Celebrate Together

Youth Ages 6–8 (45 to 60 minutes)

By the end of this session, participants will:

- Identify different types of family celebrations,
- Explore how their families celebrate,
- Select healthy choices for a family celebration.

MATERIALS

- ☐ Chalkboard or flip chart
- ☐ Markers
- ☐ White paper
- ☐ Crayons or markers
- ☐ Whole grain party snack (refer to recipe)

HANDOUT

- ☐ My Family Celebration worksheet
- ☐ MyPlate coloring page
- ☐ Make Your Own Party Mix recipe

OVERVIEW

We learn about our family traditions through celebrations. Food plays an important part in how we celebrate. Healthy choices can be a part of family celebrations.

INTRODUCTION

Tell children, "Celebrations are a fun way to learn about our families and communities. Families celebrate different things, including holidays, special occasions, like birthdays, and everyday happenings, like soccer or baseball games. Celebrations often include a meal or special food. Today we are going to explore how we celebrate with our families."

Do:

Ask children, "What is your favorite family celebration?" If needed, prompt with examples, such as birthdays, holidays, last day of school. Encourage them to share what they like about these special days. The leader can list the different celebrations on paper or white board. Discuss with children the idea that families have many special days to celebrate.

Ask the children:

- How many different celebrations are listed?
- How do we observe each of these celebrations?
- How are the celebrations alike?
- How are the celebrations different?

Point out that while many families celebrate different special days, many also celebrate the same kinds of days.

Using the My Family Celebration worksheet, ask each child to draw a picture of his or her family celebrating a special day. For ideas, the children can refer to the list you made. Help them label their pictures.

Reflect:

Have children share their pictures and describe the special time.

- What do you like about the celebration?
- Who was at the celebration?
- What made the celebration special to you?
- What are some of the foods you like at celebrations?
- What are some of the activities you enjoy at celebrations?

Apply:

Celebrations help us learn about our family traditions.

Our families help make us healthy. Let's take some time to think about the healthy parts of our celebrations. Health includes how we take care of our bodies, the food we eat, and the activity we choose to do. Choosing a variety of foods that are good for our bodies helps keep us healthy.

Being physically active also helps keeps us healthy. Have the kids decide the most important things they need to think about in making healthy choices. Prompt, if needed: choose fruits and vegetables, drink milk, don't eat too many sweets and treats, and choose healthy snacks. Write their decision-making factors on the board.

Have the children work in teams or as a large group. Using the MyPlate coloring page and paper food models have children select healthy choices, try to include one from each food group.

- Let's list all the healthy choices to we like for our celebrations.
- What healthy choice would you like to try with your families?

ACTIVITY

Let's make a healthy party snack.

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

Participants make their own party mix.

As they sample the party mix, ask children 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 Celebration

My family celebration is _____

_____

We celebrate by _____

_____

The people who come to this celebration are _____

_____

Some of the special things we do are _____

_____

We usually eat _____

_____

My favorite part of this celebration is _____

_____

HEALTHY OPTIONS FOR MY FAMILY CELEBRATION

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

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.

Celebrate Together: Youth (Ages 6–8) Lesson