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# DISCOVER 4-H DISCOVER YOU



## June

[www.holidayinsights.com](http://www.holidayinsights.com)

- Aquarium Month
- Dairy Month
- Fresh Fruit & Veggies Month
- Fireworks Safety Month  
([http://fcspasco.ifas.ufl.edu/Unique\\_Celebrations.shtml](http://fcspasco.ifas.ufl.edu/Unique_Celebrations.shtml))
- Juneteenth  
(<http://www.brownielocks.com/june.html>)
- Flip a Coin Day (1<sup>st</sup>)
- Yo-Yo Day (6<sup>th</sup>)
- Go Fishing Day (18<sup>th</sup>)
- Sunglasses Day (27<sup>th</sup>)

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Research and Extension

[www.oznet.ksu.edu](http://www.oznet.ksu.edu)

## Theme # 1: Gone Fishing

### Roll Call Ideas:

- A fish you wish to have as a pet.
- Your favorite fishing spot.
- If you could dive for treasure, what treasure would you want to find?

### Community Service Activities:

- Aquarium Pet Fair – Set up a pet fair in your local community. The focus could be on aquarium pets. Ideas on locations include a local store, a mall or a community event. Invite many to attend!
- Water Clean Up Day – Choose a local pond or lake to clean. Pick up trash around the shoreline and clean up dead brush.
- Family Fishing Day – Organize a family fishing event at your local fishing place. Offer prizes for the most fishers, the smallest fish or biggest fish caught, the tastiest fish recipe, etc. You can even set up a “fishing pond” for young children to “fish.” Make your own fish and attach magnets. Use fishing rods with paperclips for bait.

### Guest Speaker:

- Wildlife and Parks Personnel – Habitat and caring for aquatic wildlife.
- Pet Store Owner – Talk about how to care for aquarium pets.
- Fisherman (or woman) – Talk about how to catch fish and fillet them.

### Recreation:

- Sharks and Minnows – This is a version of tag. One person is selected to be the “shark.” The remaining players are “minnows.” Set a boundary area for the minnows to swim, with a small base area. Minnows are allowed to only be on base for a short amount of time. The “shark” captures minnows by using their arms to open and close like jaws. Minnows turn into sharks when caught. The last minnow becomes the first shark for the next round.
- Blind Swimmer – Divide members into pairs. Create an obstacle course on the floor. One player of each pair is blindfolded. The other player in the pair is the guide. Begin all blindfolded players on one side of the “lake.” The guides should be on the other side. Guides can shout directions and encouragement as the blind swimmers move across the “lake” to their guide, without hitting an obstacle. A swimmer must begin again if an obstacle is hit. The players should switch roles and play again.
- Buried Treasure – Create a “treasure” box. You can use a large plastic tote (make sure it is not see through) to do this. Place a variety of items in the tub. Divide the club into at least two teams. Each team should be given a piece of paper and a pencil. Have teams line up at a distance from the treasure. Each team will be allowed to send one person to look into the treasure box. That person comes back and writes what they saw

on the paper. Older members can help younger members. Continue sending players in this fashion. The game leader should keep track of time. The team that writes the most items down is the winner.

### Snack Ideas:

- Fishbowls – Use clear plastic cups. Mix up blue gelatin and add gummy fish to the cups. Each person will have his or her own personal fish bowl.
- Gold Fish Snack Mix – Mix cheese fish crackers, Kix cereal, and raisins.
- Fish and Chips – Mix canned tuna fish, hard boiled eggs, miracle whip and shredded cheddar cheese. Offer a selection of crackers for members to eat with their fish.

### Individual Personal Activity:

- Fish Story – Offer fish shaped paper, pencils and crayons. Invite members to write or draw their own “whopper” fish story. Share with the club or hang the story pages and decorate the meeting space.
- Go Fish – Teach members the traditional card game of collecting pairs. Have several decks of cards available for members to join in as they arrive.
- Fishing Gear Match – Bring items needed for fishing. Lay items out on a table and number each item. Provide a paper with numbers on it and a list of the possible items on the table. Members should write the item name next to each number on their paper.

