



Cloverbud Connection - January 2025

Dear Family

The January Cloverbud Connection Newsletter and Activity Guide is here! Each month, Cloverbuds (youth in grades K-2) in Barron, Burnett, Rusk, Sawyer, and Washburn Counties can participate in 4-H project opportunities at home and connect with others in the 5 county area throughout the year. Families can choose how much or how little they participate! Throughout the year, there will be opportunities to have a PenPal, in-person gatherings, zoom connections, and an in-person Cloverbud Day-Camp celebration in August.

This month: Cloverbuds will learn about Exploring New Opportunities and using their Super Senses to learn more about fruits and vegetables as snack options.

Cloverbud Record Books

Don't forget to save the great work that is being done! Cloverbud record books vary by county. Please check your county's guidelines for record book completion. Ask your club leader or county educator for more information. Please save your Cloverbuds work in a folder for future use.

Share photos and feedback, get prizes!

Each month, all Cloverbuds will be mailed a packet with an activity for the month. If your Cloverbud(s) choose to participate in that month, share photos and feedback with your local educator for a chance to win fun 4-H prizes.

In Wisconsin 4-H we value:



Being Yourself: Find and share your authentic sparks and interests.



Belonging Together: Recognize, understand, respect, and appreciate each other.



Building Connection: Grow positive relationships with peers and adults.



Discovering Skills: Develop skills through hands-on learning to help you succeed and thrive.



Exploring New Opportunities: Open the door to new experiences, projects, and places.



Giving Back to Your Community: Make meaningful contributions through community service and leadership.

JANUARY: Using Your Super Senses (Exploring New Opportunities)

For more information or
previous newsletters:
go.wisc.edu/ygmw2y



Questions? Contact:

| | |
|-------------------------------|--|
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CLOVERBUDS

Cloverbud Connection: January

Hi Cloverbud! This month, we'll learn about yummy fruits and veggies! We'll use our senses to explore them, sort them by color, and learn why eating all the colors of the rainbow is good for us. You'll get to make a fun paper snack plate with two different fruits or veggies and write about how their colors help your body. Don't forget to share a picture of your work with your County Extension office by the end of the month to win a cool 4-H prize! We can't wait to see what you create!

Sara, Donna, Karrie, & Beth



Winner of December Drawing is Reid Z.!

Don't forget to email us what you're working on by the end of each month! We would love to see you in the picture too!

This Month:

- Exploring New Opportunities
- Using Your Super Senses!

Reminders:

- Share a picture of your work
- Join us for an in-person event on Feb 2nd (see page 8 for details)
RSVP by January 15th so we know you're coming!
- Save your work in your green folder
- Have Fun!



Being Yourself



Belonging Together



Building Connections



Discovering Skills



Exploring New Opportunities



Giving Back to Your Community



January Lesson: Using Your Super Senses

We use our senses when we eat! We look at the colors, listen to the sounds (like crunching!), smell the yummy smells, feel the textures (smooth, bumpy, etc.), and of course, taste the food. Sometimes trying new fruits and veggies can be hard to do. But don't worry! It might take a few tries to like something new. Fruits and veggies are super important for our bodies! They have special things called vitamins and minerals that help us grow big and strong, have healthy skin and hair, and do our best in school and when we play!

WARNING: Sometimes, some people can get sick if they touch or eat certain foods. Before we touch or taste any food, or share them with others, let's ask our friends near us if they have any allergies.

Ask an adult to gather these supplies for the Senses Guessing Game:

- ☐ Put a piece of fruit (banana, orange or grapefruit) in a small paper lunch bag labeled #1
- ☐ Put a whole fruit (orange, kiwi, apple or banana) in a small paper lunch bag labeled #2
- ☐ Carrot or celery stick

Let's play a Senses Guessing Game:

1. First, you will have a bag with a fruit inside. Close your eyes. Use only your nose to smell the fruit and try to guess what it is!
2. Next, you will have another bag. Close your eyes. This time, use only your hands to feel the fruit and try to guess what it is!
3. For the last game, you will need a friend. Ask your friend to close their eyes. Then, you will eat a carrot or celery stick. Your friend has to guess vegetable you are eating just by listening to the sound.



