



Celebrate Together

Family Lesson (45 to 60 minutes)

By the end of this session, participants will:

- Identify parts of family celebrations that mean the most to them
- Share ideas to include healthy options in family celebrations
- Plan a family celebration that includes healthy choices

MATERIALS

- White paper or board
- Felt tip markers

HANDOUTS

- Celebrate Together bookmarks (orange)
- Simple dessert recipes: Apple slices, Three-minute fruit pie
- Family Celebration Plan

OVERVIEW

Celebrations bring people closer together around one table. Family celebrations pass on traditions and help develop habits. Creating healthy traditions and celebrations is a way to strengthen family bonds and promote healthy habits.

ICEBREAKER GAME

Hand out Celebrate Together bookmarks.

 Ask participants to read the riddle and then discuss the question on the reverse side of the bookmark.

LARGE GROUP INTRODUCTION

Tell families, "Family celebrations are fun and create fond memories. Celebrations may include holidays or special occasions or they may be traditions that we share as a family, like Saturday morning pancakes or Sunday dinner. Today, we are going to explore how we celebrate as families and we will prepare some celebration snacks."

FAMILY GROUP ACTIVITY

Do:

 Ask participants to gather in family groups.

Families prepare a simple dessert recipe.

Reflect:

Celebrations are a time to share family traditions. Post the ideas created in adult and youth sessions.

 With your families:

- Talk about your favorite or most memorable family tradition, ritual, or holiday.
- What is a cultural or traditional food that your family includes at celebrations?

- What ideas do you have for including healthy options in your family celebrations?

 Who would like to share a new tradition or suggest a healthy option you would like to start in your family?

Apply:

- Sometimes families create their own traditions.

 Using the Family Celebration Plan worksheet, plan a family celebration, tradition, or ritual. Select someone to be the recorder. Use the family celebration plan as your guide. Remember, it can be a holiday, special occasion, or an everyday celebration. Remember the guidelines: everyone participates, be sure to include healthy options, and keep it fun!



LARGE GROUP DEBRIEF

Today we looked at celebrations as a way to create family fun and memories and to strengthen bonds. We explored ways to include healthy choices in our celebrations and food rituals. Ask families to share what they found most interesting, surprising, or what they already knew but had forgotten about how families celebrate.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Family Celebration Plan

What is the occasion? _____

What time will the celebration take place? _____

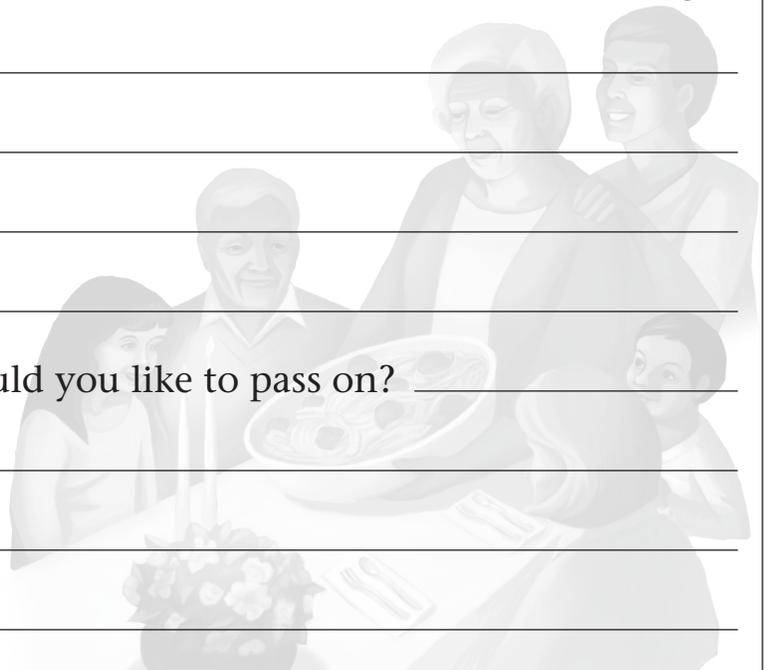
Who will attend? _____

What food will you use to celebrate? *(Be sure to include foods from each of the food groups: grains, vegetables, fruits, protein, dairy.)* _____

How will each member of the family be involved? *(Decorations, shopping, meal preparation, setting the table, clean-up?)* _____

What non-food activities will be included in the celebration? *(Games, music, dancing, stories, other activities?)* _____

What family or cultural tradition would you like to pass on? _____



Three-Minute Fruit Pie

- 1 package graham crackers
- 4 ounces light cream cheese
- 2 apples, fresh
- 1 teaspoon sugar
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar

