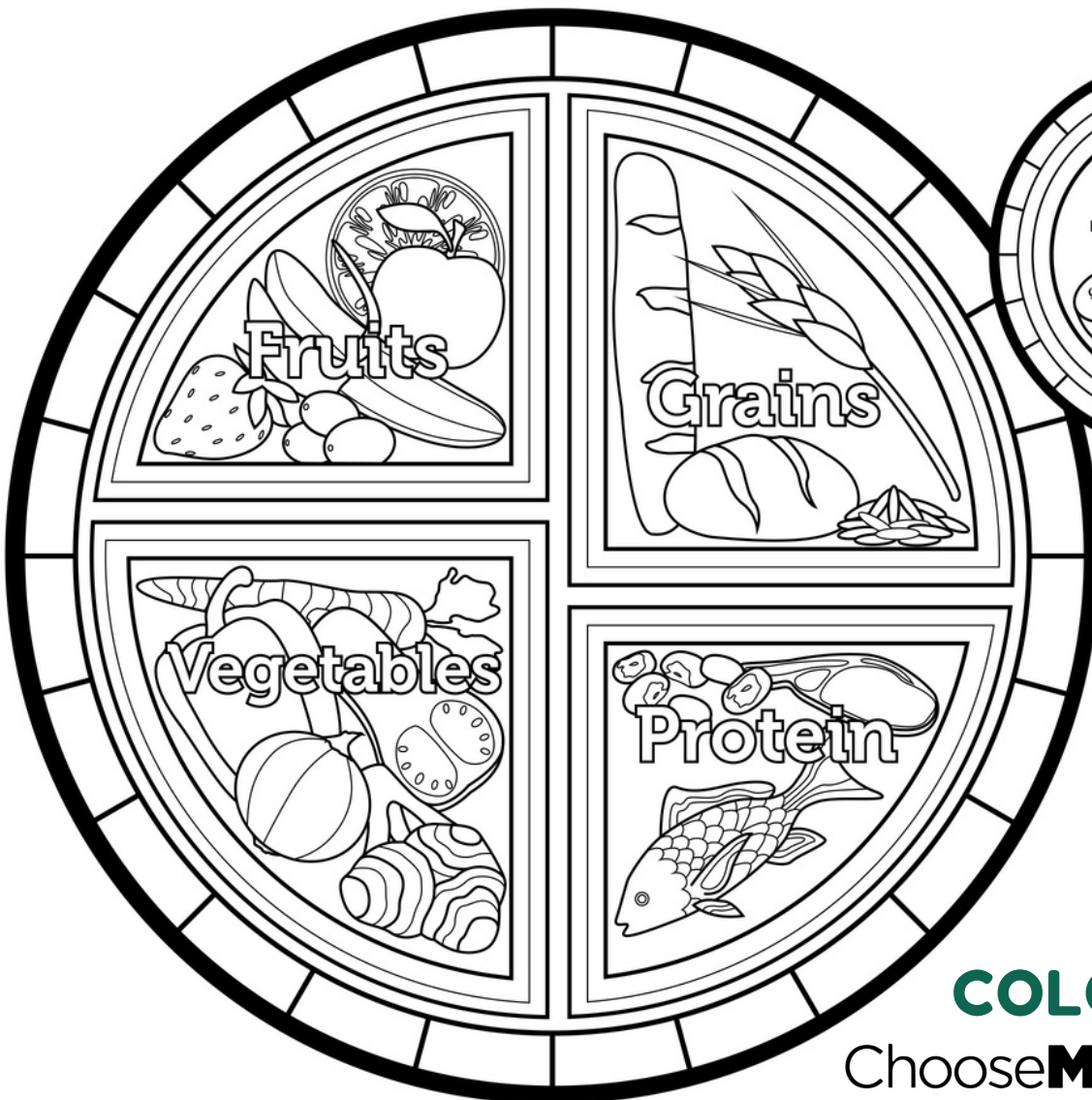
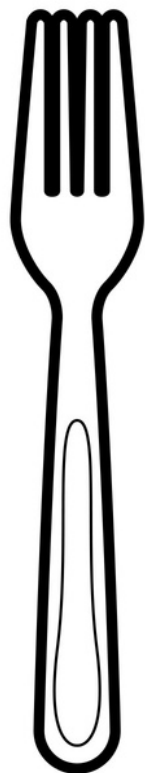
Supplies: Paper, Paint, Food.

Try and pick fruits and veggies that have different shapes or textures when cut in half. This will add some fun and some variety to your stamps!

1. Cut the fruits and veggies in half.
2. Paint away!



4 FUN WAYS TO STAMP WITH YOUR VEGGIES
www.ilovetocreateblog.blogspot.com



COLOR ME!!!

Choose **MyPlate.gov**



4-H **CL** **VERBUDS**

Wyoming 4-H

CAMPBELL COUNTY EXTENSION

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