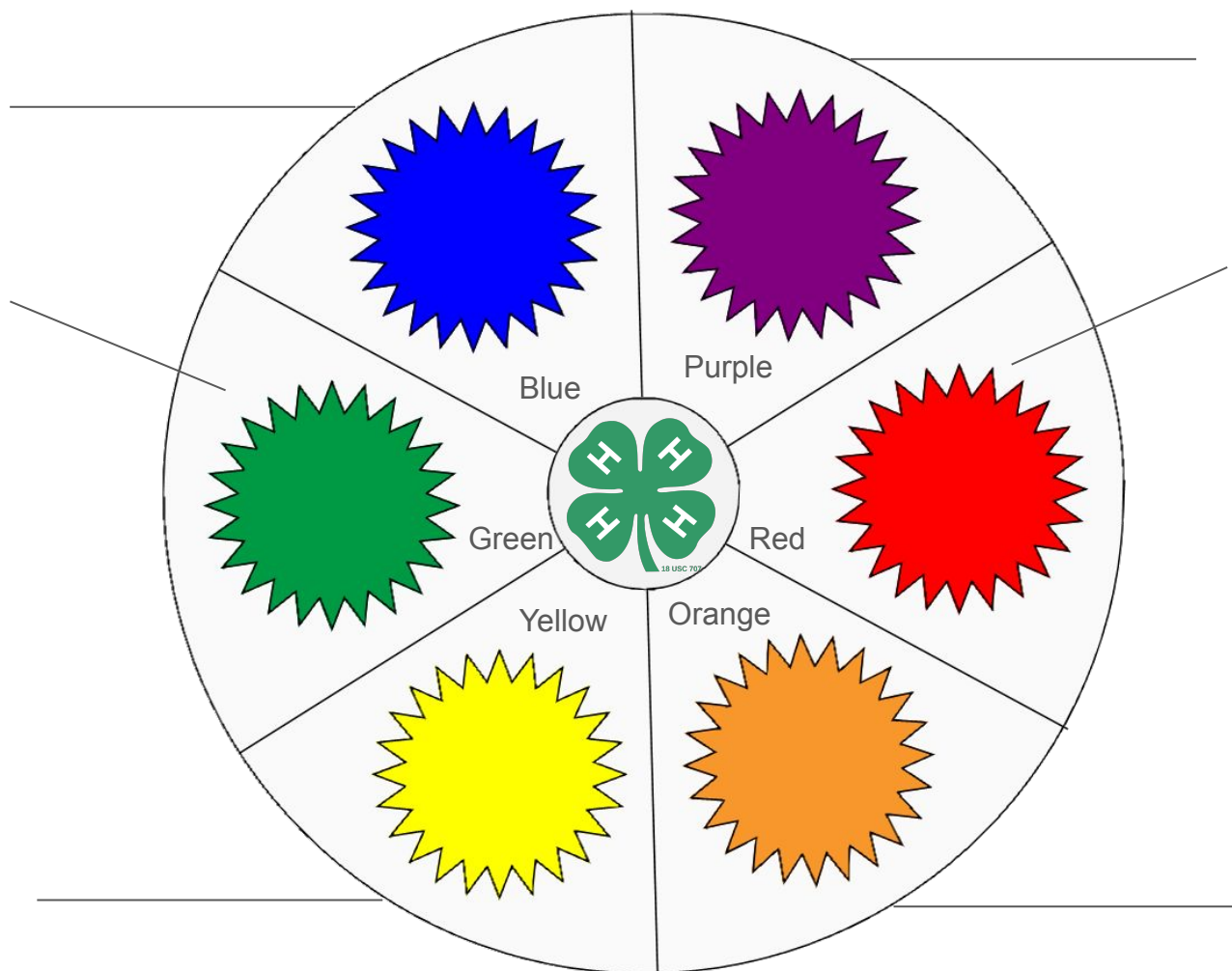
4-H Connection In 4-H, one of the four H's is 'Health.' It means taking care of yourself by getting enough sleep, eating yummy and healthy foods, playing and moving around, and making choices that help you feel good. In 4-H, you can learn all about health! You can grow your own food, learn to cook, stay safe, go on fun adventures like hiking and camping, and even become a leader and teach others about health. It's a lot of fun!



