



## MOODS AND FOODS MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

### HEALTH H CHALLENGE

Learn how your eating and moods affect each other.

### ROLL CALL

Name a food and a “feeling” or “memory” word that comes to your mind.

(Examples: apples – “Grandma” – because of her apple pie or “fun” bobbing for apples)

### INSTANT ACTIVITIES

(SEE “STEP BY STEP”)

Mood Food Scramble

### GIVE OUT FAMILY HANDOUTS

“Moods and Foods”

### NUTRITIOUS SNACK

Animal crackers (Fun foods put you in a good mood!)



### REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



### GETTING READY

- Read through the “Step by Step.”
- Have 1 piece of paper and a pencil for each member.
- Have a copy of the 4-H Family Handout for each family.
- Have a radio or other way to play music for the Mood-food Scramble.

## INSTANT ACTIVITY STEP BY STEP

### MOOD-FOOD SCRAMBLE

- *Introduce the topic.*
  - Sometimes we eat to fuel our bodies, to move, breathe, talk, sleep, and think! The body needs the very best kinds of food.
  - Sometimes our feelings or moods make us want to eat. What feelings make you want to eat? When you have these feelings, what foods do you usually eat?
- *Have Fun – Mood-food Scramble*
  - Give each member a piece of paper and pencil. Ask everyone to write on their paper a feeling they have and a food they may eat when they are feeling this way. Then, wad it up. Throw the paper wads in the air. Keep them in the air 3 minutes. Play zippy music to add fun while you keep wads from hitting the floor. Yell “What’s your food mood?” Now each person grabs the closest wad and reads it aloud.
- *Talk About It*
  - Is eating because of our moods healthy or unhealthy? It is normal for feelings to affect our eating behaviors. When a person often eats as a way to deal with stress, it can be a health problem. If a person eats large amounts of food or does not eat at all, it can be a problem, too.
  - We each need to know healthy ways to deal with stressful situations. What are healthy ways – not related to food – to deal with stress? Examples: exercise, get enough sleep, limit caffeine (soda, tea, energy drinks, coffee), listen to music, draw, be with friends, talk to someone you trust.



### REMINDER

Next month we’ll make our own snack. Please bring 1 cup of a healthy ingredient. It may be a low-sugar cereal (less than 6 grams of sugar), pretzels, nuts (if there are no members with nut allergies), dried fruits, or seeds.

### SUMMARIZE THE MAIN POINTS

1. Positive feelings about yourself – that is part of living the Health H. Being healthy inside will show on the outside. The goal is to balance the amount of food you eat with activity.
2. Be aware of your feelings and how they affect your food habits. Skipping meals and overeating can lead to health problems.
3. Practice healthy ways to handle stress in your life.
4. If you have worries about your eating habits, talk to your parent or an adult you trust.





# FAMILY HEALTH HANDOUT: EATING HEALTHY MOODS AND FOODS



## HEALTH H CHALLENGE

Know your eating  
and mood habits.

## TRY THIS TASTY RECIPE!



### INGREDIENTS:

- Tortillas
- Assorted vegetables (shredded carrots, sweet pepper strips, olives, pickles, cucumbers, tomatoes, peas, beans)
- Shredded low-fat cheese
- Low-fat sour cream (or peanut butter)
- Salsa (optional)

## 4-H FAMILIES ONLINE

Watch then talk about the 1-minute video "How Stress Can Affect Your Appetite" at [www.youtube.com](http://www.youtube.com)

## FUN WITH TORTILLAS – EXPLORE MOOD-FOOD CONNECTION!

Kids and parents have fun and eat it too with this activity. Everyone make a snack with a face to show any mood they like!

### INSTRUCTIONS:

1. Wash hands.
2. Put ingredients out on a large plate or cutting board. Have enough for a couple spoonfuls of each item for each person.
3. Give each family member a tortilla.
4. Spread either sour cream or peanut butter on the tortilla.
5. Create a face to show a mood or emotion – happy, surprised, angry, goofy. Ideas: Use carrots or cheese for hair, olives for eyes, peppers for mouth and eyebrows, cheese for beard. Create faces that look surprised, angry, or happy.
6. Top with salsa if you like. Roll tortilla up tightly and enjoy!

### TALK ABOUT IT:

- What moods did you feel today? What caused your mood?
- Some people use food or avoid food as a way to deal with emotions such as stress, excitement, sadness, or boredom. Share which way you most often react to food when you are under stress.
- Having good feelings about yourself is part of living the Health H. Being healthy on the inside will show on the outside – your attitude, smile, and a strong, healthy body.
- Your feelings can affect your food habits. Skipping meals or overeating can lead to health problems.
- This is why we each need to deal with stress in healthy ways. What are ways – not related to food – that help you deal with stress? Examples: exercise, enough sleep, limit caffeine (soda, tea, coffee), listen to music, sing, draw, spend time with friends, talk to someone you trust.