

# February Scorecard

<i>Pick</i> 	 <b>Jump</b>	<i>Pick</i> 	<i>You Choose</i> 	 <b>Banana</b>
 <b>Apple</b>	<i>Invent</i> 	<i>Pick</i> 	 <b>Yoga</b>	<i>You Choose</i> 
<i>You Choose</i> 	 <b>Serve</b>	 <b>Potato</b>	<i>You Choose</i> 	 <b>Mushrooms</b>

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](http://www.yesfood.iowa.gov) for more information.



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# Jump

– So you think jumping rope is only a girls' sport? Think again. For years, boxers have realized what a great workout it is, and now other professional athletes, especially in basketball and tennis, are catching on, too. Jumpers of all ages can participate in national competitions in categories like speed, freestyle and double-dutch. Once you get the basics down, there's a ton of tricks you can try, too. So, grab your friends, turn up the music and jump for it!

# Yoga

– The word yoga comes from an ancient language that means to yoke or unite your body, mind and spirit. Yoga has been around for more than 5,000 years and is popular today, no matter what sports you like. That's because yoga gives you a full-body workout, and increases your flexibility, endurance and ability to focus. It also helps you relieve stress. All you need is comfortable clothing, bare feet and an exercise mat (a folded up blanket on a carpeted floor works, too). Did you know that a lot of yoga poses are based on animals and the different posture they do in nature? Check out some poses to get you started at [www.VERBnow.com](http://www.VERBnow.com) or [www.bam.gov](http://www.bam.gov).

# Serve

– Did you know table tennis, also called Ping-Pong, is one of the most popular competitive sports in the world? Table tennis can be played at a very fast pace – some people even say it's the fastest ball sport in the world! That makes it really challenging and requires people to be in great shape. And, they have to have super hand-eye coordination. Just toss the ball up into the air and let it bounce one time before hitting it. Don't have a ping-pong table? Create your own using the floor, a wall, and any type of ball or racquet.

## AFTER SCHOOL SNACK:

### BANANA WRAPS

Serving size: 1 wrap    Makes 1 serving

#### Ingredients:

- 1 flour tortilla, 8 inch
- 1 tablespoon peanut butter
- 1 whole banana

#### Directions:

Spread the peanut butter on one side of the tortilla. Peel the banana and place on the tortilla. Roll the banana up in the tortilla. Cut into slices or eat as is.

Tell your family what you have learned about mushrooms at school!

Tell your family what you like to do for fun when school is cancelled.

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

You can make this on your own. If you want to cut your banana wrap, ask an adult for help.