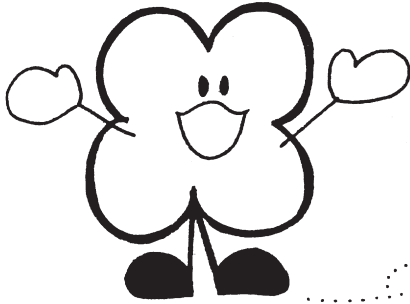
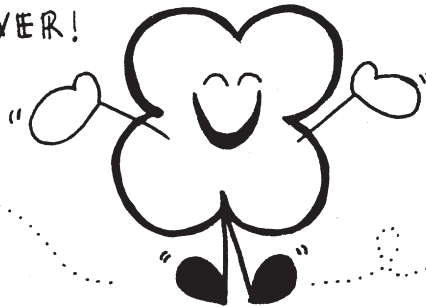


MINNESOTA
4H FUNWORKS

Activity pages for young 4-H members

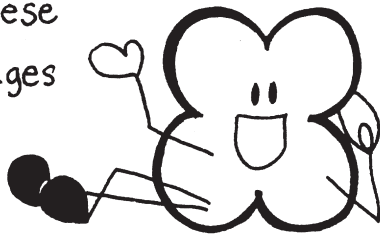


Hi! I am
CLEVER CLOVER!

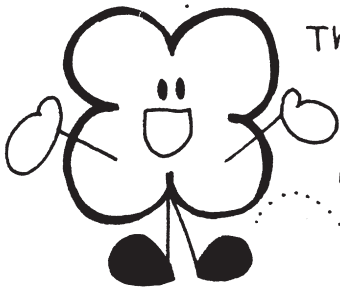


**WELCOME
 TO
 4-H!**

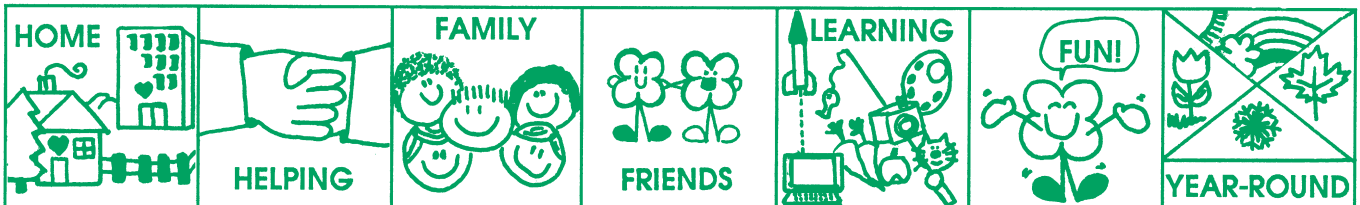
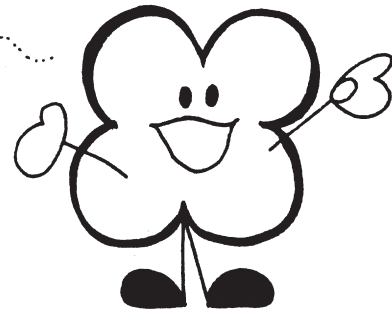
I will come
 to your home in these
 special activity pages
 called "FUNWORKS"!



So, turn the page
 and join me for
 4-H fun!



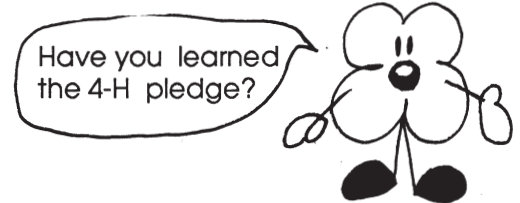
These pages are filled with games, ideas,
 puzzles, and activities to help
 you learn more about 4H!



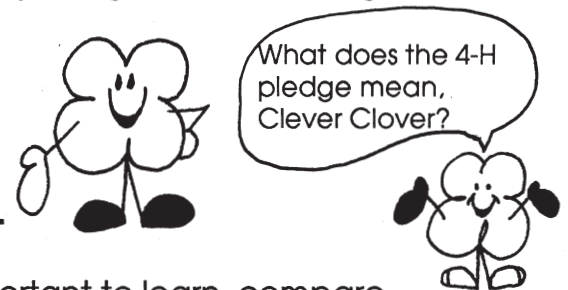


The 4-H Pledge

A pledge tells what is important to a club or group. The people that belong to a club begin their meeting by saying the pledge together. This helps to remind them of why they are in the club or group.



In 4-H, the members say the 4-H pledge at the beginning of their meeting.



In 4-H ...

...it is important to learn, compare, decide, discuss, appreciate, understand.


...it is important to care about others, be honest, be a friend, to be loyal.


...it is important to help others, help make improvements, make things better, to assist, to serve.


...it is important to take good care of myself by eating well, exercising, getting plenty of sleep and going to the doctor and dentist on a regular basis.


...by doing this I can make a difference by what I do with my family; as a member of my 4-H club; in the town, city or area where I live, as a citizen of the United States and in the world I share with people from many countries and cultures.

I pledge my head to clearer thinking...


