



Healthy Celebrations- Focus on Fun

Special occasions allow for exciting changes from the everyday classroom routine. Celebrate special times of the year with your students and continue to promote healthy lifestyle behaviors.

Add more Moves!

Being active is part of being healthy. Students and teachers should be physically active at school and at home.

- Plan a dance party. Pick music to match the theme of the celebration.
- Place stations around the classroom or school with different physical activities at each station.
- Take the class outside and go for a walk. Invite the principal or a special guest to walk along too. Add an extra activity such as collecting fall leaves or counting spring flowers.
- Create a food group parade and ask students to march around the school during recess or before lunch. Divide class into groups each representing a different My Plate food group. Have students carry signs showing their favorite food in the group. Coordinate with the school food service staff to have this activity promote what is being served for lunch that week in the school cafeteria.
- Let the students play outside on the playground or blacktop.

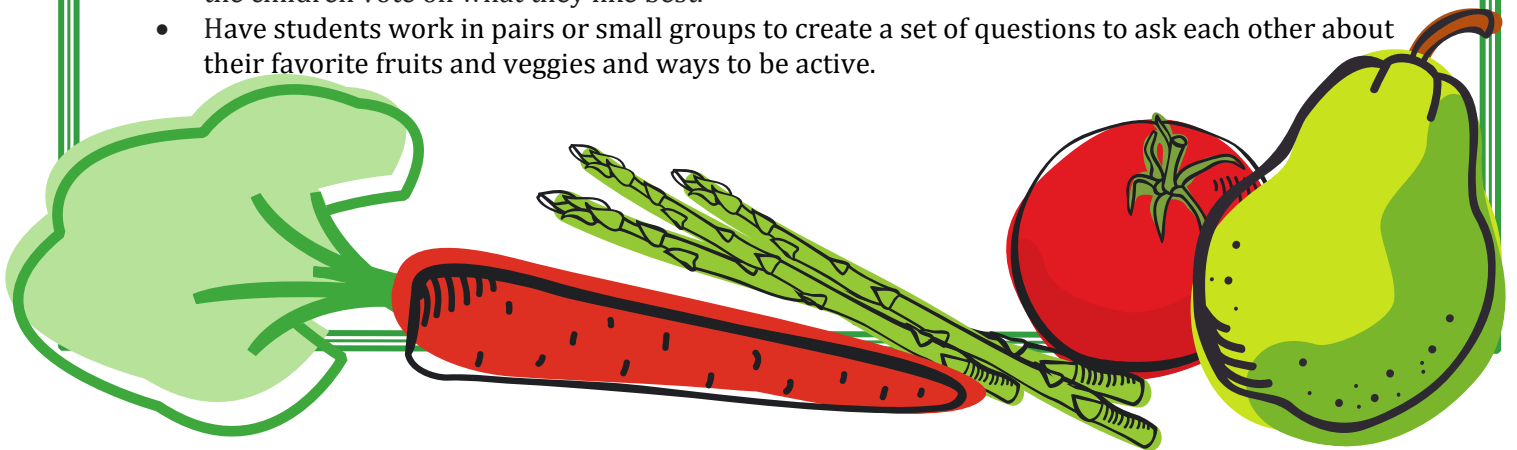
Snack Healthy

Celebrations provide a great opportunity for students to try new foods. Serving healthy snacks and water reinforces healthy eating behaviors.

- Keep drinks simple by serving only water.
- Provide healthy snacks for the celebration. Examples include: vegetables, fruits, low-fat yogurt, low-fat cheese, and whole grain products.
- Look for fun new ways to prepare healthy snacks to fit the theme of your celebrations. See our website – eatsmart.umd.edu/recipe/recipesearch for ideas
- On holidays, explore customs and healthy foods from other cultures. Ask students to share their family traditions with the class.

Get Involved

- Have students develop a list of family favorite fruits and vegetables to taste in the classroom. Have the children vote on what they like best.
- Have students work in pairs or small groups to create a set of questions to ask each other about their favorite fruits and veggies and ways to be active.



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