

# Create Healthy, Active Celebrations

*Easy Ways To Eat Smart and Play Hard with Friends and Family*



United States Department of Agriculture  
Food and Nutrition Service

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# Making Celebrations Healthy and Active



*Health is the thing that makes you feel that now  
is the best time of the year.*



# Make Celebrations Happen

## All Gatherings Are Special

Many gatherings can feel like a party, especially when you focus on enjoying the company of family and friends. Encourage everyone to laugh, act out stories, tell jokes, dance, play, and just enjoy being together. The food can be simple – just make your guests feel important and welcome. All it takes is sharing your time and attention in a friendly and fun way.

## Fun, Festive Foods and Activities

Eating healthy and being physically active work together to promote good health. Both can be fun parts of parties and gatherings.

For children, playtime is priceless—children learn through games. They learn to follow rules, and to give and take. Play teaches children to get along with each other. They discover what they are good at and what they enjoy.

This guide provides tips that parents can use in planning celebrations for families, friends, and children. Keep reading for information on:

- ▲ New ways to promote good health while having fun
- ▲ Making foods festive!
- ▲ Offering thirst quenchers that please
- ▲ Savoring the flavor
- ▲ Splurging on colors and textures
- ▲ Using MyPyramid to plan foods for your events
- ▲ Planning pleasing parties
- ▲ Planning events for children
- ▲ Ways to keep it simple for kids
- ▲ Making moving a part of every event!
- ▲ Ideas and recipes for making your celebrations healthy and happy

## Celebrate in a Healthy and Happy Way

- ▲ **Come together to have fun!** Food and drink are only part of the event.
- ▲ **Start with a warm and friendly welcome.** A few minutes with each of your guests will make them feel special.
- ▲ **Make choosing foods easy.** Make it easy for guests to select healthy choices by offering a variety of tasty new foods and old favorites.
- ▲ **Create excitement** by trying new and different things. Try new foods and activities along with familiar ones.
- ▲ **Show by example.** Choose foods for good taste and health.
- ▲ **Get Moving.** Encourage everyone to move around at your gathering. Include activities that are fun and easy ways to move more.



# Enjoy Family and Friends

Your time with family and friends is special. Make time to enjoy each other and celebrate. Celebrations give parents and kids the chance to practice healthy habits that can last a lifetime. You can create traditions that help build lifestyles that support good health with a little thought, time, and action!

## Get Going With Healthy Habits

It's never too early for adults to set an example of healthy habits. Adults may not realize it, but children pay attention to what they do. Children follow their parents' choices about what to eat and how active to be. Family meals and get-togethers are good times to show how to eat new and healthier foods, and to be more active. Set an example but also respect the choices your family and guests make.



## Set an Example for Your Family and Friends

- ▲ Make your own healthy choices about food and physical activity.
- ▲ Arrange for children to play and be physically active in safe places.
- ▲ Allow children to make choices from food and activities you provide. Try new foods with kids. Remember that with time, children will learn to like the taste and texture of the foods adults enjoy.



# Make the Foods Festive

## Tips To Make Foods Taste Great

We eat with our mouth and nose, as well as our eyes. Prepare foods that look, smell, and taste delicious too:

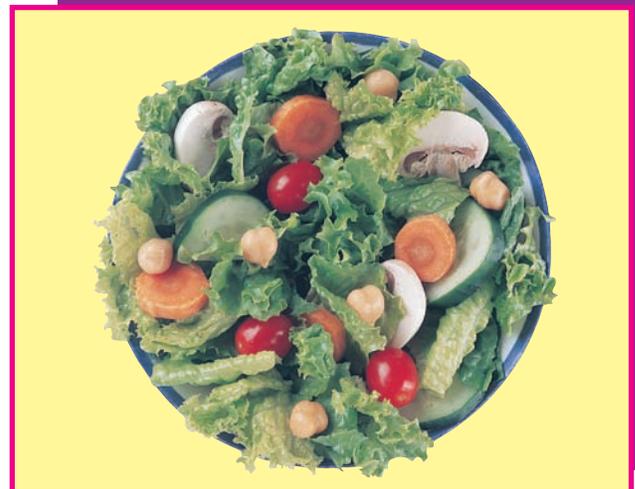
- ▲ **Make food look festive!** Sprinkle coconut, sliced almonds, green onions, or herbs on food.
- ▲ **Decorate foods** so they look interesting and appealing.
- ▲ **Use new shapes** for sandwiches, vegetables, and fruits (for example, by using cookie cutters).
- ▲ **Try something new**, such as adding new ingredients to a favorite recipe or serving a new side dish with a well-liked main dish.
- ▲ **Shop smart to eat smart.** Buy fresh fruits and vegetables when they are in season. They can cost less and taste better. Be sure to check dates on meat, milk, and other fresh foods.
- ▲ **Wash salad ingredients ahead of time and store them in the refrigerator.** Toss with salad dressing right before serving for a crisp, crunchy taste.
- ▲ **Serve hot foods hot and cold foods cold.** Milk tastes best cold to most people. Most soups are more flavorful when hot. Besides being safer, the right temperature helps foods taste better. For more information on keeping food safe, go to <http://www.foodsafety.gov/>
- ▲ **Make sure foods are properly stored and cooked.**



# Splurge on Colors and Textures

Serve colorful fruits and vegetables at family events. They can add eye appeal to the foods you offer. They can also save you money.

- ▲ **Serve foods with contrasting colors.** Combine yellow corn and black beans with some low-fat salad dressing. Serve orange wedges along with green and red grapes.
- ▲ **Add a splash** of salsa, or sprinkle seasonings. They give a lively look to spreads, dips, and side dishes like hummus, bean dip, rice, or potatoes.
- ▲ **Buy a few special eye-catching fruits and vegetables.** Choose in-season fruits and vegetables. Fresh berries, apricots, or nectarines or snow peas provide color and crunch.
- ▲ **Make it quick and easy** by using canned or frozen fruits and vegetables. Serve canned pineapple or frozen peach slices. Canned green beans, peas, and carrots are tasty in salads.
- ▲ Many **colorful fruits and vegetables may cost less** than many other packaged snacks.



# Savor the Flavor

## Change Old Favorites and Try Dishes From Other Cultures

Try new foods and recipes to liven up your special event.\* Try a lower calorie version of some recipes:

- ▲ Instead of the familiar cake with frosting, slice an angel food cake and layer it with sliced peaches, pudding, and a yummy fruit sauce.
- ▲ Offer turkey burgers or veggie burgers at your barbecue.
- ▲ Serve a home-made dessert of pudding, fruit, and vanilla wafers instead of pie.
- ▲ Add flavor and texture to salads by including nuts, cheese, or dried fruit.
- ▲ Offer some new dishes from other cultures at your celebration.



## Try Something New

Use a new recipe to make tasty main dishes, casseroles, salads, vegetables, or desserts. Ask your friends how they make one of their family's favorite foods.

### Try these ideas:\*

- ▲ Sizzling *Fajitas* are fast and easy to make. Quickly cook onions, red and green peppers, and thinly sliced meat and serve in folded, hot tortillas.
- ▲ Offer a *Parfait* of yogurt, cereal, nuts, and dried or sliced fruit in layers.
- ▲ *Pasta Primavera* is a nice change from regular spaghetti. Mix cooked bow-tie pasta with cooked broccoli florets, red and green sweet pepper slices, and cut string beans or yellow squash. Add a sprinkle of cheese.
- ▲ Make a Trifle by layering unfrosted cake slices with berries and pudding. Additional ideas can be found in the Recipe section of this publication.

## Take a Chance

**Try something different.** Serve an unusual food along with familiar foods.

**Encourage curiosity.** Taste new foods when they are in season, such as different types of plums or pears.

\*Choose lean meats and low-fat or fat-free foods and beverages.

## Explore the United States Department of Agriculture's and USDA's Food and Nutrition Service's Web sites for recipes:

*Loving Your Family, Feeding Their Future*

<http://www.fns.usda.gov/fns/default.htm>

*Food Stamp Nutrition Connection Recipes*

<http://recipefinder.nal.usda.gov/>

*Eat Smart. Play Hard.™ Healthy Lifestyles*

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>

*Eat Smart. Play Hard.™ Kids Web site*

<http://www.fns.usda.gov/eatsmartplayhardkids/>

# Offer Thirst Quenchers That Please

When deciding what beverages to serve guests, there are many different options for kids and adults.

