



# May Help Tips for Leaders ...

## **Health Report:** (from the 4-H Health Book – other activities available, too)

Use the palm of your hand to judge the right-size servings - it is a good guideline to use. When you eat a snack, use your hand to judge **1** portion. Use your eyes to see that your portions are not “biggie size”. The trick is to learn what a proper serving is and be aware when a portion is too big.

## **Safety Report:**

Picnic season is just around the corner and we need to think food safety!!!

Keeping Hot foods **HOT** and Cold foods **COLD** is a must!!! Food should not be left out of the cooler or off the grill more than 2 hours (one hour when the outside temperature is above 90 degrees). Holding food at an unsafe temperature is another major cause of foodborne illness.

Consider nonperishable picnic alternatives, too.

Baked potato chips instead of potato salad

Washed whole fruit (apples, oranges, bananas, etc.) instead of cut-up fruit salad

Cookies or brownies instead of perishable cream or fruit-filled pies

## **Conservation Report:**

Leaving grass clippings on the lawn to decompose back into the soil is a good way to recycle essential nutrients and water back to the turf. Studies demonstrate that clippings return nearly one-third of the fertilizer applied, as well as small amounts of essential micronutrients; because grass is 70 percent water, leaving clippings as they're cut helps reduce the need for irrigation.

# MYSTERY ACTIVITIES TO GET YOUR MEMBERS READY FOR CAMP AND SOLVING CLUES ...

To play go here: [jeopardylabs.com/play/4-h-jeopardy13](http://jeopardylabs.com/play/4-h-jeopardy13).



## Secret message activity:

Have your members write messages on white paper with white crayon. The messages can be revealed with (some – you’ll need to test before hand) highlighters or watercolors.

**Another secret message activity:** There are lots of ideas for secret messages – search the internet – here’s an easy one ... write a message and leave out all the vowels:

W \_ \_ H \_ \_ P \_ \_ Y \_ \_ \_ C \_ \_ M \_ \_ T \_ \_ C \_ \_ M P !!!

Cipher Wheel can be found here: <http://www.nsa.gov/change/cipherdisk.shtml>  
Or you can use a “Slide Cipher” – tape 2 strips together/overlap the “A’s”, you can tell your members this is an “E Cipher”: so line up the A:F

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z A  
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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z A  
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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z A  
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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z A  
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R J M T U J D T Z H T R J Y T H F R U  
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