



January Help Tips for Leaders ...

Use your 2014 WV 4-H Club Health Activity Guide: Eating Healthy each month for ...

- Answer Roll Call Ideas
- Healthy Snack Ideas
- Health Activities ... many can be used as recreation time, too!

Looking for something a little different ...

- The Winter Olympics are coming up!!! ... Answer roll by:
Name the sport you are most looking forward to watching
Name the sport you would most like to be an Olympic Athlete in
- Alternate Healthy Snack Ideas ... ***see the next page***
- Knuckle Jousting ... (those that attended Older Camp last year know how this works!)

Brief Explanation ... Great way to use the Olympic Sports you used in roll call ...

Place a masking tape roll/loop on each member's knuckles (sticky side out) ...

Have everyone begin quietly chanting their chosen Olympic Sport.

Start to pair up with someone that has a DIFFERENT sport than you do.

On the count of **“and let the Games Begin”** or **“I now declare open the 2014 Winter Games of Club Name”**

Have each pair make tape-to-tape contact. Members separate and the person without any tape now cheers for the SPORT of the other person (form a train behind person with tape) continue facing additional opponents (cheering and tape ball will continue to grow each round as the winner moves on to other opponents) until there is an overall “winner” (and one long train and 1 top sport being chanted by everyone).

*Knuckle Jousting can be used for lots of different seasons/reasons ... Nutter Fort Club used this in November to settle what the top food for Thanksgiving was ... the final 3 were Turkey, Mashed Potatoes and Hot Dogs ... MASHED POTATOES FINALLY WON!!! (Glad it wasn't Hot Dogs ...LOL) ... remember ... all you need is a roll of masking tape and you can have a friendly battle about anything ... a great icebreaker with **first names**, too!!!*

Snowman Party Poppers

These guys are made of mozzarella cheese, blackberry jam, pretzels, and fruit – a winning combination of flavors if you ask me!

Here's how to make your own.

Ingredients needed (for 15+ poppers):

- large chunk mozzarella cheese – the largest size available at most grocery stores
- pretzel sticks
- 2-3 tablespoons seedless blackberry preserves (may substitute other seedless preserves)
- grapes (or other desired fruit) for hats

Assembly:

Step 1: Cut mozzarella into groups of 3 chunk sizes.

Start with deciding the size you'd like the head chunk to be and cut those equally.

Next, cut slightly larger chunks for the middle, and repeat for the bottom.

Tip: think about how much cheese would be desirable to eat for one child in one sitting. Make sure your bottom chunk is not so big that it would be too much for the average person to want to finish.

Step 2: Fill piping bag or plastic baggie with corner sliced off for piping with blackberry preserves, and pipe faces onto smallest chunks of cheese. Could also try dapping a toothpick into preserves and touching onto cheese.

The fruit and cheese combo is classic and tastes fantastic.

The preserves, once piped onto the cheese for faces, stay in place very well, and they should not dribble as long as you do not make the dots too large. I used the smallest tip on my piping bags.

Step 3: Build Snowmen

Because they stay together so well, these guys don't even require a toothpick! If you are serving them at a party, however, I would use one in order to be able to quickly grab one from a serving plate.

Layer your three chunks of cheese, largest on bottom, and work up. Slice the bottoms off of as many grapes as you have snowmen and add to the top to look like hats. Insert toothpicks (if necessary) and you are ready to go!



Healthy Snack for Children: Frosty the Bagel

This is half of a bagel with reduced-fat cream cheese spread. (could use a rice cake, too)

The ear muffs are broccoli, carrot for the nose, black olive eyes and red bell pepper slices to make the mouth.

The muff connector is a whole wheat pasta noodle (could use string cheese) ... or you could use licorice – as a “% moderation in not healthy”



Here's 1 more idea ...