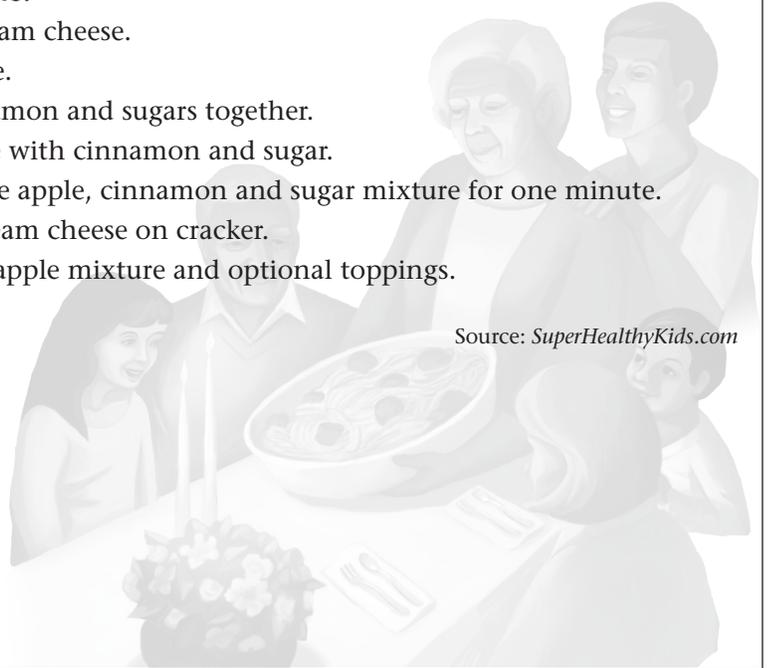
Optional toppings:

Assorted fruit (grapes, kiwi, raisins, apple wedges, peaches, banana), chocolate or caramel sauce, granola, coconut

DIRECTIONS:

1. Soften cream cheese.
2. Dice apple.
3. Mix cinnamon and sugars together.
4. Toss apple with cinnamon and sugar.
5. Microwave apple, cinnamon and sugar mixture for one minute.
6. Spread cream cheese on cracker.
7. Top with apple mixture and optional toppings.

Source: SuperHealthyKids.com



Celebrate Together: Family Lesson

Apple Wedge Dessert

- 2 apples
- Lemon juice
- 4 ounce cream cheese or peanut butter*
- Selection of toppings:
 - ¼ cup granola
 - ¼ cup chocolate
 - ¼ cup coconut
 - ¼ cup dried cranberries
 - ¼ cup raisins
 - ¼ cup chopped nuts
 - 1 tablespoon toasted wheat germ

Option:

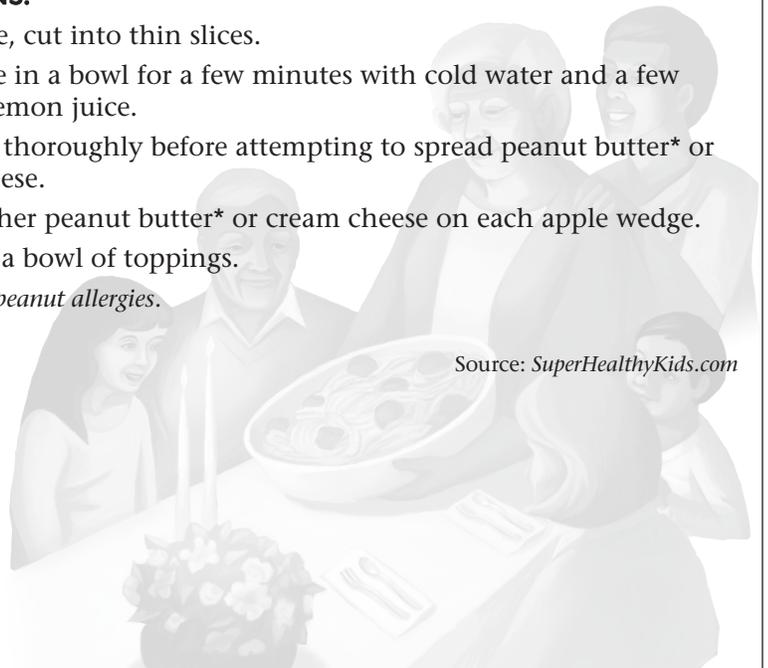
Provide a variety of fruits.
Each person creates his or her own "fruit face."

DIRECTIONS:

1. Core apple, cut into thin slices.
2. Soak apple in a bowl for a few minutes with cold water and a few drops of lemon juice.
3. Dry apple thoroughly before attempting to spread peanut butter* or cream cheese.
4. Spread either peanut butter* or cream cheese on each apple wedge.
5. Press into a bowl of toppings.

**Beware of peanut allergies.*

Source: SuperHealthyKids.com



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