### Group Health Activity:

- Fish Health – Talk about the local aquatic habitat. This might mean ponds on farms, lakes or other water areas. Discuss what is needed to keep existing aquatic life healthy and what can be done to improve aquatic health.



- Water Safety – People like to be around water, but people can't live in water like fish can. What should people do to be safe around water? This activity might demonstrate how to correctly wear a life jacket, facts about sunscreen, safe swimming gear, boat safety or much more. Make it work for your local situation.
- Water Treatment – Visit your community water treatment center. How does our water become safe to drink? What happens to water after it is used? How can we use our water better, and conserve water for the future?

### Resources:

- National 4-H Fishing curriculum
- National 4-H Pets curriculum
- Project WET through Kansas Wildlife and Parks

## Theme #2: Dipping Into Dairy

### Roll Call Ideas:

- Your favorite type of cheese.
- What type of milk does your family drink (Skim, 1%, 2% etc.)?
- Your favorite ice cream topping.

### Community Service Activities:

- Ice Cream Social – Organize an ice cream social for the neighborhood. Build ice cream sundaes, floats or other ice cream treats for the people in your club neighborhood.
- Cheese Tasting – Offer a cheese tasting at a local grocery store. Share ideas for each cheese that consumers can try.
- Milk Donation – Many children do not get as much milk in the summer months when school is not in session. Donate milk or contribute money for milk to a local summer food site for children.

### Guest Speakers:

- Dairy Farmer – Farm operations.
- Ice Cream Parlor Owner – How ice cream is made.
- Nutritionist/Dietician – Dairy health. Nutrients and benefits of dairy foods.

### Recreation:

- Milking Contest – Purchase rubber gloves and fill with water. Tie the filled gloves to a wood beam suspended between two tables. Have at least two of these stations, as the club should be divided into two teams. Provide each team with a stool and bucket. Pierce two fingertips in the gloves when ready to begin. Time each player, relay style, during the milking. The team with the most milk in their bucket is the winner.
- Making Ice Cream – Collect quart size zipper bags to put the cream,

sugar and other ice cream ingredients in. Utilize a larger zipper bag to place the rock salt and ice inside. You may want to double bag the larger bags. Place the quart size mixture inside the larger bag and add ice and salt. Zip the large bags. Divide the members into groups of three. The members should toss the bags around to each player for about 10-15 minutes. Additional ice and salt can be added if necessary. Then the ice cream is ready to eat!!

- Cheese Hunt - Divide players into pairs. Scatter various sized pieces of craft foam (cheese) throughout the room. One player will wear a blindfold to become the "mouse" hunting for the cheese. The other player will coach the mouse on where to find the "cheese." The winner is the "mouse" with the most cheese. If time permits, players can switch roles as coach and mouse.

### Snack Ideas:

- Cheese and Fruit Sticks – Break dried spaghetti in half. Cube soft cheeses such as Monterey Jack, mozzarella and cheddar. Mix strawberries and grapes in between the cheeses. Carefully slide them on to the sticks.
- Ice Cream – Members can eat the ice cream they created earlier.
- Yogurt Bar – Offer vanilla yogurt and an assortment of toppings. Ideas include grape nuts, sprinkles, chopped fruit, mini dark chocolate chips, etc. Allow members to make their own treat.

### Individual Personal Activity:

- Milk ID – Have labels from different types of milk on the table. Provide a piece of paper and a pencil for each member. Offer a list of the milk types on the table. Members should try and match the milk type to the label. (Bayer Science has an activity that is similar to this.)

- Mystery Cheese – Have cheese samples on the table for five different types of cheese. Members should be given a piece of paper and a pencil. Members can taste the cheeses and try to correctly identify each cheese. Provide cups of water and a list of the possible cheeses to choose from.
- Butter Experiment – Have containers of pre-measured heaving whipping cream available. Baby food containers work well. Make sure the whipping cream is very cold. Members should receive a piece of paper and a pencil. They should hypothesize what will happen when they shake the container (make sure lids are secure) for 3 minutes. Provide a kitchen timer to time the 3 minutes. Have some crackers and knives available for the members to taste the butter.

### Group Health Activity:

- Dairy Farm Tour – Travel to a dairy farm and learn what types of grain the cattle eat, how much milk a dairy cow produces and how the cattle are milked.



