Celebrate Together

Youth Ages 9–10 (45 to 60 minutes)

By the end of this session, participants will:

- Explore how their families and communities celebrate,
- Identify family traditions or rituals as celebrations,
- Select healthy choices for family celebrations.

MATERIALS

☐ Chalkboard or flip chart
☐ Markers
☐ White paper

HANDOUTS

☐ Make Your Own Party Mix recipe
☐ My Family Tradition worksheet

OVERVIEW

Food plays an important part in how we celebrate. Healthy choices can be part of our celebrations. In this lesson, you will explore traditions or rituals that include family meals and how they are connected to celebrations.

INTRODUCTION

Tell children, "Families celebrate different things: holidays, special occasions, and everyday events like soccer games or concerts. One way we celebrate is through rituals or traditions. There are different types of rituals: ceremonial rituals, like weddings; social rituals, like shaking hands; or simple rituals like doing the same or similar thing on a routine basis. Today we are going to talk about rituals or traditions that we may do on a regular basis, define them, and think about how they are connected to family celebrations."

Do:

Let's define rituals. The leader reads each statement aloud and the group classifies the statements as "ritual" or "not a ritual." Use statements such as:

- My aunt is bringing her new husband to visit us for the first time.
- My grandparents are coming to visit. They always spend Thanksgiving at our house.
- Dad says that this year we will take a holiday instead of exchanging Christmas presents.
- Our family always goes to church together on Sunday morning.
- Mom always lets me stay up a little later on Friday evenings.
- In our community, people who have moved away always try to come back for funerals or weddings.
- My aunt always takes part in the tea-making event at the winter festivals.
- Every Saturday morning we get groceries.

Reflect:

Ask participants to gather in groups of two or three to explore family rituals or traditions. Using My Family Tradition worksheet as a guide, ask participants to share a tradition or ritual in their family. If family does not currently have one, have youth identify a new ritual they would like their family to try.

You may want to start with stems such as:

- Every Saturday evening _____.
- Every Sunday morning _____.
- Every summer _____.
- Every morning _____.

Apply:

Celebrations help us learn and share our family traditions.

Rituals are another way we celebrate. Our families and communities help make us healthy. So let's take some time to think about the healthy parts of our traditions or rituals. Health includes the time we share with our families, friends, and communities.

Health also includes how we take care of our bodies. Choosing a variety of foods like grains, fruits, vegetables, dairy, and protein foods and choosing less of the foods that have added sugars and fats help keep our bodies healthy. Playing and staying physically active is also important in keeping us healthy.

Let's list the healthy foods you like at family rituals or traditions.

- What do you like about family rituals or traditions?
- What healthy options are included in your family traditions?
- What healthy options could be included in your family tradition?
- What are some of the activities you like to do at family rituals?

Record the ideas on board or white paper.

ACTIVITY

Let's make a healthy party snack.

Set out a selection of whole grain cereals, popcorn, nuts, and dried fruits in bowls.

Each child makes his or her own party snack mix.

As the children sample the party mix, ask them to share what they learned and what healthy choice they would plan for their next family celebration.

If lesson is offered in conjunction with parent lesson, have youth gather and measure ingredients for Three Minute Pie or Apple Wedge Dessert.

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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EXTENSION

My Family Tradition

My family tradition is _____

_____

We celebrate by _____

_____

The people who come to this tradition are _____

_____

Some of the special things we do are _____

_____

We usually eat _____

_____

My favorite part of this tradition is _____

_____

HEALTHY OPTIONS FOR MY FAMILY TRADITION

Healthy Party Mix

Mix and match your favorites for your own snack mix.

2 or 3 whole grain cereals

Try toasted o's, corn or rice square cereal, low fat granola, popcorn, or pretzels

2 or 3 nuts and seeds (beware of any allergies)

Try almonds, soy nuts, pumpkin seeds, sunflower seeds

2 or 3 dried fruits

Try dried cranberries, raisins, dried pineapples, dried apricots, dates, coconut

DIRECTIONS:

1. Pour each ingredient onto a separate plate.
2. Make your own party mix by spooning your favorite combination of ingredients into a snack bag or bowl.

Healthy Party Mix

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Try almonds, soy nuts, pumpkin seeds, sunflower seeds

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Try dried cranberries, raisins, dried pineapples, dried apricots, dates, coconut

DIRECTIONS:

1. Pour each ingredient onto a separate plate.
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