January Lesson: Using Your Super Senses

Fruit & Vegetable Color Wheel Activity:

1. **Think of Foods:** For each color on the wheel below, try to think of a fruit or vegetable that matches.
2. **Draw or Write:** Draw a picture of the food or write its name in the color section or on the line.
3. **Taste Test:** If you've ever eaten that food, put a checkmark (✓) next to it.



Here are some ideas to get you started:

Red: Strawberry, tomato, apple

Orange: Carrot, orange, sweet potato

Yellow: Banana, lemon, corn

Green: Green beans, grapes, kiwi

Blue: Blueberry, plum

Purple: Grape, eggplant, purple cabbage



January Lesson: Using Your Super Senses

Create a Healthy and Colorful Snack Plate Supplies:

- ☐ Crayons or colored pencils
- ☐ White medium-sized paper plate
- ☐ white poster board (optional)
 - ☐ if you want to make this a fair entry the poster board needs to be a specific size, read Department 17 Cloverbuds in your county's fair book for details



How to create a Healthy and Colorful Snack Plate:

1. Think of two yummy fruits or veggies that look good together. Maybe an apple and grapes, or carrots and bananas. Draw them on your paper plate!
2. Look at the colors of your yummy food. Now read the gray box below. It tells you how that color helps your body!
3. Write on the paper plate near your food drawings what your two yummy fruits or veggie snacks will do for your body if you eat them.

Eating different colored fruits and vegetables helps your body and mind.

Red Foods:

- Special Power: These foods help keep your body strong and healthy!
- Find them in: Strawberries, raspberries, watermelon, and red peppers!

Orange and Yellow Foods:

- Special Power: These foods help your body talk to itself and stay healthy!
- Find them in: Carrots, sweet potatoes, and oranges!

Green Foods:

- Special Power: These foods help fight off bad guys in your body!
- Find them in: Spinach, broccoli, and green beans!

Blue and Purple Foods:

- Special Power: These foods help your body stay young and strong!
- Find them in: Blueberries, blackberries, and purple grapes!

White and Brown Foods:

- Special Power: These foods help keep your body safe!
- Find them in: Onions, garlic, and mushrooms!

This is a simplified version of a Harvard Medical School article, *Phytonutrients: Paint your plate with the colors of the rainbow* by Katherine D. McManus, MS, RD, LDN. The full article can be found at:

