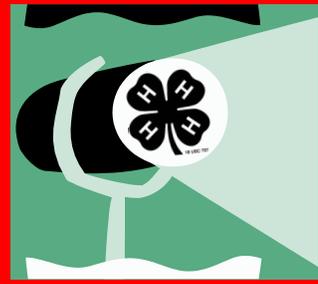




## PHYSICAL ACTIVITY AT 4-H CLUB MEETINGS



As we plan our 4-H club meetings, the first things that often come to our mind are agenda items that need to be discussed, who's to bring refreshments, what project we should work on, etc. These are important items, but they aren't always the youth's favorite part of the meeting. Remember that 4-H'ers want to have FUN at their meetings. One way to ensure that your meetings aren't all work and no play is to include recreational/physical activity as one of the agenda items.

Another reason that it is important to include recreation/physical activities as part of your 4-H Club meeting is because, according to the Center for Disease Control and Prevention, more than one third of children and adolescents were overweight or obese in a 2008 study. They also go on to say that, "The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, the media, and the food and beverage industries and entertainment industries." Since the fourth "H" of our pledge stands for Health it is imperative that we ensure our youth have the opportunity to be physically active during each and every 4-H club meeting.

You may be wondering just how we encourage this recreational/physical activity during our 4-H club meetings. The easiest way to make sure that a recreational/physical activity is part of every club meeting is to make it a standard item on the clubs meeting agenda. It doesn't matter if you are a pro at planning recreational/physical activities or a novice there are many great resources available to you. Including the following:

- <http://www.gameskidsplay.net/>
- [http://kidshealth.org/parent/growth/learning/school\\_age\\_games.html](http://kidshealth.org/parent/growth/learning/school_age_games.html)
- <http://www.ultimatecampresource.com>

The most important thing to remember is that we are teaching future generations that exercise doesn't always have to be work, but that it can be something fun like a game of tag with their fellow 4-H club members. Be sure to join your 4-H'ers in their recreational/physical activities. By participating, you are modeling this positive behavior for them. Plus, if you participate, those older youth who think they are too cool just might join in too.



UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT  
ON 4-H!



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

### Inside this issue:

- Fashion and 4-H** 2
- Appropriate Toys for Tots** 3
- Edible Food Science** 4
- Super Seams** 5
- Food and Nutrition Careers at UNL** 6

### Special points of interest:

- *Modeling from head to toe for a complete look!*
- *Science isn't just for the classroom, but in the kitchen, too, and it's good enough to eat!*
- *Sewing straight seams is super easy with these tips and tricks!*





## THE FINISHING TOUCH

### *Tips for Accessorizing your 4-H Fashion Revue Outfit*

The shopping and sewing are done but the look just doesn't seem complete. What is missing – a hat, a purse or a necklace? What will make this outfit stand out at Fashion Revue? Accessories are that finishing touch on every outfit. They can make or break any Fashion Revue garment. Knowing how to properly accessorize could be the difference between a blue or purple ribbon.



 **Follow Current Trends.** Fashion Revue is a chance to show off your style. Stay on trend to show the judges that you are fashion forward.

 **Stay Age Appropriate.** Choose accessories that fit your age. An eight year old would not normally wear four inch heels with a ruffle skirt. Choose accessories that are practical, fit the outfit's purpose and the 4-H'er's personality.

 **Keep it Simple.** Accessorizing does not mean that you need to wear every type of accessory with one outfit. Two or three items, not including shoes, should be enough to make a statement.

 **Choose a Focus Area.** Do you want to accent your face today? Then choose an earring and a headband. Maybe you want to draw attention to your new manicure, then rock an eye-catching bracelet and over-sized ring.

 **Mix and Match.** Don't go overboard with a certain trend. A large necklace can be your statement piece, but don't overdo it. If you are wearing bold earrings, skip the necklace. If you are wearing platform shoes, go with a small clutch.

 **Be Creative!** Accessories do not have to be defined as jewelry, hats or handbags. Consider the image that you are trying to portray with your outfit. If modeling an apron, consider accessorizing with an oven mitt and chef's hat.

 **POP COLORS** Nothing adds interest like a pop of color. Add a red belt with a red clutch to a black dress for some contrast. When using pops colors as accessories, follow the Rule of Two – no more than two accessories of the same color and no more than two colors. For example, if you've chosen a red belt and a red handbag, go with a black shoe and a black necklace or bracelet. Shoes are also a great way to add "pop" to any outfit.

 **Show Off Your Shoes!** The best way to pull an outfit together is by choosing the appropriate shoes. When choosing a shoe for your 4-H Fashion Revue outfit, follow the General Tips but also consider fit. Make sure that you can walk comfortably. 4-H modeling requires a lot of pivoting. Your shoes should not keep you from appearing graceful.