Here are some ideas:

- ▲ **Offer milk or drinks made with low-fat or fat-free milk.** Make blender drinks like smoothies or flavored hot drinks such as hot chocolate with low-fat milk. Offer adults any of these: iced tea, coffee with low-fat milk, hot tea with lemon and/or milk.
- ▲ **Go easy on juice.** Offer "homemade soda" made from water, club soda, or seltzer water mixed with different 100% fruit juices.
- ▲ **Make water more exciting** by adding slices of orange, lemon, or lime.

- ▲ **Make fun ice cubes** by freezing fruit juice (using ice-cube trays with different shapes for the cubes) and then add cubes to club soda for a fizzy iced drink.
- ▲ **Make a "float"** by adding a scoop of sorbet or sherbet to club soda instead of serving soda pop.
- ▲ **Make plain water available** for those who would like some.



# Use MyPyramid To Plan Foods for Your Event

Offer a variety of foods at your event or celebration, whether it is a full meal or a “mini-meal.” Use the MyPyramid to help you choose a variety of foods. Here are some examples of tasty celebration foods:

## Foods From the Fruits Group

Fruit kabobs, strawberries, grapes, watermelon, cantaloupe, mandarin oranges, frozen fruit popsicles

## Foods From the Vegetables Group

Green beans, broccoli florets, celery, potatoes: baked, mashed or roasted strips, baby carrots or cooked sweet potato slices

## Foods From the Grains Group

Whole wheat crackers, animal crackers, fortune cookies, fun shaped pastas - bow ties or spirals, corn tortilla chips, pretzel rods, popcorn sprinkled with garlic powder or taco seasoning

## Foods From the Milk Group\*

Ice cream sandwiches, smoothies, hot chocolate, pudding or custard, cheese cubes or strips

## Foods From the Meat & Beans Group\*

Garbanzo and other bean dips, almonds, walnuts or pecans, turkey, chicken, other lean sliced meat, lean beef or pork

## Combinations From the Food Groups\*

Macaroni and cheese, pizza with peppers, olives, and onions, sandwiches with meat, cheese, lettuce, and tomato, cut in squares or triangles, french toast

\* Choose lean meats and low-fat or fat-free foods or beverages.

## Family Goals for Healthful Eating and Active Living

- ▲ Choose foods for good health, and enjoy them.
- ▲ Eat whole-grain products, vegetables, and fruits, and choose fat-free or low-fat milk and milk products.
- ▲ Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- ▲ Go lean with protein. Choose lean meats and poultry and bake, broil, roast, or grill them. Vary your protein choices—with more fish, beans, peas, nuts, and seeds.
- ▲ Sit less and move more. Being physically active is fun!
- ▲ Read Nutrition Facts labels and ingredient labels when choosing foods to help you get the most nutrition for your money. To learn how to use the Nutrition Facts label to make smart food choices, go to <http://www.cfsan.fda.gov/label.html>



# Planning Pleasing Parties



*By your actions, you are showing others how to have fun and live a healthy life.*

# Planning Made Easy

When planning for an event or celebration, try to stay relaxed. Strive to create a fun, friendly, safe environment at the event. As you guide children through activities, make sure everyone has a chance to get involved.

▲ **Encourage talking and sharing.** Make sure everyone is introduced. Share an interesting or funny story or do an “ice-breaker” activity that gets everyone talking.

▲ **Be a “cheerleader.”** Add your own extra sparkle to the activities. Be friendly and encourage everyone to laugh and have fun. Share experiences. Get everyone to be part of the fun.

## Plan for Fun

▲ **Plan activities, games, food, and drink** with the age of guests in mind. Gather supplies in advance.



▲ **Think through each activity** in a step-by-step way to ensure success.

▲ **Create a flow from quiet to more active** and back to calmer activities.

▲ **Use a list** to help stay organized.

## Make It Happen

Tips for a successful celebration:

▲ Use calm opening activities.

▲ Stay focused on enjoying the activities and event.

▲ Be prepared with additional activities, or be able to change the location if needed.

▲ Let guests (adults and kids) choose which foods they eat and which activities they do.

▲ Arrange for others to help clean up and put things away.

## Get Others Involved

Make a special dish as a group effort. Use a recipe and prepare the food together.



▲ Have family members help prepare, wash, slice, or grate food items in advance.

▲ Home-made desserts are fun to make with a little help. Making it yourself allows you to choose the ingredients. They may also cost less than store-bought cakes and treats.

# Planning Events for Children

Sometimes gatherings and fun events just happen. When it's a large or special event, a little extra planning and effort makes a difference. Use this sample checklist to give you ideas on what to do to have a successful children's party or any celebration.

## Sample Checklist for Children's Events



**Two to four weeks in advance:** Think through your plans.

- Involve children in making choices.
- Set a budget. Spend only what you planned to spend.
- Make a shopping list.
- Think about decorations, favors, costumes, hats, and music.
- Plan activities. Include physical movement time and quiet time.
- Write out a schedule. For example:

Active games	1:00-1:30
Arts and crafts or creative projects	1:30-2:00
Time to eat	2:00-2:30
Pass out party favors or play a quiet game	2:30-3:00
- Arrange for help. Identify family or friends to prepare food, set up, help with games and activities, and clean up afterwards.

**One to two weeks before:**

- Prepare invitations. Pass them out a week or two before the event.
- Purchase supplies: decorations, games, some foods, and materials for activities.
- Gather equipment: tables, chairs, toys, coolers, serving dishes, and other supplies.
- Check with guests who have not yet responded. Estimate number of guests.
- Be prepared. Do as much ahead of time as possible. Prepare favor bags or any foods that can be frozen. Make games or decorations as needed.

**The day before:**

- Clean and child-proof party area. Check the weather forecast, if you are planning to be outside. Also, have an indoor location in case the weather turns bad.
- Organize and gather any decorations, games, and favors.

- Prepare food that will hold overnight (e.g., chopped vegetables and fruits).
- Check camera and put in handy place.
- Review whether you have everything you need.

**The day of event:**

- Prepare last-minute food and organize serving area.
- Finish decorating. Set up games.
- Greet the guests and have fun.
- Be flexible. Do something else if a game or activity isn't a big hit.
- Have helpers assist with the activities and clean-up.

**Afterwards:**

- Share pictures with others and put some on the fridge.
- Thank others for their help.

# Ways to Keep it Simple for Kids

## Simple Foods Are Fine With Kids

### Try these ideas:

- ▲ **Snacks are easier, less expensive**, and may be more popular with kids than full meals. Try to offer at least one food from each of the MyPyramid food groups: Meat and Beans, Milk, Grains, Vegetables and Fruits (for instance, beans, cheese, tortillas, salsa, and pineapple).
- ▲ **Use small cups.** Plan on one or two drinks for each child. Mark names on the cups to avoid mixed-up drinks.
- ▲ **Make your own mini sweet treats.** Offer kid-sized two-bite treats, mini cupcakes, or frozen fruit popsicles.
- ▲ **If using juice boxes,** choose small boxes of 100% fruit juice instead of sweetened fruit drinks, ades, and punches.
- ▲ **Create one “fun” food** to surprise your guests and make the event special. Make a face on a pizza, decorate sandwiches, or arrange vegetables to show off different colors.
- ▲ **Kids are more likely to accept new foods** when they are offered along with familiar food.
- ▲ **Save money** by preparing less expensive snacks that feed a lot of kids – like colorful watermelon wedges or seasoned popcorn.



## Party Favor Bags

At children’s celebrations and parties, favor bags may be given to guests and often contain candy.

Consider giving some of these nonfood items:

- ▲ Stickers, magnets, key chains, yo-yo’s, jacks, markers, or small balls.
- ▲ Eat Smart. Play Hard.™ activity sheets\*
- ▲ Power Panther bookmark\*
- ▲ Fill-in-the-blank Power Tales\*
- ▲ Power Panther comic strips\*
- ▲ Recorded tape or CD of Power Panther music\*

\* You can print copies of these items from <http://www.fns.usda.gov/eatsmartplayhard/>

# Make Moving a Part of Every Event

## Fun Activities Are Easy

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering. Arrange for games and activities to get everyone moving. Teens and adults can participate to help younger kids learn to build physical skills and confidence.

