

# September Scorecard

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|---|--|--|--|---|
| <br><b>You Choose</b>  | <br><b>Hike</b>       | <br><b>Pick</b>           | <br><b>Zucchini</b> | <br><b>Tomato</b>      |
| <br><b>Putt</b>        | <br><b>You Choose</b> | <br><b>Apple</b>          | <br><b>Invent</b>    | <br><b>Pick</b>        |
| <br><b>You Choose</b> | <br><b>Pick</b>      | <br><b>Shopping Cart</b> | <br><b>Plum</b>    | <br><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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**Putt** – Golf began in Scotland as early as the 1400s, when golfers played in the street with a leather-covered ball stuffed with feathers. Today, you can golf at a course, at a miniature place, or you can create “greens” in the yard! Use a bat or broom as a club, and make the target a plastic cup on its side.

Talk to your family about your favorite activity during PE class. If they don't know how to do that activity, then

**Volley** – William G. Morgan invented volleyball in 1895 by blending ideas from basketball, baseball, tennis and handball. He originally called it “mintonette.” Passing and serving are the most important skills to master in volleyball, and you can practice them with just a couple of friends and a ball. Find a soft court or clearing of sand or grass and remove any sharp objects that you see.

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

**Hike** – Take a hike...for real! Iowa has hundreds of miles of trails! So, grab your friends and family and hit the trails! What not to forget when you go hiking: good sneakers or boots with thick bottoms, layered clothes, backpack, water, flashlight, map, compass, sunscreen, bug repellent, first-aid kit, extra socks and food (like an apple, plum, or trail mix). Check out [www.bam.gov](http://www.bam.gov) for more hiking info and to find trails near you.

### September After School Snack:

#### Zucchini and Tomato Pizza

Makes 1 serving of 2 pizzas

#### Directions:

Cut English muffin in half. Toast the English muffin. Spread 1 tablespoon of sauce on each half. Place 2 tablespoons of zucchini and tomatoes on each half. Sprinkle 1 tablespoon cheese on each half. Microwave pizza on a microwave safe plate for about 30 seconds or until cheese melts.

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

Ask for help when using a knife to cut the English muffin, tomato and zucchini. Remember that things are HOT when they come out of the toaster and microwave.