

# SPRING

## ST. PATRICK'S DAY Dippity Doo Dah

Have children bring in all types of washed green vegetables. Explore the different types and shapes and discuss how plants grow. Cut the vegetables into easy-to-eat pieces. Cut several green peppers in half and hollow them out so they resemble a 'shamrock.' Fill with salad dressing or dip. Children can enjoy dipping an array of green vegetables!

## EASTER Bunny Salad

Easter is a celebration of spring and new life, of which the rabbit is a symbol.

Use a pear half (fresh or canned) for a bunny "body," with cottage cheese "tail," raisin "eyes" and almond "ears" on a layer of lettuce, with a garnish of sprouts.

## PASSOVER Charoset

"Charoset" symbolizes the mortar used to make the bricks that the slaves used to build the pyramids in Egypt. The sweetness also speaks to the sweetness of freedom, which Passover commemorates.

Mix 1 cup chopped walnuts, 5 apples, cored and finely chopped and 1 cup grape juice. Yields about 4 cups.  
Serve with Matzoh crackers.

### Sweet Carrot Sticks

Soak carrot sticks or baby carrots in pineapple juice for an hour, then serve them with the bunny!

### Check out these books for more ideas:

Celebrations of Light: A Year of Holidays Around the World, Nancy Luenn, Atheneum  
Children Just Like Me: Celebrations! Anabel Kindersley, Dorling Kindersley Publishing  
The Children's book of Kwanzaa: A Guide to Celebrating the Holiday, Dolores Johnson, Atheneum  
Corn is Maize: The Gift of the Indians, Alike, Harper Trophy  
Creative Food Experiences for Children, Mary T. Goodwin, Gerry Pollen,  
Center for Science in the Public Interest  
Hanukah, Happy Hanukah: Crafts, Recipes, Games, Puzzles, Songs and More for a joyous Celebration of the Festival of Lights, Jeffrey A. O'Hare, Boyds Mills Press.  
Happy Birthday, Everywhere, Arlene Erlbach, Millbrook Pr Trade  
Kids around the World Celebrate!: The Best Feasts and Festivals from Many Lands, Lynda Jones, John Wiley & Sons  
Kids Kitchen, No Cook Recipe Book, 1-800-FOODPLAY  
Messy Bessey's Holidays, (Introduction to December holidays), Pat McKissack, Horn Books  
New Year's to Kwanzaa: Original Stories of Celebration, Kendall Haven, Fulcrum Publishing  
The Runaway Rice Cake, Ying Chang Compestine, Simon & Schuster



For Teachers

# FOODPLAY'S Guide to Healthy Classroom Celebrations!

Celebrations are a great way to learn about the diversity of cultural traditions. Music, arts and crafts, games, stories and songs, along with food preparation and tasting, help make cultures come alive for children. But, parties don't have to just be about sweets! There are a lot of ways to celebrate using delicious, nutritious foods. This guide includes fun and easy to prepare snacks that involve little or no cooking for your class to celebrate birthdays, holidays and special events.

Since our guide includes just a sampling of many traditions we encourage you to adapt your celebrations for your particular student body. For seasonal or cultural celebrations in the classroom, you could invite parents or relatives of children to come and share their own cultural traditions. Or, have students research different cultures and bring in recipes that celebrate traditional holidays.

## PARTY TIME!

Fun recipes for special occasions and birthday celebrations

### Never on Sunday Sundaes

Put out bowls of cut-up fruit, raisins, chopped nuts, shredded coconut, wheat germ and crunchy cereal like Grape Nuts. Mix plain low-fat yogurt with a drop of vanilla flavoring and serve in Dixie cups. Have children make their own sundaes.