Join in the fun and let yourself act like a child. Try to imitate what the kids do. It's a challenge for adults to be flexible and move like children. Let kids show adults how to play these games and activities:

- ▲ Tug of War
- ▲ Play "Mirror Image"
- ▲ Dancing
- ▲ Freeze tag
- ▲ Pass the "Hot Potato"
- ▲ Simon Says
- ▲ Keep the balloon in the air
- ▲ Unravel the "human knot"
- ▲ Crack the Whip
- ▲ Indoor bowling and miniature golf
- ▲ Hopscotch
- ▲ Kick-Ball
- ▲ Table tennis
- ▲ Hide and seek
- ▲ Games using hula hoops



When children know how a game is played, it is easier for them to be part of the fun. To make it interesting, change the name of the game or rules slightly. Play Pin the Mustache on the Pirate. Match games to a party theme. Hold a Treasure Hunt for a Pirate Party instead of a scavenger hunt.

**Take your cue from the kids** about when it's time to make a change. Encourage them to enjoy playing actively. After an active game, plan a quieter activity. Be patient and enjoy childlike play and silliness.

**For celebrations that last 2 hours**, aim for about 45 minutes of physical activities.

**Children need to be physically active at least 60 minutes on most or all days. Adults need at least 30 minutes of moderate-intensity physical activity on most days.**

# It's Party Time



*We do not stop playing because we grow old.  
We grow old because we stop playing.*

# Celebrations Made Easy

To make it easier for you to have healthy and active celebrations, this section provides menu ideas, tips, and also games to get guests moving. Pick a party theme to use. Or, just invite your family and friends to Sunday supper.

Offer guests tasty, healthy foods and beverages. Several ideas for quick, easy, and tasty choices are included, but there are many options. Try something new. Use the table below to pair up a new dish with a current favorite.

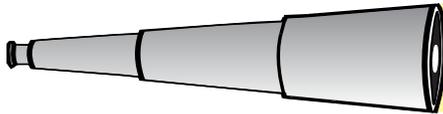
**Matchmakers -- Choose Combinations That Suit You\*** Mix and match foods to go with your main dishes. The foods in the chart below provide ideas to make meals more interesting. Recipes that are **bolded** in the chart below can be found in the Recipes section.

<b>Appetizers</b>	<b>+</b>	<b>Main Dish</b>	<b>+</b>	<b>Side Dish</b>	<b>+</b>	<b>Beverage</b>	<b>+</b>	<b>Dessert</b>
Slices of <b>Fruit Log</b>		Pasta with vegetables and grated cheese		Mixed green salad		<b>Bubbling Pineapple Punch</b>		<b>Frozen Fruit Cups</b>
<b>Colorful Quesadillas</b>		Baked chicken dusted with chili powder		Black beans and corn with low-fat salad dressing		<b>Orange Banana Frosty</b>		<b>Fruited Parfait</b>
<b>Chick Pea Dip</b> and carrot sticks		<b>Brunswick Stew</b>		<b>Crunchy Parmesan Toast</b>		Low-fat or fat-free milk		Fruit 'n cream pops
Whole-wheat crackers and cheese		<b>Vegetarian Chili</b>		<b>Broccoli Stuffed Spuds</b>		Water with a slice of lemon		<b>Pineapple sherbet</b>
Tomato Soup		<b>Baked Chicken Nuggets</b>		<b>Baked Crispy Potatoes</b>		<b>Golden Glow Punch</b>		<b>Peach Apple Crisp</b>
<b>5-Layer Bean Dip</b> with tortilla chips		<b>Colorful Quesadillas</b>		Green salad, purple onions, and orange slices		Apple/grape juice punch		<b>Watermelon Ice</b>
Cucumber slices and carrot coins		Sliced ham and rice casserole		<b>Aloha Coleslaw</b>		<b>Smoothie</b>		<b>Peach Topping</b> on angel food cake
Celery, peanut butter, and raisins		<b>Make Your Own Pizza</b>		<b>Herbed Vegetables</b>		Club soda with frozen juice ice cubes		<b>Apple Crunch</b>

\* Choose lean meats, and low-fat or fat-free foods or beverages.

# Make it a Pirate Party

Both boys and girls will have a good time and enjoy the adventure of this Pirate Party. Suggest on the invitation that kids and adults “dress up” in pirate attire!



This theme, menu and game ideas work well for kids 8-10 years old.

## Food for the Shipmates

You have many healthy options that kids this age will enjoy and find interesting. Try to keep it simple. Include lots of colorful fruits, finger foods, and bubbly drinks. Write the menu in “pirate” language and let kids try to guess what it is! See menu ideas below. Choose lean meats, and low-fat or fat-free foods or beverages.

### Menu 1

#### **Fruit Log\***

(banana, peanut butter in a tortilla)

#### Sea Crunch

(Mix cereal, nuts, popcorn seasoned with chili powder)

#### Bird Leg

(Baked or BBQ chicken legs)

#### Sea Weed Wrap

(Cucumber and tomato salad with ranch dressing in whole-wheat wrap)

#### **Smoothie\***

Dessert

### Menu 2

#### Hardtack with Curds

(Whole-wheat crackers with cheese)

#### Sea Dogs

(Baked Fish Sticks in hot dog bun)

#### Blackbeard’s Baked Beans

#### Sea Goddess Veggie Sticks

(Slices of carrot, celery, and peppers)

#### **Bubbling Pineapple Punch\***

Dessert

## Checklist



A day or two before the party, check your list of things to do:

- 1 Confirm the number of guests.
- 1 Call helpers; remind them of the time to arrive.
- 1 Outline party schedule; see example below for a Pirate Party.
- 1 Make decorations.
- 1 Buy supplies and food.
- 1 Decide what foods to prepare early, like those that can be refrigerated or frozen; wash vegetables and other ingredients, etc.

Supplies Needed:  
cardboard box, silver or gold paper, old jewelry, net, shells, paper, glue, marking pens, face paint

\* Recipes are provided for **bolded** items.

# Make it a Pirate Party continued

## Decorations

Deck the galley with pirate gear early on the morning of the party.

- Hang a pirate flag to identify your home.
- Put a picture of a skull or pirate on the door with a sign saying "All who enter here must follow the pirates' code."
- Make a treasure chest from a decorated box. Cover the box and fill it with gold and silver tissue paper, bananas, oranges, and old costume jewelry like pearls and rhinestones. Make the treasure chest in advance.
- Hang a net in the party area. Add shells, skull, and crossbones, and other sea gear to the net.



## Pirate Booty

Prepare goody bags ahead of time. Decorate them with crossbones or other pirate symbols. Include tropical fruit, activity sheets, and other items in goody bags that may help kids to eat better and be more active. You can print copies of some of these items from <http://www.fns.usda.gov/eatsmartplayhard/>. Many libraries have computers you can use to access Web sites.

## Welcome

Provide a mirror, face paint, and pirate costume options (hats, bandanas, vests, jewelry) so kids can turn themselves into pirates. Have each child choose a pirate name (such as: Black-Eye Bob or Scary Carrie). Put the name on a nametag and use it during games. Watch a few minutes of a video of a favorite pirate movie and have a trivia contest.

## Schedule of Activities

- 11:00 Welcome Guests and Face Painting
  - 11:15 Clear the Decks  
Tick-Tock Find the Clock
  - 12:00 Slow Down: Find the Treasure
  - 12:30 Feed the Shipmates
  - 1:00 Sort the Treasure - Distribute party favors or open birthday presents
- Thank your guests

# Make it a Pirate Party continued

## Get Them Moving

To add to the fun and to get kids moving, include a couple of these games:

**Clear the Decks.** Divide into two teams. Both teams play side by side. Two kids sweep their team's 5 ping pong balls\* across a floor using brooms. After one set of balls crosses the room, the broom is passed to the next set of teammates who are waiting at the end of the room. Then the balls are swept back across the room. First team to sweep their ping pong balls across the finish line wins.