- Ice Cream Tasting – Can you tell the difference in ice cream quality by tasting? What is the difference between a sorbet, gelato, ice cream and sherbet? Have examples of all of these items. Allow members to taste and to explore the ingredients. What might be the different health benefits of the different types of frozen treats?
- Smoothie Fun – Summer is a great time for a chilled drink. Have a smoothie party! Invite members to bring fruit, cereal, milk, juice, yogurt, etc to blend together for club smoothie fun. Get ready to be creative, and let the members help design the smoothie.

## Theme #3: Fruity and Veggie Times

### Roll Call Ideas:

- Something you have seen at the farmers' market.
- The strangest vegetable you ever ate.
- Your favorite fruit.

### Community Service Activities:

- Garden Assistance – Adopt a local senior citizen resident. Help him or her plant a vegetable garden.
- Salsa Party – Partner with a local elementary school. Teach salsa dance lessons and make fresh salsa.
- Canned Donations – Collect cans of fruit and cans of vegetables. Donate these to the local food pantry. Often donation needs increase in summer months, but many forget to donate.

### Guest Speakers:

- Farmers' Market Organizer – How the market works, and what is there.
- Master Gardener – Seasons for various vegetables.

- School Cook – How vegetables and fruits are prepared for the masses.

## Recreation:

- Hot Pepper – Members should sit in a circle. Bring a whole jalapeño pepper for this game. Members will pass the pepper until the music stops. The person left with the pepper is out.
- Plant Relay – Have small peat pots, a station with soil and a station with plants or seeds. Divide the club into several teams. Each person on each team will plant his or her plant as quickly as possible, relay style. Donate the plants to a retirement center, or each person can take his or hers home.
- Tomato Toss – Divide the club into two or more teams. Provide a blanket or bedsheet for each team. Each team member should take a place around the blanket or sheet and grab the edge. The game leader will toss beanbags, small soft balls or other soft tossable items into the air towards the teams. These items represent “tomatoes.” The team with the most caught “tomatoes” will win the game. Any “tomatoes” that have not been caught can be tossed again.

## Snack Ideas:

- Sliced Veggies and Dip – Offer several dip options (cheese, ranch, yogurt, etc.) with an assortment of sliced vegetables (carrots, celery, bell peppers, radishes, etc.)
- Salsa Sampling – Offer a veggie salsa (tomatoes, peppers, onions, cilantro, etc.) and a fruit salsa (oranges, pineapples, mangos, etc.) as snack choices. Serve the veggie mix with tortilla chips and the fruit salsa with graham crackers.



- Juice Bar – Offer five juice options. Allow the members to mix the juices. Other fresh fruits can be offered as juice compliments.

## Individual Personal Activity:

- Seed/Fruit Pair – Fruit seeds are different and fun to match. Place each seed variety on a plate. Offer at least seven options. Place each fruit on a plate. Number the seed plates and put a letter next to each fruit plate. Members should be given a paper and a pencil to record their matches.
- Flower, Leaf, Stem, Root – Provide a list of vegetables. Pictures can also be provided with each vegetable to help younger members. Members should be given a paper and pencil to record which part we eat of each vegetable. For example – carrot = root; broccoli = flower; lettuce = leaf; rhubarb = stem. Offer at least 10 samples.
- Fresh, Dry, Frozen or Canned – Choose at least three fruits and vegetables. Select two processing examples of each item. For

example, if apples are selected, you might select a canned and fresh option. If carrots are selected, you may choose a frozen and a fresh option. Place each sample on a plate and label them with a letter. Members should be given a pencil and a piece of paper. Members will identify what the sample is and whether the sample was fresh, dry, frozen or canned.

## Group Health Activity:

- Greenhouse Tour – Visit a local greenhouse and learn how vegetables are grown.
- Garden Stretches – Gardening can be hard on a person’s back, arms, neck and legs. Learn about different stretches to keep gardeners safe.
- Seed Saving – Talk about drying seeds, safely wrapping for storage, labeling and eventually planting and growing the seeds.
- Preserving Veggies and Fruits – Talk about drying, freezing and canning to preserve vegetables for future use.



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