4-H PLEDGE 



I PLEDGE MY  **HEAD**
 TO CLEARER THINKING,

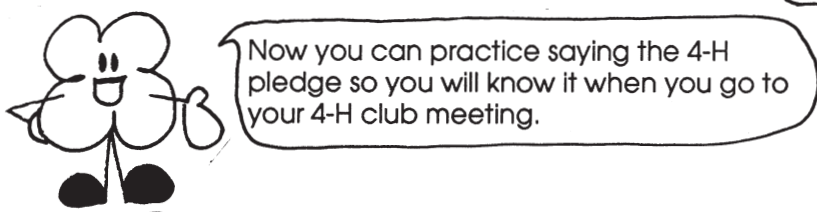
MY  **HEART**
 TO GREATER LOYALTY,

MY  **HANDS**
 TO LARGER SERVICE, AND

MY **HEALTH**
 TO BETTER LIVING,

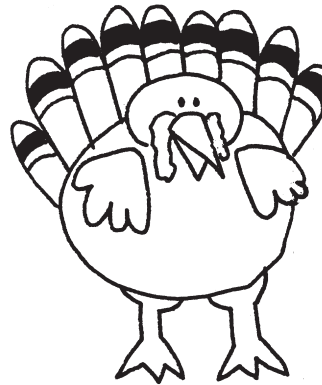
FOR MY FAMILY, 
 MY CLUB, MY COMMUNITY

MY COUNTRY,  **U.S.A.**
 **AND MY WORLD!**





“Tiny” Turkey has hidden six words in the pumpkins that relate to 4-H. Look for the words and circle them. Some go down and some go across.



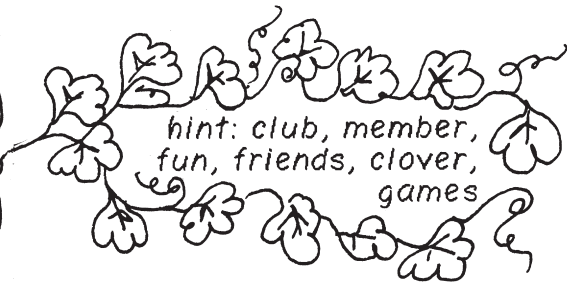
GOBBLE,
GOBBLE!

Gobble!

GOBBLE!

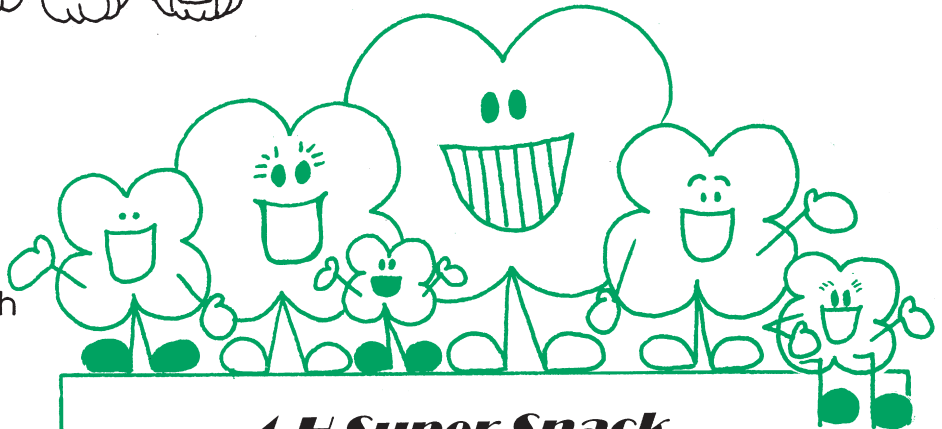
Gobble, Gobble,
Gobble!

(In turkey talk he is saying “Good Luck”!)



Creative Corner

Draw a face on this pumpkin with your pencils and crayons.



4-H Super Snack

Spread peanut butter and jelly on a tortilla . Then roll up the tortilla. Now cut the tortilla from side to side into sections (the width of 2 fingers). Lay the sections on a plate. You now have a snack that is tasty and it is also a cool-looking pinwheel! ENJOY!

