

December Scorecard



Player name

It's up to you! There are all kinds of fun physical activities and fruits and vegetables to try. Every time you try a physical activity for 15 minutes, or eat a fruit or vegetable you get to cross off 1 square on your scorecard. 1 square = 1 point. If the square says *Pick* or *You Choose* you pick any fruit or vegetable and you choose the physical activity. For the *invent* square – you make up the activity. The more things you try, the more points you get! At the end of the month, if you get a score of 12 or higher, you're a winner!!

Total Score

Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.



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Dance

– You can dance alone or with your friends, to music or to the beat in your head, to exact steps or to moves you just made up. Stepping, salsa, ballet, hip-hop, your own mix...the options are endless! So get moving! Can you imagine...the longest dance party included 56 people who danced nonstop for 50 hours?

Tell your family what you've learned about kiwi or tangerines at school.

Merge

– Don't ever be bored! Merge two sports to make a new one! It's been done before with great results.

★ Wakeboarding is surfing and waterskiing; kayak polo is water polo and kayaking; and pato, a sport in Argentina, is basketball on horseback. (That's definitely not something you'd want to try at home!)

★ Ever heard of hip hop scotch? It's like hopscotch, but instead of numbers, you write in dance moves. Wherever your rock falls is the way to move.

Just be sure that when you merge your sports, you merge the right safety gear that goes with each of them!

Glide

– Did you know that more than 2 million people play roller hockey (no ice required)? An ice hockey player actually invented inline skates so he could practice playing during the off-season. Inline skates keep the game exciting and fast-paced. Don't forget to wear wrist guards, elbow pads, knee pads and a helmet. Think it is too cold to glide or inline skate? Try out the real thing and skate on ice or head to the local roller-skating rink.

After School Snack:

Kiwi Spears

Serving size: 2 spears Makes 15 servings

Ingredients:

- 10 kiwis, peeled and sliced
- 5 tangerines, peeled and segmented
- 5 bananas, peeled and sliced

Directions:

Thread two slices each of kiwis, tangerines and bananas in alternating pattern onto sturdy plastic straws.

Tell your family about the 12 days of fitness and do it

Hey! /// Heads Up! /// Look Out! /// Tip Off! /// Enough Said

Ask for help to cut the fruit into slices.

Source: Harvest of the Month