



Healthy Eating Through the Holidays: *Tips for Your Classroom*

The holidays are here and your students will be looking forward to celebrating the season with classroom parties. Reinforce the healthy habits you've taught them from the *Children's Power Play! Campaign*. Here are some recommendations for Healthy Party Snacks.



Fresh fruit & vegetables

Offer at least one fruit and one vegetable at parties.

Kid friendly choices:

Fruits

Apples slices, orange wedges, pineapple chunks, bananas, grapes, strawberries and dried fruits

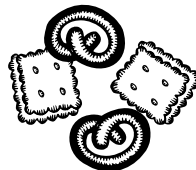
Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli and cherry tomatoes



Snack Foods

- Lowfat string cheese
- Crackers with low-fat cheese
- Pretzels
- Air popped pop corn
- Nuts and trail mix
- Baked tortilla chips and salsa or low-at bean dip
- Baked chips
- Dry cereal mix



This month encourage students to eat the recommended amount of fruits and vegetables per day, make healthy snack choices



and choose enjoyable ways to increase their levels of physical activity.



Suggested tools and activities to use in December:

4th Grade

- Activity 3 "How Much Do I Need?"
- Activity 4 "Power Choices"

5th Grade

- Activity 3 "How Much Do I Need?"
- Activity 4 "Making Better Choices"

Beverages

Choose drinks with moderate amounts of sugar. Good choices are:

- Nonfat milk or low fat chocolate milk
- 100% fruit juices
- Water



Desserts

Healthy options for dessert include:

- Fig bars
- Fruit juice bars
- Graham or animal crackers
- Vanilla wafers
- Gingersnap cookies
- "Banana splits" made with bananas, low fat vanilla yogurt, granola and fruit toppings
- Angel food cake
- Low fat chocolate pudding cups
- Apple sauce cups



Material adapted from the Newport-Mesa Unified School District Nutrition Network "Healthy Classroom Party Ideas"