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--Join kids and families to walk and

bicycle to school on October 7 to promote physical activity.

Engage Children in Walking and Hiking

Listed below are great ideas that can be used alone or as a springboard to another idea that will engage children of all ages in walking or hiking.

1. **Go on a critter hunt.**

When on a walk or hike, stop a few times to turn over logs, rocks or pieces of bark to see what's hiding underneath.

2. **Animal walks.**

Take turns to decide how to walk until reaching the next landmark (e.g., fence, tree, house) For example: walk like a duck by squatting legs and flapping arms or hop like a rabbit.

3. **Can you find it?**

Player chooses an object to find on the walk. "First one to see a ____." Players try to find the object first. Winner chooses next object to find.

4. **Follow me.**

Follow a partner as close as possible, without running into them. Take turns as leader.

5. **Scavenger hunt.**

Brainstorm a list of objects to find (feather, animal track, flower, acorn, rock, pine cone, etc.)

POPCORN (CORN FACTS)



It's hard to believe a snack food that tastes so good can actually be good for you! But it's true, and there's more good news!

- Air-popped popcorn has only 30 calories per cup; oil-popped popcorn has only 35 calories per cup.
- When lightly buttered, popcorn contains about 80 calories per cup.
- Popcorn is a whole grain, making it a good-for-you food.
- Popcorn provides energy-producing complex carbohydrates
- Popcorn contains fiber, providing roughage the body needs in the daily diet.
- Popcorn is naturally low in fat and calories.
- Popcorn has no artificial additives or preservatives, and is sugar-free.
- Popcorn is ideal for between meal snacking since it satisfies and doesn't spoil the appetite.
- 3 cups of popcorn equal one serving from the grain group.

For more information:

www.LLM.unl.edu or
www.food.unl.edu

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