

# November Scorecard

 <b>Climb</b>	 <b>You Choose</b>	 <b>Sweet Potato</b>	 <b>Pick</b>	 <b>Cranberries</b>
 <b>Invent</b>	 <b>Pick</b>	 <b>Quadruple</b>	 <b>You Choose</b>	 <b>Pumpkin</b>
 <b>Pear</b>	 <b>You Choose</b>	 <b>Pick</b>	 <b>Zip</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.



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

## Climb

– Rock climbing walls are becoming more and more popular. Often they are set up at carnivals or amusement parks. Wellness centers and some big shopping centers even have them! Climbing walls are arranged so that everyone, beginners and skilled climbers, can make their way to the top! Don't have a climbing wall? Hit the playground! Hop on the jungle gym and pretend you're climbing the Rockies or Mt. Everest.

Share

with your family your favorite physical activity that you have tried this year.

## Quadruple

– Developed over 1,000 years ago, Tae kwon do is a martial art that comes from Korea and means “the way of the foot and fist.” Tae kwon do started as a method of self-defense, and is known for its high kicks, including the quadruple kick. Striking and blocking hand movements are also important. Find out about other kinds of martial arts at [www.bam.gov](http://www.bam.gov) and get those legs in the air!

Tell your family what you've learned about sweet potatoes at school.

## Zip

– Can you believe it? ... there are more than 30 million people in the United States who like to zip around on inline skates! Inline skating can help you develop balance and coordination for other sports, and it's fun all by itself! Safety gear is extremely important when skating! You need to wear a helmet, also called a brain bucket, elbow pads, knee pads and wrist guards. Once you're comfortable on your skates, zip around the park with your friends. No inline skates? Check on roller skates or ice skates! Roll on!

After School Snack:

## Sweet Potato Fries

Serving size: ¾ cup    Makes 4 servings

### Ingredients:

3 medium sweet potatoes (2 pounds)  
2 teaspoons olive oil

1 ½ teaspoons low sodium seasoned salt  
Ketchup, optional

### Directions:

Wash sweet potatoes, trim ends and cut out any bad spots. Cut into strips 3-4" long and ¼" thick. Place in a bowl or plastic bag with olive oil. Shake to coat. Arrange potato strips in a single layer, skin side down on a non-stick pan. Sprinkle with seasoned salt. Bake at 400 degrees for 30-40 minutes.

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

Ask for help to cut the sweet potatoes into strips. Make sure an adult is around when using the oven.

Source: Pick a better snack & ACT