# AGE APPROPRIATE TOYS FOR CHILDREN

Toys don't have to be expensive. Cardboard boxes in the backyard and measuring cups in the bathtub are favorite standards. But people who do wish to purchase toys may find it helpful to know what toys to choose and which to avoid for children of different ages.



Infants and toddlers learn about the world through their senses. They are interested in the sight, sound, smell, texture, and taste of things. Objects or toys that can be squeezed, dropped, poked, twisted, or thrown are sure to cause delight. Toddlers also enjoy any item that can be stacked, poured, opened, closed, pushed, or pulled. Infants and toddlers should never play with any object that is smaller than a half dollar.

Preschool children learn by doing. They are busy developing new skills. They like drawing, painting, and building. They also spend a great deal of time pretending. Dress-up clothes, pretend "props," and puppets are big favorites. Preschoolers are energetic and active. They need large balls to roll and throw, wagons to pull, and tricycles to ride.



School age children feel more grown-up and love activities that lead to "real products" such as jewelry, "designer" t-shirts, or stamp collections. They also develop interest in sports and enjoy having adults-like physical equipment such as soft-ball gloves, tennis rackets, or skates. They have better understanding of rules and enjoy playing with others. Board games, cards, or dominoes teach math concepts and problem solving skills.

Visit the following Web sites for more information.

**American Academy of Pediatrics** <http://www.aap.org/>

**U.S. Consumer Product Safety Commission** <http://www.cpsc.gov>

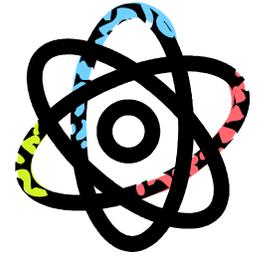
Resource: Understanding Children's Toys, Iowa State University by Lesia Oesterreich, Extension Family Specialist.



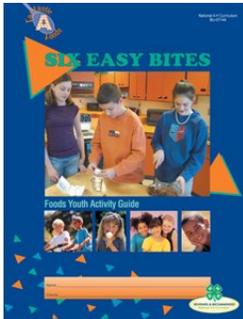


# KITCHEN SCIENCE

Have you ever thought about the kitchen as a science laboratory? Help your 4-H'ers improve their science skills while learning about food preparation and food safety. Several of the 4-H Foods Manuals have simple kitchen science experiments that can easily be done at a club meeting. These activities can also form the foundation for a speech, demonstration or county fair exhibit.



**SIX EASY BITES** has many kitchen science experiments. Check out these pages.



**Page 10** – A simple experiment on the importance of calcium in the diet. All that is needed is two jars, two chicken leg bones, water, vinegar and a measuring cup.

**Page 22** – A food preparation experiment using a mix and a recipe from scratch. How are they different? Why are they different?

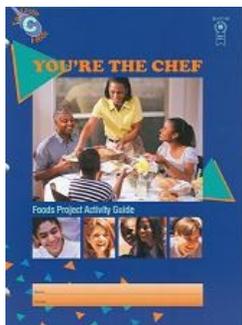
**Page 24** – A food safety experiment on keeping foods safe. Do this experiment before going anywhere with a sack lunch – tours, camps, school.

**Page 26** – The basics of microbiology using slices of bread, plastic bags and water. This is easy but takes a few days so have each 4-H'er do the activity at home and then bring their bread in a bag to the club meeting.

**Page 36** – Making muffins and learning science principles.

**Page 44** – Experiment with sandwiches – what freezes well and what doesn't.

**YOU'RE THE CHEF** is a more advanced project yet is full of kitchen science experiments that can also be done at club meetings or by 4-H'ers at home.



**Page 22** – Show basics of food preservation by using salt, vinegar, water, bouillon cubes and plastic cups.

**Page 24** – Emulsions: why oil and water sometimes actually do mix.

**Page 30** – Yeast is alive and key to success of breads.

**Pages 38-45** – Science is the key to success and safety of food preservation. Great hands on activities.

Check out the other 4-H foods manuals for kitchen science ideas. Anytime a food is changed, there is probably a science principle at work.



Cooking meat from the raw stage to a degree of doneness.

The caramelization and browning of sugar in baked products.

Use of a leavener – baking powder, baking soda – as well as the freshness of the leavening agent.

Freezing high water content foods and then thawing the foods.

Making cookies using a different fat for each batch – butter, margarine, shortening, oil, vegetable oil spread.