<https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>



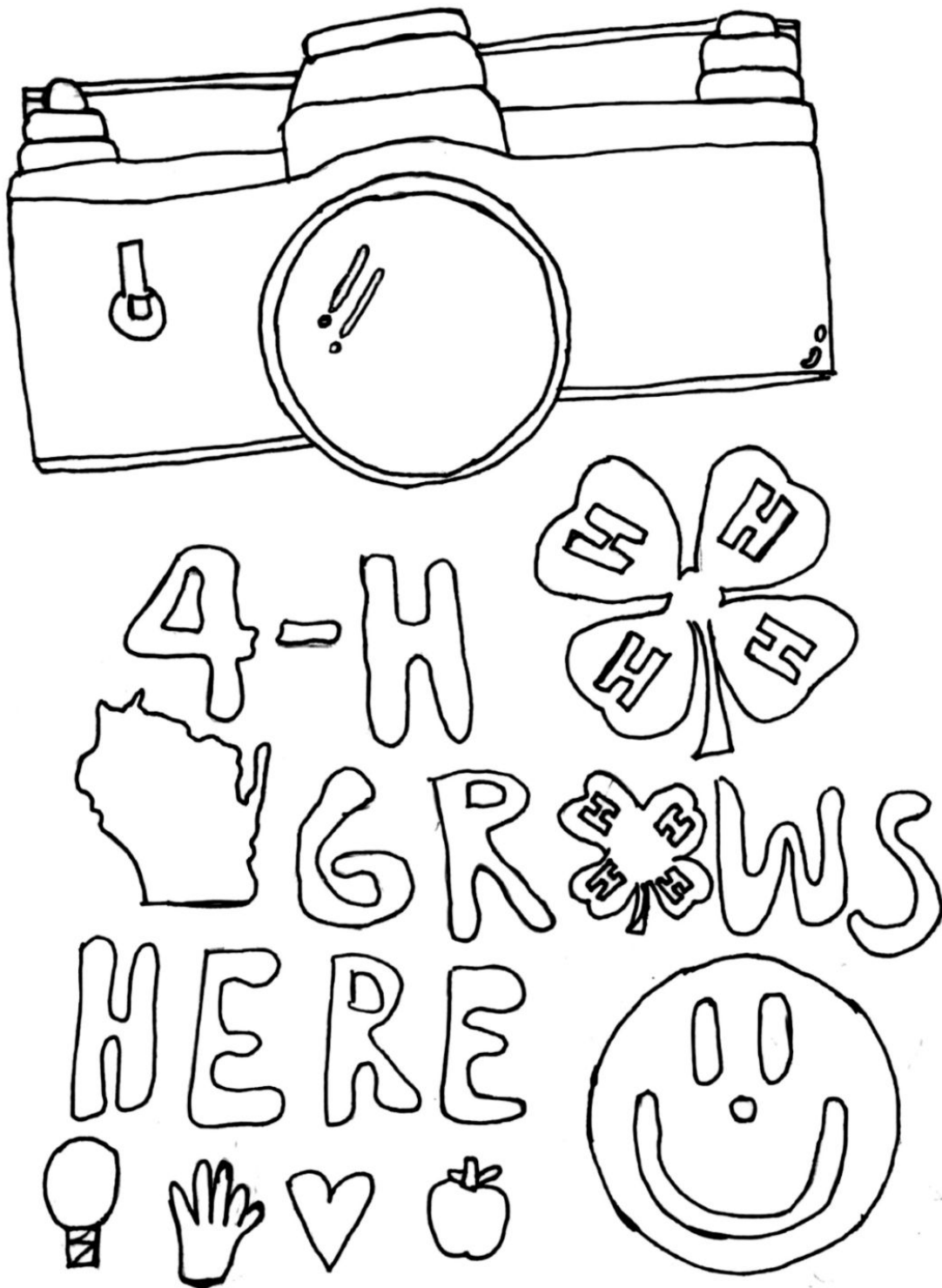
Reflection: Do | Apply | Reflect

Which of your five senses (touch, sight, hearing, smell and taste) did you enjoy using the most during this month's activities? Why?

Which of your five senses do you think you use the most every day?

Draw a picture or write about one of the activities you did to Use Your Super Senses (Senses Guessing Game, Color Wheel of Fruits and Vegetables Activity, or Creating Your Healthy and Colorful Snack using your Senses).

Exploring New Opportunities



Artwork by Briella Brusveen, Grade 6, Columbia County

Open the door to new experiences, projects, and places!



Winter Fun Day

Barron, Burnett, Rusk, Sawyer,
Washburn Counties

HUNT HILL, SARONA WI
SUNDAY, FEBRUARY 2ND
1 - 4 PM

Register at wi.4honline.com
Register by January 15

COST: FREE

Explore
WINTER OUTDOOR EDUCATION/FUN
Enjoy
S'MORES, & HOT CHOCOLATE

open to Cloverbuds and their families.