

# May Scorecard

 <b>Pick</b>	 <b>Asparagus</b>	 <b>Kick</b>	 <b>You Choose</b>	 <b>Spinach</b>
 <b>Strawberries</b>	 <b>You Choose</b>	 <b>Rhubarb</b>	 <b>Pick</b>	 <b>Slide</b>
 <b>You Choose</b>	 <b>Pick</b>	 <b>Invent</b>	 <b>Swim</b>	 <b>You Choose</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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# Slide

Knowing when to slide in baseball and softball is almost an art form in itself. Here are some general rules: slide to avoid a tag, stop at the base, break up a double play, get back to base, and any time the play is close. Land on your rear with your head up as you lean back and keep your arms out for balance.

Did you know that a major league pitcher can throw a baseball up to 95 miles an hour - which takes less than  $\frac{1}{2}$  second for the ball to cross the plate? How do you hit something that fast? Pump up your muscles! The faster the bat is swung, the harder it hits the ball, and the faster and farther the ball will go!

Talk to your family about planning a garden this year. If your family has a garden, ask how you can help.

# Kick

Did you know that soccer players can run as many as 6 or 7 miles during one game? Kick up your play with these basic skills:

- Passing: moving the ball to a teammate with a controlled kick
- Dribbling: tapping the ball with your feet to move it down the field
- Trapping: stopping the ball with your feet, legs or chest
- Heading: using your head to stop or pass the ball

No field? No problem! Play at a park, your backyard or the playground - just use cones, water bottles or other objects to mark the goals!

Tell your family what you are looking forward to doing over the summer. Think of ways to stay active.

# SWIM

Swimming is more than a great way to cool off when it's hot; it's also a fun activity that helps you work out your whole body. If you don't know how to swim, or you want to brush up your skills, you'll want to take some lessons at your local pool.

Did you know the Law of Gravity explains that what goes up must come down? When you're in the water, the higher you try to lift your head, the more gravity will try to push you down. So, if you want to float, try and keep yourself underwater and you will naturally float to the surface. But if you lift your head, arms, or legs out of the water, you'll sink right back down!

## After School Snack: Paradise Freeze

Serving size: 1 cup    Makes 4 servings

### Ingredients:

1 large, ripe banana  
1 cup strawberries

1 ripe mango, cubed  
1 cup your favorite juice - 100% juice  
1 cup crushed ice

### Directions:

Combine all ingredients in a blender. Blend until smooth. Serve immediately. If you don't have strawberries or mango at home, use canned peaches or any other fruit you have on hand. You choose!

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

Ask an adult for help cutting the mango and operating the blender.

Source: Team Nutrition and Pick a Better Snack.