\*Mark two sets of 5 balls with their own color. Make this game more difficult by marking a symbol on one ball out of each set. The other team tries to capture the opposing team's ball with a symbol. Use a bigger ball to make it easier.

### Tick-Tock Find the "CLOCK in the Croc."

Kids race to locate a ticking kitchen timer, or alarm clock, before it goes off.



### Cannon Ball Fight

Try this on a warm, sunny day. It is good for outdoor play. Fill round balloons with water. Have the kids toss them until the balloons burst. Pick up all broken balloon parts to prevent pets from choking on them.

### Other Active Games

Consider the following games and decide what works best for you.

### Conga Dance

Turn on the music and have the guests form a dance line by putting their hands on the waist of the person in front of them. The leader moves the group around the dance area.

### Limbo

Balance a lightweight crossbar between two upright surfaces, at about chest high. Have each dancer go under the crossbar by bending backward. Repeat this, lowering the bar each time.

### Pirate's Tug of War

Have two teams try to pull a ribbon tied to the center of a length of rope over to their own side. They must get the ribbon past a line marked on the ground.



# Make it a Pirate Party continued

## Slow Down Play

Before the meal, slow the action down so kids are ready to enjoy the food.

### Find the Treasure

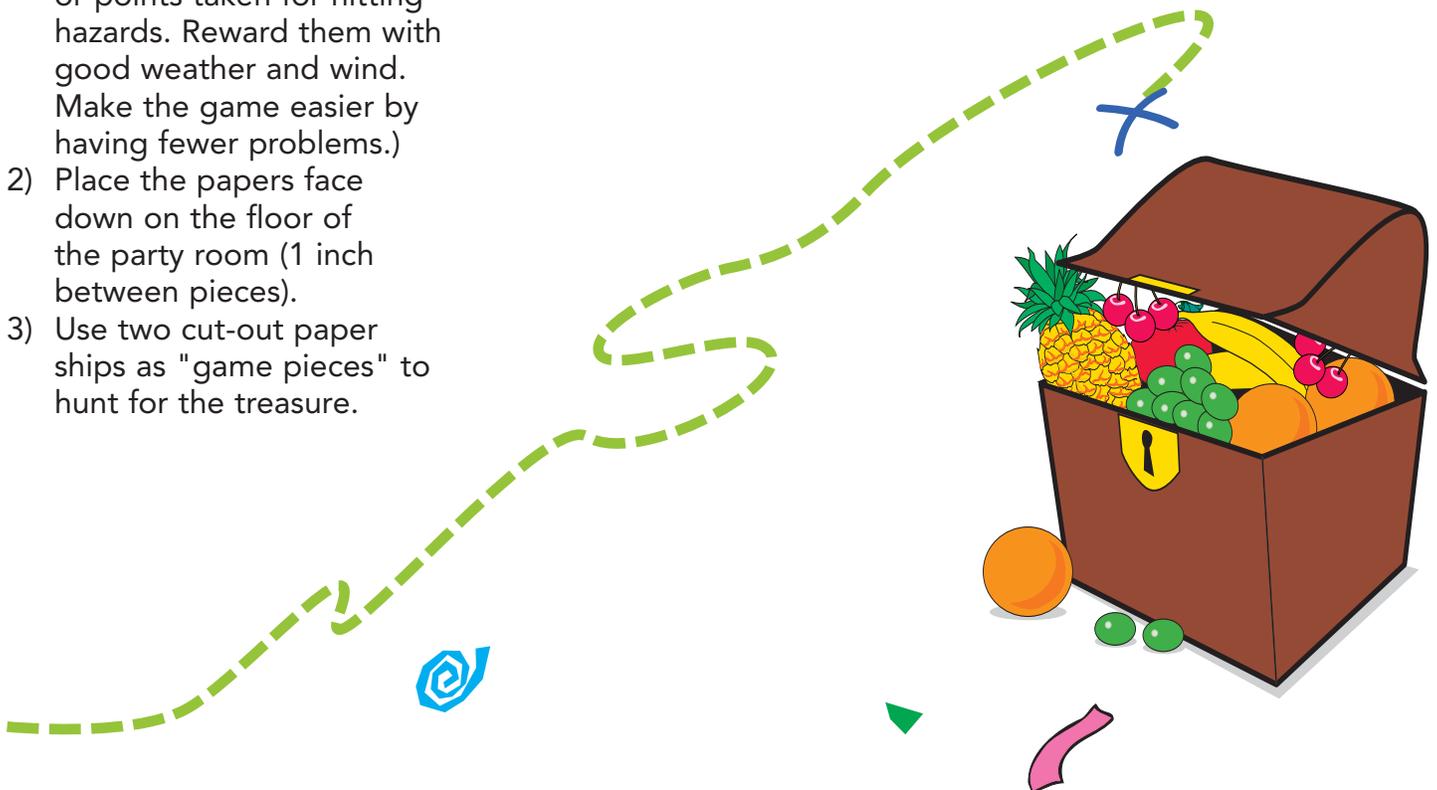
Prepare a Treasure Map

- 1) Use 20 to 25 sheets of heavy paper to make one large "treasure map" with islands, reefs, rocks, angry natives, sharks, sea monsters and - of course - a big red X marking the treasure. (To make the game hard, create "pretend" problems - such as an island reef with only one way through or points taken for hitting hazards. Reward them with good weather and wind. Make the game easier by having fewer problems.)
- 2) Place the papers face down on the floor of the party room (1 inch between pieces).
- 3) Use two cut-out paper ships as "game pieces" to hunt for the treasure.

**To play the game,** each crew flips a coin and moves its ship an appropriate number of spaces (heads = move 1 space, tails = move 2 spaces). Upon landing on a spot, the paper is turned over to show that part of the map. Taking turns by flipping the coin, the crews race each other to find where the treasure is hidden. The first pirate ship to find the treasure wins.

### Sort the Treasure -

Distribute party favors or open birthday presents.



# Come Together for Sunday Supper

If your family tunes you out when you talk about eating healthier, this Sunday Supper will change their minds. Family dinners are a great time to catch up on what family members did during the week, share news, and have fun. Plan to include a game of kick ball or soft ball, a Frisbee toss, or jump rope. Both kids and adults will enjoy it.

**Hint:** Don't tell them it is healthy; just let them try and enjoy these tasty foods.

Foods for family fun time do not need to take a lot of time to prepare. Focus on having fun by planning a menu that can be done ahead.

## Menu 1

**Brunswick Stew\***  
**Crunchy Parmesan Toast**  
Leafy Green Salad  
Frozen Fruit Pops  
Cold Water with Lemon Slices

OR

## Menu 2

Vegetable Tray & Dip  
**Family's Favorite Chili**  
Cornbread  
**Broccoli Stuffed Spuds**  
**Frozen Fruit Cups**  
Apple and Grape Juice Punch

## Checklist

**A day or two before the dinner, check your list of things to do:**

- 1 Check on who agreed to be there. Remind them when to arrive.
- 1 Plan out the seating.
- 1 Think through dinner events (see ideas given below).
- 1 Decide on the table setting -- Find your favorite tablecloth.
- 1 Make sure food, ingredients, and other items needed are in the house.
- 1 Prepare foods that can be frozen or refrigerated early. Wash and chop ingredients like vegetables.

\* Recipes are provided for **bolded** items.

# Come Together for Sunday Supper continued

## Make It Easy on Yourself

Keep meal preparation simple and easy.

- ▲ Prepare foods in advance and reheat.
- ▲ Ask someone to bring a salad, beverage, or side dish.
- ▲ Serve a variety of foods from several of the food groups.
- ▲ Let everyone contribute by helping to prepare and clean up.
- ▲ Think about the types of foods and way you offer them to children.

Enjoyable time spent together helps children eat better.

- ▲ Children try and learn to like the same foods adults eat.
- ▲ Children learn table manners, how to share and take turns.
- ▲ Children learn how to participate in polite conversation.

Other family activities:

- ▲ Take a walk after dinner. Play a favorite family game, or hold a scavenger hunt.
- ▲ Create memories. Take pictures of different people in the same pose.
- ▲ Talk about your family history and how you are related to others.



