



# Get Up & Move!

Leader Activity Guide

Series 3: April

## 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](http://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**.

### Reflection 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>.

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