## SEAM FINISHES



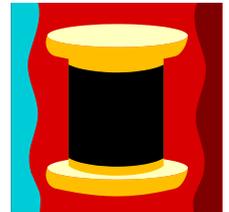
“Why do I have to sew that again? Nobody sees it anyway.” If you are teaching sewing to 4-H’ers you have probably heard this. Seam finishes are necessary on most fabrics to prevent raveling and fraying of the fabric and to maintain the stability of the seam when clothing is worn or laundered. As unhappy as your 4-H’er may be to sew the seam finish, they will be even more unhappy if the fabric frays resulting in holes or tears when they are wearing their garments.

A well-constructed **seam** is smooth and even in appearance on the inside and outside and even in width throughout. It should be pressed open or closed according to the type of seam and how it is used in the construction process. A well-constructed **seam finish** should be neat and smooth in appearance, without added bulk. It protects the area and prevents the edge from raveling, stretching, rolling or curling and is not visible from the right side of the garment.



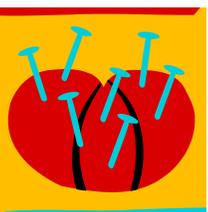
The type of seam finish needed depends on the fabric and the visual appeal. Some methods of constructing a seam finish the seam at the same time. For example, a flat-felled seam is a decorative and durable seam and seam finish all in one for the hard wear and tear jeans receive. Other methods of constructing seams that provide a finish at the same time are French seams and using a serger/overlock machine to stitch the seam. These methods are not recommended for beginning sewers.

Not all fabrics require a seam finish, such as non-woven fabrics like Polar Fleece and other knit fabrics. However, you may still want to add a seam finish as part of the design or to make seam allowances lay better. A fabric prone to fraying, such as a loosely woven fabric, will require more sewing in the seam finish than a tightly woven fabric that does not fray as much.



The simplest seam finish is straight stitching along the edge of the seam allowances approximately  $\frac{1}{4}$ " from the edge. A zigzag stitch may also be used. When using the zigzag stitch, the stitch length must be adjusted to accommodate and prevent fabric raveling. The more the fabric ravel, the closer together the stitches need to be. If a serger/overlock machine is available it may also be used to finish a seam.

A double-stitched finish is often used for knit fabrics and may also be used for woven fabrics. After stitching the seam and pressing it open, the seam allowances are then pressed together to one side and treated as one. Stitch a second row of stitching into the seam allowances,  $\frac{1}{8}$ " –  $\frac{1}{4}$ " away from the first line of stitching. The second row of stitching may be a straight stitch, zigzag or a machine over-cast stitch. (Note the over-cast stitch is not recommended for knits.) Press seam to one side. This second row of stitching may also be done from the right side of the garment adding a decorative touch. Trim seam allowance when finished.



There are other many other types of special seams and seam finishes to choose from depending on the fabric, design and end use of the garment. Most good sewing references books will include illustrated directions on how to make and finish a variety of seams. No matter what method is used to seam and finish garments, be sure 4-H’ers are pressing as they go for that smooth professional finished look.



# CALENDAR OF EVENTS



## NUTRITION, EXERCISE AND HEALTH SCIENCES

Members who have completed projects in the Healthy Lifestyle curriculum area have developed a great foundation for a career in health and fitness services. To prepare for their career encourage your 4-H members to consider majoring in nutrition, exercise and health sciences at UNL. This is a great major for members who love physical activity and encouraging others to take care of their bodies.

The nutrition, exercise and health science option is designed for those students interested in planning, conducting and managing health-related fitness and wellness programs in a variety of settings. Graduates are prepared to enter a variety of health/fitness/recreation-related positions such as fitness/wellness programs provided by corporations for their employees; fitness health assessment, and cardiac rehabilitation programs provided by hospitals or medical clinics; programs provided by YMCAs, private health clubs and commercial fitness clubs; government or private agencies which provide health or fitness assessment or lifestyle behavior modification programs for employees or other groups of individuals; and community recreation centers, and other health, fitness or lifestyle related endeavors.

The **Department of Nutrition and Health Science** at **UNL** has a nationally and internationally recognized faculty with an integrated approach to healthy lifestyles and didactic program in Dietetics requirements can be met with additional course work. Students can also qualify for the Health/Fitness Instructor Certification Exam from the American College of Sports Medicine (ACSM).

Notable facilities include specialized laboratories for exercise testing, food preparation, and testing, and nutrition research laboratories including state-of-the-art equipment.

To learn more about Nutrition, and Health Sciences major visit their website at:  
<http://cehs.unl.edu/nhs/undergrad/nfhp.shtml> or contact:  
Timothy Carr, Chairperson, [tcarr2@unl.edu](mailto:tcarr2@unl.edu) (402) 472-7940.

**4-H! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA!**