## Schedule of Activities

### Sunday Morning

Set the table. Use your favorite dishes on a colorful tablecloth. Add flowers, music, candles, or decorations.

### Welcome

Get children involved. Have children serve beverages to the “company.”

### Before Dinner

Try something new. For example, add a new vegetable to a tray with other favorites and invite guests to try them with a low-fat dressing.

### Plan for Dinner Conversation

Use the Let’s Talk About Cards. Or play cards or a favorite game.

### Get Them Moving

Show children how to dance, or play an outdoor game. Go for a walk.

# Come Together for Sunday Supper continued

## Create “Let’s Talk About” Cards

Use some of the ideas below to make your own cards. Use them to start discussions. Cut them apart and give one or more to each person at the table. Or, use one card and have everyone talk about that topic.



*Cut Apart*

What did you do today that made you happy (at school, work, or home)?	If I had a garden, I'd plant...	What would you like to learn how to cook?	My favorite food is....	What's a funny thing that happened recently?
What books or magazines do you like?	What was the best thing that happened today?	Where would you like to go for an afternoon?	What did you like about ... (an event like camping)?	What used to be your least favorite foods?
How often do you eat?	What game do you like to play the most?	What is a favorite song or piece of music?	How long can you jump rope?	What's the furthest (time or distance) you have ever walked?
What's a new skill you would like to learn (braiding, sewing, making a _____)?	When was the last time that you played... (name an odd kid's game).	Next week we should all.... (visit... make... find... picnic).	What's your favorite hot drink? And cold drink?	How tall were you when you were (age 2, 5, or 8)? How tall will you be when full-grown?
What is your favorite activity at family gatherings?	Name two different things you do at school that make you happy.	What or where is your favorite place?	Describe the perfect family vacation.	If you could invite anyone to dinner, who would it be?

# Have a Blast From the Past

**Music themes from the past** are fun for larger groups. Everyone will have a good time and enjoy an adult and child dance party. Have friends, both kids and adults, "dress up" in dance attire! The food, music, and decorations set the theme for any dance event.

## **Foods and Beverages for Dancers**

Keep it simple. Include lots of colorful fruits, finger foods, and some bubbly drinks.

## **Celebrate the 1950s with a Sock Hop**

**Make decorations in advance** by cutting out vinyl record shapes, images of old-time musicians, and singers. Also cut out large and small silhouettes of cats and poodles.

## **Menu 1**

**Baked Chicken Nuggets\***  
**Baked Crispy Potatoes**  
Tossed Greens Salad  
Peach Apple Crisp  
Beverage

**This theme, menu,  
and game ideas  
work well for both  
adults and kids.**

## **Menu 2**

Toasted Cheese Sandwich  
Cream of Tomato Soup  
Mini Banana Splits  
Beverage

## **Checklist**

**A day or two before the party, check your list of things to do:**

- 1 Check to see who's agreed to come.
- 1 Call helpers; remind them of the time to arrive.
- 1 Prepare party schedule - see example below.
- 1 Make decorations.
- 1 Buy supplies and food.
- 1 Decide what foods to prepare early, like those that can be frozen or refrigerated; wash and chop ingredients like vegetables, etc.

\*Recipes are provided for **bolded** items.

# Have a Blast From the Past continued

## Schedule of Activities

- 3:00 Welcome**  
Help your guests "go back in time" by providing a mirror and:
- Hair-jell to 'grease' up hair for the boys
  - Rubber bands and hairclips to make ponytails for the girls.
  - Have white T-shirts and white socks on hand for the guys who forget to dress for this event. Have them roll up their pants and cuff their sleeves. Offer a small scarf for the girls to wear around their necks, or a silhouette of a poodle or cat to attach to their shirts.
- 3:15 Time To Munch on a Snack**
- 3:40 Get Them Moving**
- Demonstrate how to Swing Dance.
  - Have a Twist and Limbo contest.
- 4:10 Slow-Down Time**
- Lip-sync to some old songs
  - Pass out sugar-free gum. Have a bubble blowing contest.
- 4:20 Start Dance Session Two**
- 4:40 Take a Cool-Down Break**

## Supplies Needed

- 1 **Mirror and hair supplies**, scarves or other accessories
- 1 **Paint** or felt-tip pens
- 1 **Poster board** to make:  
**1950s** vinyl record shapes and silhouettes of cats and poodles or  
**1960s** peace signs, smiley faces, ying-yang signs
- 1 **Scissors**
- 1 **Posters** with photos of by-gone musicians
- 1 **Old-time music**
- 1 **Fabric dye** and rubber bands if making tie-dyed items
- 1 **Food**

**Check out your local library for dance instruction** on video or DVDs. Or, borrow copies of old televised dance programs like the "Arthur Murray Party," "Hullabaloo," or "Shindig."

- **Favorite Dances of the 1950s and 1960s**  
Swing, Stroll, Madison, Bunny Hop, Conga, Hand Jive, Twist, Jerk, Monkey, Pony, Swim, Mashed Potato, Skate, Shimmy, and Locomotion
- **Favorite Dances of the 1970s**  
Street Hustle, Latin Hustle, Night Fever Line Dance, Bus Stop, Four Corners, and Bump



# Have a Blast From the Past continued

## Celebrate the 1960s/1970s “Dance Fever”

### Menu 1

- Broiled Mini Kabobs
- Pineapple Cheeseball
- Several Types of Crackers
- Decorated Mini Cupcakes
- Golden Glow Punch\***

### Menu 2

- Individual Vegetable Pizzas
- Tossed Green Salad
- Dessert
- Bubbling Pineapple Punch**

\*Recipes are provided for **bolded** items.

**Decorate** the room and the food with smiley faces, peace signs, and ying-yang signs, a lava lamp, peace symbols, old rock 'n roll group posters, tie-dyed tablecloth, colored light bulbs in small lamps. Hang curtains of beads in doorways.

**Make tie-dyed** head scarves, bandanas, or head bands in advance. Use rubber bands to “tie” your material or fabric and soak it in fabric dye. Pinch the cloth, and wrap a rubber band several times around the piece you pinched to form a small “bump.” The more rubber bands you use, the more tiny circles you will have. Prepare the fabric dye as directed on the package. Wear rubber gloves when dipping cloth into the prepared fabric dye. Dry dyed fabric on a surface covered by a large plastic trash bag.

### Follow a Schedule

Switch between active and calm activities: dance, then sing.

#### Welcome

- Hand out bead necklaces to wear.
- Provide tie-dyed head scarves, bandanas, or head bands for guests.

#### Get Them Moving

- Show them a line dance or the Hustle.

#### Slow-Down Play

- Karaoke singing or face painting



# Celebrate With a Fiesta

## Celebrate With a Fiesta

Learn the celebration traditions and culture of Mexico by holding a fiesta. Provide your guests with the chance to taste new foods and learn a new dance or game.



### Menu 1

**Colorful Quesadillas\***  
**5-Layer Bean Dip**  
Sliced Crunchy Veggies  
(carrots, celery, jicama, sweet peppers)  
**Watermelon Ice**

### Menu 2

Build-Your-Own Taco Bar  
Lemon-Chili Veggies  
Guacamole  
Baked Tortilla Chips  
Beverage

\* **Bold** items have recipes provided.

## Schedule of Activities

- 2:00**     **Welcome**
- Make a fiesta banner or paper flowers
- 2:15**     **Get Them Moving**
- Mexican Hat Dance or the Macarena
- 2:30**     **Serve Something Mexican To Eat**
- 3:00**     **Get Them Moving**
- Break the Piñata
- 3:30**     **Slow-Down Play**
- Play Bingo

## Checklist

A day or two before the party, check your list of things to do:

- 1 Check to see who's agreed to come.
- 1 Call helpers; remind them of the time to arrive.
- 1 Prepare Party Schedule - see example given below.
- 1 Make decorations.
- 1 Buy supplies and food.
- 1 Decide what foods to prepare early, like those that can be frozen or refrigerated; wash and chop ingredients like vegetables, etc.