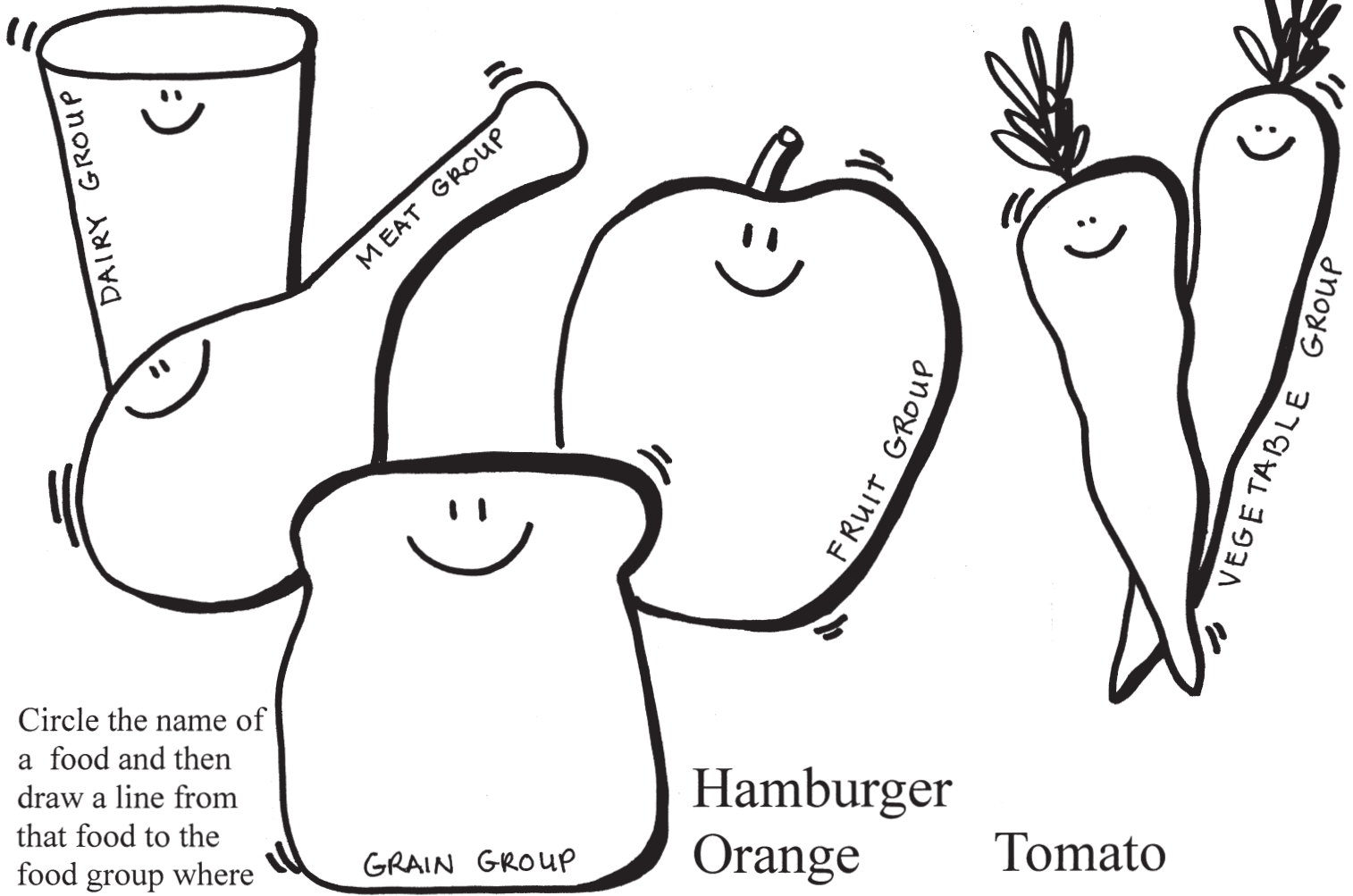




4-H Foods Project

***Teaches you about foods that are good for you!**

***It's a great project because you learn how to make something and then you get to eat it!**



Circle the name of a food and then draw a line from that food to the food group where it belongs. Do this for all the foods.

When you are done check the answers on the back page to see if you got all the foods in the right food groups.

GRAIN GROUP

Hamburger

Orange

Tomato

Corn

Yogurt

Apple

Pasta

Bread

String Cheese

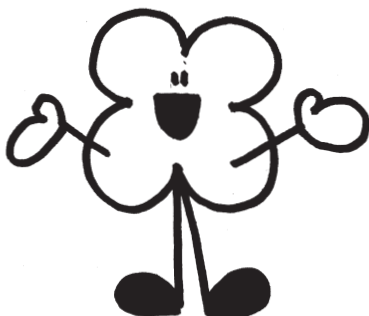
Chicken

Ham

Grapes

Peas

milk



Food Facts


















There are 5 food groups.

Everyday you should eat foods from each of the 5 groups.



4-H Eye Spy

Can you find the hidden items in this drawing?

-  star
-  4-leaf clover
-  bear face
-  bird
-  carrot
-  triangle
-  letter "L"
-  spoon
-  spoon
-  safety pin
-  comb
-  candle
-  ice cream cone
-  ice cream cone
-  banana
-  heart
-  golf club



CLS 96

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MI-08436

*Answers to the
Food Group Activity*

Grapes-fruit
Peas-vegetable
Milk-dairy
Hamburger-meat
Orange-fruit
Corn-vegetable
Apple-fruit
Bread-grain
Chicken-meat
Tomato-vegetable
Yogurt-Dairy
Pasta-grain
String Cheese-dairy
Ham-meat

How did you do?

- Note to Parents -

Welcome to 4-H!

The 4-H Youth Development Program offers you and your family unique opportunities to do activities and projects TOGETHER! You will learn, make friends and have fun with your child(ren) while participating in the program!

It is important that you take an active role in 4-H. This way you can be informed of what is happening in the 4-H Program and can encourage and support your child(ren)'s involvement.

We're glad you have joined the 4-H Youth Development program!

We look forward to your participation!

Clever Clover & the 4H staff