

October Scorecard

 Walk	You Choose	 Grapes	Pick 	You Choose
 Radish	Pick 	You Choose	Throw 	Carrot 
Aim 	You Choose	Pick 	Jicama 	Invent

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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Aim

- Can you golf without a club and bowl without a ball? You can if you have a Frisbee® around! Frisbee golf is just like it sounds — you pick targets (like plastic garbage cans) and count how many throws it takes to hit the “holes.” The player with the lowest score wins. For bowling, arrange pins (or empty cups) in a triangle shape and take aim. While you’re at it, try some Ultimate Frisbee! Like football, try to pass the Frisbee to a teammate across a goal line. Think of other sports you can play with a Frisbee and try them out, too!

Go for a family walk after dinner. Tell your family about an activity you invented or have your family help you invent an activity.

THROW

- Go long — flag football’s the game!

Usually played with five players on each team, the offensive team plays for a first down at the middle of the field, and a touchdown in the end zone. The defensive team covers receivers, rushes the passer and grabs flags (placed on a string around players’ waists, or in their pockets) to make “tackles.” Did you know that the numbers worn on football players’ uniforms represent the positions they play? For instance, wide receivers and tight ends have numbers between 80–89. Come up with your own system the next time you and your friends play flag football! Invent new ways to play “football,” Gather some friends, find a ball, and head for the end zone!

Walk

- Sure, walking can get you from one place to another, but it’s also a great physical activity! It doesn’t require a lot of equipment, and you can do it alone or with your family and friends. You can walk to school or a friend’s house. Don’t want to walk home from school alone? Ask a friend to walk with you! Check out the best walking routes with your parents and always let them know where you are. Just think...if you walk 2,000 steps, you’ll walk a mile! And don’t forget to breathe while you walk! Did you know lizards can’t run and breathe at the same time? They have to stop to take breaths when they run!

Tell your family what you’ve learned about jicama or radishes at school.

October After School Snack:

Green Treasure Salad

Serving size: ¾ cup Makes 4 servings

Ingredients:

1 cup green apples

1 cup green grapes

½ cup mini marshmallows

½ cup fat free lemon yogurt

2 tablespoons slivered almonds

Directions:

Core and seed the apple and cut into four pieces. Mix together apple slices, grapes, marshmallows, yogurt and almonds.

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

Ask for help to core and slice the apples.

Source: National Cancer Institute