## Supplies Needed

- 1 Piñata
- 1 Party favors to put in the piñata
- Craft Project
  - 1 Two packages of colored tissue paper
  - 1 String and glue
  - 1 Package of green pipe cleaners
  - 1 Scissors
- 1 Mexican style hats, shawls, or blankets or fiesta lights
- 1 Bingo cards
- 1 Food

# Celebrate With a Fiesta continued

## Decorate

Use bright colors to decorate. Make a few paper desert flowers or a banner made from paper cut-outs. Display a wide-brimmed sombrero hat, colorful-striped poncho or shawl, chili peppers, or fiesta lights (also called luminarias) using flash-lights to light them. Make or buy a piñata to use both as decoration and an active game.

### Papel Picado

"Cut Paper Art" is a type of Mexican art used to create colorful banners or little flags. Use scissors to cut designs in stacks of layered tissue paper. Connect the pieces of paper side by side, to decorate everything from dining rooms to outdoor spaces.

### Las Flores or "Flowers"

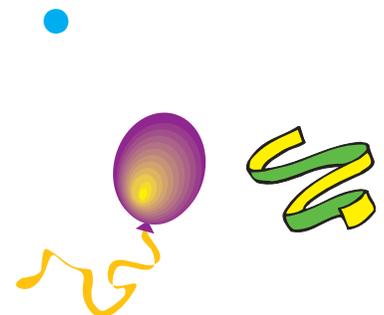
Simple accordion folding can create paper flowers to add color to a table centerpiece or room. **Directions:** Take four to five sheets of the tissue paper and layer them. Cut into 8-inch squares. Keep the sheets layered, and fold it like an accordion so it looks like a thin rectangle. Cut a small v-shaped notch on both sides of the center of the rectangle. Twist a green pipe cleaner around the notch. With the green "stem" pointing straight down, pull gently at the first layer of tissue in the center.

Pull up the other layers, one by one. Repeat for the other side of the flower. When all the layers are pulled up, fluff them in place to look natural. Continue making more flowers.

### Breaking a Piñata

This activity is usually done outdoors to allow the piñata to be hung so it can be raised and lowered. For safety, clearly mark a large space for the player to stand under the piñata. All others must stand far behind the marked space.

Each player is blindfolded and is allowed to make a number of swings using a pole, or stick, to break the piñata. Rotate through the players until the piñata is broken. The tradition is the piñata is filled with candy. For your party, fill the piñata with small bags containing nonfood items. Each player gets a bag.



# Celebrate With a Fiesta continued

## The Mexican Hat Dance

In the Hat Dance, partners face each other and hold hands.  
The dance movements are as follows:

- |                                     |     |                                                          |
|-------------------------------------|-----|----------------------------------------------------------|
| 1) Jump and tap right heel in front | and | Make arms into an "L" shape across your body.            |
| 2) Jump and tap left heel in front  | and | Reverse the "L" by switching the arm crossing your body. |
| 3) Jump and tap right heel in front | and | Make arms into an "L" shape across your body.            |
| 4) Clap twice.                      |     |                                                          |

Repeat above actions 1-4, seven times.

Hook right elbows with partner and swing partner in a circle with eight small running steps.  
Reverse and swing your partner the other way. Repeat from beginning.

The Hat Dance music changes again to the beginning melody. Repeat the beginning motions four times. Then, the music becomes fast and swirling. You are to hold hands with your partner or group and move quickly around in a circle. The song starts over. So repeat all of the hand motions, steps, and claps from the beginning. The dance ends with everyone moving quickly in a circle.

Libraries may have copies of Mexican music, including music for the Mexican Hat Dance.





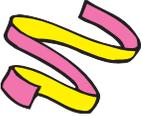
# Recipes

## Beverages

- ▲ Orange Banana Frosty
- ▲ Smoothie
- ▲ Bubbling Pineapple Punch
- ▲ Golden Glow Punch

## Entrees

- ▲ Vegetarian Chili
- ▲ Brunswick Stew
- ▲ Baked Chicken Nuggets
- ▲ Colorful Quesadillas
- ▲ Make Your Own Pizza



## Vegetables and Side Dishes

- ▲ Broccoli Stuffed Spuds
- ▲ Herbed Vegetables
- ▲ Baked Crispy Potatoes
- ▲ Aloha Coleslaw
- ▲ Chickpea Dip
- ▲ 5-Layer Bean Dip
- ▲ Crunchy Parmesan Toast

## Treats, Snacks, and Desserts

- ▲ Watermelon Ice
- ▲ Frozen Fruit Cups
- ▲ Pineapple (Milk) Sherbet
- ▲ Peach Topping
- ▲ Apple Crunch
- ▲ Peach Apple Crisp
- ▲ Fruited Parfait
- ▲ Fruit Log

# Recipes

## Orange Banana Frosty

Makes 2 servings,  
1/2 cup each



### Ingredients

- 1 small frozen banana, cut into chunks
- 1/2 cup plain low-fat yogurt
- 1/2 cup orange juice

### Instructions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

#### Per Serving

Calories	94 calories
Protein	3 grams
Carbohydrate	18 grams
Fat, total	1 gram

## Smoothie

Makes 1 serving,  
about 12 ounces



### Ingredients

- 1/2 cup cut-up fruit (bananas, strawberries, apples, etc.)
- 1/2 cup fat-free yogurt
- 1/2 cup fat-free milk
- 1/2 cup ice

### Instructions

- Toss ingredients in a blender. Put the lid on tight, and give it a whirl.

#### Per Serving

Calories	146 calories
Protein	9 grams
Carbohydrate	25 grams
Fat, total	1 gram

## Bubbling Pineapple Punch

Makes 25 4-ounce  
servings



### Ingredients

- 3 cups chilled pineapple juice
- 3/4 cup orange juice
- 1 quart club soda
- 2 cups pineapple or orange sherbet

### Instructions

1. Mix pineapple juice, orange juice, and club soda together.
2. Drop spoonfuls of sherbet into punch, and stir until nearly melted.

#### Per Serving

Calories	36 calories
Protein	0 grams
Carbohydrate	8 grams
Fat, total	0 grams

# Recipes

## Golden Glow Punch

Makes 30  
4-ounce servings



### Ingredients

6 ounces frozen orange juice concentrate  
6 ounces lemonade concentrate  
1 quart chilled apple juice  
2 quarts chilled sugar-free ginger ale  
1 pint lemon sherbet  
ice

### Instructions

Mix ingredients together in a large bowl. Add ice. Continue to add ice, as the ice melts.

Per Serving	
Calories	48 calories
Protein	0 grams
Carbohydrate	12 grams
Fat, total	0 grams

## Vegetarian Chili

Makes 4 servings,  
1-1/2 cups each



### Ingredients

2 large onions cut into 1/4-inch pieces  
1 green bell pepper cut into 1/4-inch pieces  
3 garlic cloves, minced  
2 fresh, diced jalapeño chilies  
1 tablespoon vegetable oil  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1/4 teaspoon pepper  
1 cup chopped, fresh cilantro (or coriander)  
1 can (28-ounce) whole tomatoes, low sodium, chopped (or 8 medium fresh)  
2 medium zucchini, chopped  
2 medium summer squash, chopped  
2 cups canned kidney beans, drained and rinsed

### Instructions

1. In a large pot, sauté onions, bell pepper, garlic, and jalapeños in oil over medium high heat for about 5 minutes. Stir often.
2. Add chili powder, cumin, pepper, and half of the chopped cilantro. Continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, and squash. Bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans and continue to simmer for another 5 minutes.
6. Serve the mixture hot with remaining cilantro on top.

Per Serving	
Calories	176 calories
Protein	6 grams
Carbohydrate	29 grams
Fat, total	4 grams

# Recipes

## Brunswick Stew

Makes 8 servings,  
1 cup each



### Ingredients

- 1 tablespoon vegetable oil
- 1 medium sliced onion
- 2 cups low-sodium chicken broth
- 2 cups cooked diced chicken or turkey
- 2 cups canned or cooked tomatoes
- 2 cups canned or cooked lima beans
- 2 cups canned or cooked whole-kernel corn

### Instructions

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.

