



Host a Healthy Thanksgiving Celebration at School

Holiday celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices and physical activity at school. Thanksgiving celebrations are a great time to emphasize the importance of healthy foods and to share ways students can stay active during the holiday.

GAME ON ACTION FOR HEALTHY KIDS

TIP SHEET

Eat Better at School during Thanksgiving

Whenever possible, focus on fun rather than food. However, if you plan to incorporate food into your school's Thanksgiving celebration, consider trying one of these delicious snack ideas:

Turkey Fruit Kabobs Fill skewers with fresh fruits such as bananas, pineapple and berries (this is your turkey body) to make your fruit kabobs (these are your turkey feathers). Stick fruit kabobs into an apple or pear. Use other fruit for the eyes, nose and mouth. Eat and enjoy!

Fruit Cornucopias Create fruit cornucopias using waffle cones and assorted fruits of students' choice. Apples, grapes and pears are some healthy options. Fill waffle cones with selected fruit and drizzle with low-fat or fat-free yogurt for a delicious treat.

Fall Snack Mix Make your own snack mix using dried fruits such as cherries, raisins, cranberries and blueberries, whole-grain squares and whole grain pretzels.

Turkey Snack Bags Using clear plastic gloves, fill the fingers of the gloves with fruits or vegetables, and fill hands with popcorn. Berries, chopped carrots or raisins are great options.

Importance of Healthy Eating at Home

Healthy eating is important for children's growth and helps them perform better in school. Better eating habits are formed when healthy eating takes place at home.

Tips for Nutrition Education & Promotion

- Decorating during Thanksgiving is a great time to promote nutrition in your school. Post images of families and friends dining on fresh fruits and vegetables.
- Incorporate nutrition education into classroom lessons. Find Thanksgiving-themed activities in the Game On program.
- Check your school's wellness policy to see if it contains any guidelines or goals about food for celebrations. If it doesn't, find out what it would take to address this issue.

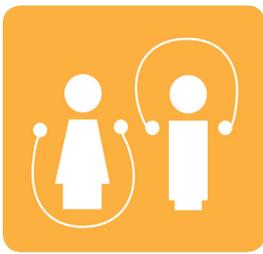
Extend Better Eating to Home

- Serve a tray of vegetables and low-fat dip at Thanksgiving dinner for a healthy appetizer.
- Switch out favorite condiments for low-fat options.
- Include seasonal vegetables in meals such as pumpkins or squash.
- Try a Fall Pasta Primavera. 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.



Every kid healthy, active and ready to learn

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Move More at School during Thanksgiving

Classroom

Turkey Pokey (similar to Hokey Pokey)

- Instead of putting your right arm in and out, put your right wing in and out and gobble all about.
- Continue with your left wing, your drumstick, your tail feathers and so on.

Freezing Turkey

- Play music while students strut and gobble around the classroom like turkeys.
- Pause music.
- When the music stops, turkeys should freeze in place until music begins again.

Gym/Playground

Turkey Hop

- Students wear a football flag or tuck a scarf in their back pocket and hop around like turkeys.
- Turkeys must hop on one foot and flap one arm like a turkey wing.
- The last turkey with a flag or scarf wins the game.

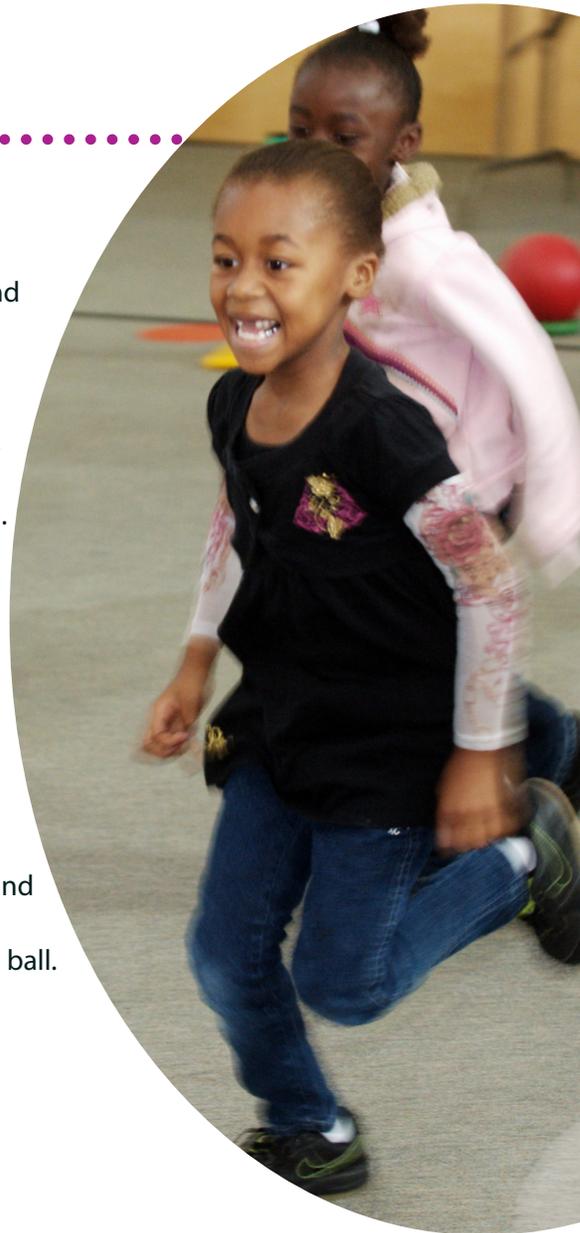
Turkey Bowl

- Tape paper feathers to two sets of plastic bowling pins (to resemble turkeys) and line them on one side of the room. Split class into two teams.
- Students from each team are to take turns knocking down the turkeys using a ball. The team that knocks down all of their turkeys first wins the round.
- Continue as many times as desired.

At Home

Turkey Hunt

- Create paper turkeys with children or use turkey stuffed toys.
- Hide turkeys throughout the home or yard. Let children run free to find the hidden turkeys.
- Once all the turkeys are found, repeat for continuous fun!



Find these activities and more at ActionforHealthyKids.org/GameOn

Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.



Find us!