### The World's Biggest Fruit Salad

Have each student bring in their favorite fruit and introduce it to the class. Wash the fruit, cut it up and mix together in a big bowl. Add a small amount of orange or lemon juice to prevent fruit from browning and explain that orange and lemon juice is full of vitamin C. You may want to make the fruit salad after reading Stone Soup.  
(See Activity Idea, next page)

# AUTUMN

## ROSH HASHANAH, JEWISH NEW YEAR

### Apples and Honey

Giving sliced apples dipped in honey to friends and family is a traditional way to celebrate a year full of sweetness.

## HEALTHY HALLOWEEN!

### Mini Jack-O-Lanterns

Cut tops off navel oranges. Gently hollow out pulp of both pieces, leaving the shells. Cut jack-o-lantern faces into the orange and pack scoops of chocolate ice cream or frozen yogurt into the shells. Put tops back on and eat! Or you can freeze to serve later. As a variation, fill the oranges with fruit salad, make faces with cloves and serve on a bed of lettuce.

### Black and Orange Potluck

Have children bring in foods that are orange or black, but that aren't candy or other sweets: black olives, pumpernickel bread, carrot sticks, orange slices....see how creative your students can get!

## THANKSGIVING

### Popcorn Taste Test

#### ACTIVITY IDEA: STONE SOUP

Stone Soup by Marcia Brown tells the story of hungry soldiers arriving in a village. Having been offered no food, they suggest making "stone soup," in which a stone is placed in a pot. Eager to contribute to see how it will turn out, each villager adds an ingredient until together they create a wonderful soup which the whole village feasts on. Read the book together with your kids and recreate the scene with your class by having each student bring in an ingredient to add to the pot!

Popcorn is a great way to celebrate any special occasion. It is particularly appropriate for Thanksgiving as a way to give thanks for nature's bounty and recognize the contribution of Native Americans, who discovered popcorn thousands of years ago.

Experiment with different popcorn toppings and have the class "taste test" them and vote on their favorite. Some popular toppings include: Parmesan cheese, cinnamon and nutmeg and Mexican spice mix.

#### TIP:

Dripping a little bit of water on popcorn when it is freshly popped creates a buttery flavor without the fat!

# ❄️ WINTER

Many cultures celebrate religious traditions in the wintertime. Invite parents or relatives in to share their cultural cuisine for December holidays.

## CHRISTMAS

### Food Crafts

Celebrate the many possible uses of food that don't involve eating!

- ◆ String cranberries and/or popcorn into garlands.
- ◆ Stick whole cloves into an orange and tie with a ribbon to hang from the tree.
- ◆ Make non-edible dough from 4 parts flour, 1 part salt and 1.5 parts water. Shape into ornaments, decorate and bake at 200 F for one hour.
- ◆ Make holiday cards with "ink stamps" made by carving designs into vegetables like carrots and potatoes.

## MEXICAN CHRISTMAS

### Hot Chocolate

Mexican children walk the streets during "Posadas" carrying lanterns. Hot Chocolate is their reward!

1 cup milk  
1 ounce Mexican chocolate (available at Latin American food stores or make by mixing 1 ounce grated bittersweet chocolate with 2 tablespoons sugar and 1/4 teaspoon ground cinnamon)  
sugar and ground cinnamon to taste

Mix in a saucepan over low heat, stirring constantly until chocolate melts and mixture is foamy. Yields one cup.

## CHINESE NEW YEAR

### Litchi Nut Fruit Mixture

1 can seedless litchi nuts, drained (available at some grocery stores and all Asian food stores)  
2 Kiwis, peeled and thinly sliced  
1 cup seedless green grapes  
1 cup canned pineapple chunks, drained  
1/2 cantaloupe, seeded, peeled and cut into 1/4 inch chunks  
(You can use any fresh fruits that are available in season)

Mix ingredients in a mixing bowl and spoon into individual bowls to serve!

## VALENTINE'S DAY

### Apple of My Eye

Cut slices approximately 1/6" thick across whole red delicious apples so that they mimic heart shapes. Spread with peanut butter. Make "arrow" with small stick of celery stuck into a triangular piece of cheese as the arrowhead. Lay arrow on peanut butter across apple slice.