#### Per Serving

Calories	200 calories
Protein	16 grams
Carbohydrate	22 grams
Fat, total	5 grams

## Baked Chicken Nuggets

Makes 8 servings,  
3 ounces each

### Ingredients

- 1-1/2 pound chicken thighs, boneless, skinless
- 1 cup cornflakes, crushed
- 1 teaspoon paprika
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

### Instructions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

### MICROWAVE METHOD

1. Lightly grease an 8- by 12-inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over. Cut around bone and remove it.

#### Per Serving

Calories	114 calories
Protein	17 grams
Carbohydrate	3 grams
Fat, total	3 grams

### CONVENTIONAL METHOD

1. Preheat oven to 400 degrees F. Lightly grease a cookie sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

# Recipes

## Colorful Quesadillas

Makes 8 servings; each containing 4 wedges



### Ingredients

8 ounces fat-free cream cheese  
1/4 teaspoon garlic powder  
8 small flour tortillas  
1 cup chopped sweet red or green bell pepper  
1 cup shredded low-fat cheese  
2 cups fresh spinach leaves or 9 ounces frozen, thawed, and squeezed dry

### Instructions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.

4. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

#### Per Serving

Calories	160 calories
Protein	11 grams
Carbohydrate	21 grams
Fat, total	3 grams

## Make Your Own Pizza

Makes 2 servings, each containing 2 muffin halves



### Ingredients

2 English muffins, split  
1/2 cup pizza sauce  
1/2 cup part skim Mozzarella cheese, shredded  
4 tablespoons chopped green bell pepper  
4 tablespoons sliced mushrooms, fresh or canned  
Other vegetable toppings as desired (optional)  
Italian seasoning

### Instructions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables, and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees F).
5. Heat until cheese melts.

#### Per Serving

Calories	262 calories
Protein	14 grams
Carbohydrate	35 grams
Fat, total	6 grams

# Recipes

## Broccoli Stuffed Spuds

Makes 1 serving



### Ingredients

- 1 medium baked potato
- 1/2 cup cooked broccoli florets
- 1 ounce shredded cheese

### Instructions

Split hot baked potato. Fill with broccoli and shredded cheese

#### Per Serving

Calories	302 calories
Protein	13 grams
Carbohydrate	45 grams
Fat, total	9 grams

## Herbed Vegetables

Makes 4 servings,  
about 1/2 cup each

### Ingredients

- 1 can (16-ounce) vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.)
- 1/4 cup chopped onion
- 1/2 teaspoon dried Italian herbs, basil or rosemary (crushed)
- 1 tablespoon margarine or butter

### Instructions

1. Drain vegetables, saving 2 tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

#### Per Serving

Calories	48 calories
Protein	1 gram
Carbohydrate	51 grams
Fat, total	3 grams

## Baked Crispy Potatoes

Makes 8 servings,  
1/2 cup each

### Ingredients

- 4 pounds potatoes
- 4 tablespoons vegetable oil
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper

#### Per Serving

Calories	120 calories
Protein	4 grams
Carbohydrate	11 grams
Fat, total	6 grams

### Instructions

1. Mix oil, cumin, and red pepper.
2. Wash potatoes; cut in half lengthwise.
3. Place potatoes in 9-inch by 13-inch pan. Coat the potatoes with the oil and spice mixture.
4. Bake at 400 degrees F until potatoes are golden brown and tender, about 30 minutes.

# Recipes

## Aloha Coleslaw

Makes 8 servings,  
about 1 cup each

### Ingredients

- 1 medium head green cabbage, thinly sliced
- 1 large carrot, shredded
- 20-ounce can pineapple chunks, drained
- 2 tablespoons mayonnaise
- 1 teaspoon salt

### Instructions

In a large bowl, stir together pineapple, mayonnaise, salt, cabbage, and carrots. Prepare at least an hour before serving.

#### Per Serving

Calories	60 calories
Protein	1 gram
Carbohydrate	8 grams
Fat, total	2 grams

## Chickpea Dip

Makes 8 servings,  
3 tablespoons each



### Ingredients

- 15-1/2 ounces chickpeas, canned, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 2 tablespoons onions, chopped

### Instructions

1. Mash chickpeas in a small bowl until they are smooth.
2. Add oil and lemon juice; stir to combine.
3. Add chopped onions.

4. Add other flavorings such as herbs or garlic powder.
5. Serve on bread or crackers.  
Note: Garbanzo bean is another name for chickpea. The chickpeas are easier to mash if they are warmed in the microwave for 1 minute.

#### Per Serving

Calories	96 calories
Protein	3 grams
Carbohydrate	13 grams
Fat, total	4 grams

# Recipes

## 5-Layer Bean Dip

Makes 4 servings,  
1/2 cup each

### Ingredients

- 1 can (16-ounce) pinto beans
- 1/4 cup salsa
- 1/4 cup sour cream, fat-free
- 1/4 cup reduced-fat cheddar cheese, shredded
- 1 cup shredded lettuce

### Instructions

1. Preheat oven to 400 degrees F.
2. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
3. Spread salsa over beans.

4. Next, spread sour cream.
5. Sprinkle cheese over bean mixture.
6. Place dip in preheated oven. Bake about 8 minutes or until dip is bubbly. Sprinkle lettuce over dip.

#### Per Serving

Calories	125 calories
Protein	6 grams
Carbohydrate	21 grams
Fat, total	2 grams

## Crunchy Parmesan Toast

Makes 1 serving

### Ingredients

- 1 slice whole-wheat toast
- 1 teaspoon soft margarine
- 1 tablespoon grated parmesan cheese

### Instructions

Spread margarine on bread. Sprinkle parmesan cheese on bread. Place under broiler and cook until cheese turns slightly brown. Cool and serve.

#### Per Serving

Calories	182 calories
Protein	4 grams
Carbohydrate	23 grams
Fat, total	5 grams

# Recipes

## Watermelon Ice

Makes 1 serving, about 1 cup each



### Ingredients

1 cup cubed seedless watermelon  
1/2 cup cracked ice  
3 teaspoons sugar  
A squeeze of lime juice

### Instructions

In a blender, place cracked ice, sugar, lime juice, and watermelon. Process until well blended. Pour in a cup and place into freezer until slushy and ready to serve.

Per Serving	
Calories	120 calories
Protein	1 gram
Carbohydrate	30 grams
Fat, total	0 grams

## Frozen Fruit Cups

Makes 18 servings, 1 muffin tin cup each



### Ingredients

3 bananas  
24 ounces fat-free strawberry yogurt  
10 ounces frozen strawberries, thawed, with the juice  
8 ounces canned crushed pineapple, with the juice

### Instructions

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.

3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Per Serving	
Calories	50 calories
Protein	2 grams
Carbohydrate	12 grams
Fat, total	0 grams

## Pineapple (Milk) Sherbet

Makes 12 1/2-cup servings



### Ingredients

1 cup pineapple juice  
1-1/3 cups sugar  
1/4 cup lemon juice  
2 teaspoons grated lemon rind  
4 cups low-fat milk

### Instructions

1. Combine, in a bowl, the pineapple juice, sugar, lemon juice, lemon rind, and milk.
2. Pour in shallow bowl. Place bowl in freezer, and freeze until slushy.

3. Pour slush into a deep bowl and beat until softened.
4. Return sherbet to shallow bowl, and freeze until of serving consistency.

Per Serving	
Calories	56 calories
Protein	2 grams
Carbohydrate	9 grams
Fat, total	1 gram

# Recipes

## Peach Topping

Makes 6 1/3-cup servings of topping



### Ingredients

- 1 can peaches, with juice
- 2 tablespoons honey or corn syrup
- 1/2 teaspoon cinnamon
- 2 teaspoons cornstarch
- 1 tablespoon water

### Instructions

1. Coarsely chop peaches; reserve juice.
2. In saucepan mix peaches and juice with honey and cinnamon.

3. Dissolve cornstarch in water; add to peaches.
4. Heat on medium heat until mixture boils and thickens, about 4-5 minutes.
5. Spoon 1/3 cup over slices of angel food cake or hot pancakes.

