March 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 score-card. 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.

Pick a better snack™ & ACT

IDPH

Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health.

Tell your family what you learned at school about cabbage.

Run

– No matter how much you have to run the field in lacrosse, it's nothing compared to how the sport started. Developed by Native Americans who considered it good practice for strength building and endurance, lacrosse teams could have as many as hundreds or thousands of players, goals were usually miles apart and games lasted as long as three days! The goal of lacrosse is to shoot a small rubber ball past a goaltender into a net using a long stick with a small triangular basket (the head) attached to one end. Create your own "lacrosse" game! Make lacrosse sticks with a broom, tape and plastic cups and then hit the field.

Talk to your family about what games and activities you want to do over spring break. Plan a family activity day during this time.

Unwind

- Whether you're getting ready for a run after school with your friends or a basketball game at the park, warming up your muscles is important! It improves your performance and reduces muscle stiffness. Warm up before any activity with 5–10 minutes of light jogging and 10-15 minutes of stretching. Cooling down after activity is also key — it allows the muscles to recover. Cool down with 10–15 minutes of easy movement, like walking, and 15–20 minutes of stretching. Also remember to re-fuel after activity with plenty of water, and eat food that's easy to digest and great for your body, like fruit.

Skateboard

– Before you ride, make sure you give your board a safety check to make sure everything is put together right. Always wear all of your protective gear including a helmet, knee and elbow pads, and wrist guards. There are several different styles of skateboarding:

- Street skating is skateboarding on the street, curbs, benches, and handrails – anything involving common street objects. Street skating is best left to the pros though. It's very dangerous.
- Downhill skating is racing down big hills, usually on a longer skateboard called a longboard.
- Freestyle skating is more artistic, involving a series of tricks and stunts.
- Vert skating is skateboarding on mini-ramps and half pipes, which are U-shaped ramps.

Don't have a skateboard? Get together with a group of friends and create your own!

After School Snack: Pineapple Slaw

Serving size: 1/6 of recipe Makes 6 servings

Ingredients:

- 2 ½ cups shredded or chopped cabbage
- 1 cup shredded or chopped carrots
- 1 cup pineapple chunks, drained
- ¼ cup raisins
- 3 tablespoons pineapple juice or salad dressing

Directions:

Combine all ingredients in a large bowl. Toss and serve or put in refrigerator covered until serving time.

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

Ask an adult for help shredding or chopping the cabbage and carrots. Also, ask for help when opening cans.

Source: CDC 5 a day program