#### Per Serving

Calories	27 calories
Protein	0 grams
Carbohydrate	7 grams
Fat, total	0 grams

## Apple Crunch

Makes 6 servings, about 2/3 cup each



### Ingredients

- 1 tablespoon flour
- 1/3 cup sugar
- 1 teaspoon ground cinnamon
- 4 cups peeled, sliced tart apples
- 2 cups corn flakes, crushed to fine crumbs
- 1/4 cup flour
- 1/4 cup firmly packed brown sugar
- 2 tablespoons margarine or butter, softened

### Instructions

1. Combine flour, sugar, and cinnamon. Toss with apples.
2. Place apple mixture in 6-cup casserole.

3. Mix the crushed corn flakes, flour, and brown sugar.
4. Blend with margarine until crumbly.
5. Sprinkle corn flake mixture over apples.
6. Bake at 400 degrees F for 30 minutes until apples are tender.
7. Serve warm.

#### Per Serving

Calories	139 calories
Protein	2 grams
Carbohydrate	25 grams
Fat, total	3 grams

# Recipes

## Peach Apple Crisp

Makes 8 servings,  
1/2 cup each

### Ingredients

20 oz. canned, sliced peaches, packed in juice, drained.  
2 apples, peeled, sliced  
1/2 teaspoon vanilla  
1/4 teaspoon ground cinnamon  
1/2 cup flour  
1/4 cup brown sugar, packed  
3 tablespoons soft margarine, chilled

### Instructions

1. Preheat oven to 350 degrees F. Lightly grease 9- by 9-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 30 minutes.

#### Per Serving

Calories	130 calories
Protein	1 gram
Carbohydrate	23 grams
Fat, total	3 grams

## Fruited Parfait

Makes 1 serving



### Ingredients

1/2 cup low fat yogurt  
1/2 cup strawberries  
1/4 cup crunchy cereal

### Instructions

Layer ingredients in a clear glass bowl. Start with yogurt, then add strawberries. Top with cereal.

#### Per Serving

Calories	260 calories
Protein	12 grams
Carbohydrate	45 grams
Fat, total	4 grams

## Fruit Log

Makes 2 servings, 1/2 tortilla and 1/2 banana



### Ingredients

1 whole-wheat tortilla (6-inch)  
1 tablespoon peanut butter  
1 medium banana  
1 teaspoon maple syrup

### Instructions

Spread peanut butter on tortilla. Drizzle syrup on peanut butter. Roll banana up in the tortilla. Cut into 4 equal pieces.

#### Per Serving

Calories	167 calories
Protein	5 grams
Carbohydrate	28 grams
Fat, total	8 grams

# Nutrition Links

The screenshot shows the USDA Food and Nutrition Service website. At the top, it says "USDA United States Department of Agriculture Food and Nutrition Service". Below this is a navigation bar with links for Home, About FNS, Newsroom, Help, Contact Us, and En Español. The main content area is titled "Nutrition Education" and includes a search bar, a "Browse by Subject" menu, and three featured sections: "Center for Nutrition Policy and Promotion", "Team Nutrition", and "Eat Smart. Play Hard.™".

**USDA** United States Department of Agriculture  
**Food and Nutrition Service**

Home About FNS Newsroom Help Contact Us En Español

**Search FNS**  
Go  
o Search all USDA  
o Search Tips  
o Topics A-Z

**Browse by Subject**

- Community Outreach
- Data & Statistics
- Financial Management
- Forms
- Food Safety
- Grants
- Nutrition Education**
- Regulations & Policy
- Research

You are here: Home > Nutrition Education

## Nutrition Education

FNS provides children and adults of all ages with nutrition education materials on how to improve their diets and their lives.

**Center for Nutrition Policy and Promotion**

- Dietary Guidelines for Americans
- Food Guide Pyramid
- Healthy Eating Index
- Nutrient Content of U.S. Food Supply
- Interactive Food Supply

**Team Nutrition**  
Team Nutrition provides training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

**Eat Smart. Play Hard.™**  
Eat Smart. Play Hard.™ is about making America healthier. It's about practical suggestions that will

**Newsroom**

- o HealthierUS
- o Nutrition.gov
- o Food and Nutrition Information Center
- o 2009 National Nutrition Education Conference

*FNS provides children and adults of all ages with nutrition education materials on how to improve their diets and their lives.*

# Nutrition Links for Healthy Celebrations

USDA's Food and Nutrition Service (FNS) Web pages include ideas for encouraging healthy eating and activities and resources with ideas that can be used for celebrations.

## Eat Smart. Play Hard.™

encourages and teaches kids and adults to eat healthy and be physically active every day. Take a look at the activity sheets, comic strips for kids, and other resources. See these different Web pages:



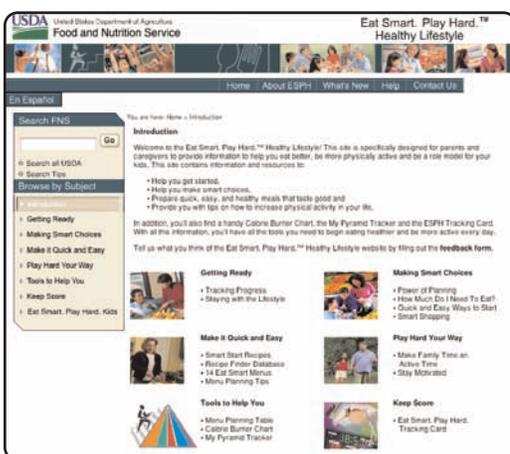
## For children:

### Eat Smart. Play Hard.™ for kids

<http://www.fns.usda.gov/eatsmartplayhardkids/>

Meet the Power Panther, and his nephew Slurp, who help kids to learn about healthy eating and physical activity. See especially these resources that you can print and give to children as favors:

- ▲ Activity sheets
- ▲ Fill-in-the-blank Power Tales
- ▲ Comic strips
- ▲ Activity and sticker book for 6-to-8-year-olds



## For parents:

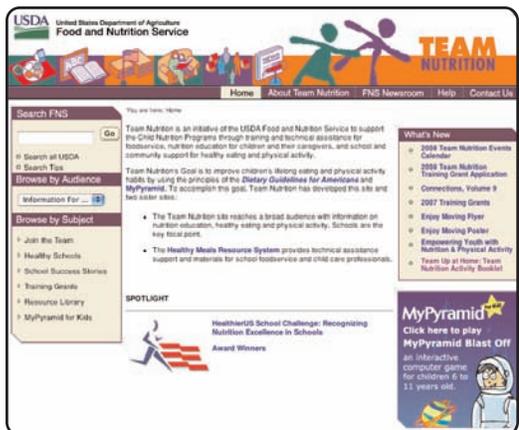
### Eat Smart. Play Hard.™ Healthy Lifestyles

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>

is designed to help you, as a parent or caregiver, eat better, be more physically active, and be a role model for your kids. This site contains information and resources to help you:

- ▲ Get started,
- ▲ Make smart choices,
- ▲ Prepare quick, easy, and healthy meals that taste good, and
- ▲ Increase physical activity in your life.

# Nutrition Links for Healthy Celebrations



## Team Up At Home: Activity Booklet

This is a 36-page collection of hands-on nutrition education activities for parents to use with their school-age children. It can be found at:

<http://www.fns.usda.gov/tn/Resources/teamupbooklet.html>

Team Nutrition's home page is at: [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

## Loving Your Family: Feeding Their Future Healthy Family Guidebook

offers more ideas, recipes, and menus for daily meals.

To find out more, go to:

<http://www.fns.usda.gov/fns/default.htm>



## Food Stamp Connections Recipe Finder

We invite you to search the database of recipes, submitted by nutrition and health professionals and organizations:

<http://recipefinder.nal.usda.gov/>



## Other Useful Web Sites

Federal Government Web sites provide a wealth of nutrition education resources right at your fingertips. Use the following Web sites and the contact points to obtain free materials or to get personalized assistance:

[www.fns.usda.gov](http://www.fns.usda.gov)

[www.nal.usda.gov/fnic/ttext/000008.html](http://www.nal.usda.gov/fnic/ttext/000008.html)

[www.nutrition.gov](http://www.nutrition.gov)

[www.mypyramid.gov](http://www.mypyramid.gov)



United States Department of Agriculture  
**Food and Nutrition Service**

