



**School
Party
Ideas**

**LET'S
PARTY**

**WEST VIRGINIA BOARD OF EDUCATION
2009-2010**

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Foreword

Guiding today's children toward a productive future requires challenging curriculum, relevant instruction and 21st century learning tools. Schools also must provide an environment in which students observe and practice healthful living, the foundation to becoming successful learners and adults.

Inactivity and poor nutrition increasingly place today's children at risk. Schools can play a role in reversing this trend by offering and encouraging healthful food choices and opportunities for physical activity. *Let's Party* is provided as a practical resource to assist schools as they work to fulfill this role.

The ideas, recipes and advice provided here are based on best practices and high nutrition standards. They are intended to offer school personnel and volunteers help in interpreting and implementing current West Virginia Board of Education Policy 4321.1, *Standards for School Nutrition*.

While its purpose is serious, *Let's Party* is all about having fun. What better way to promote healthy lifestyles than to engage students in challenging games and physical activities and to provide healthy, festive foods in a positive environment!



Dr. Steven L. Paine
Superintendent of Schools

Acknowledgements

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For more information about West Virginia Child Nutrition Program resources and programs, contact the Office of Child Nutrition, West Virginia Department of Education, Building 6 Room 248, 1900 Kanawha Boulevard East, Charleston, West Virginia 25305-0330.



Richard J. Goff
Executive Director
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Party with a Purpose

Schools increasingly recognize their important role in shaping students' knowledge, attitudes and behaviors related to nutrition and physical activity. In addition to classroom instruction, school-wide experiences that engage students in physical activity and healthful eating strengthen learning. But the serious business of learning healthy living should be positive... even fun. And what better way to have fun than to throw a party!

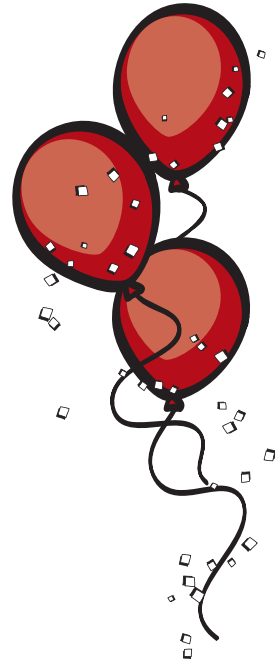
Let's Party sends a clear message -- Parties can be fun AND healthy. A resource for educators and parents, this book provides ideas to engage learners, not in reading and thinking about a healthy lifestyle, but in practicing it. Each party theme features active play and games, art and music, and of course, plenty of healthy foods. There are helpful hints for party planners, as well as some sound nutrition and physical activity advice.

First published in 1993 by the West Virginia Department of Education Office of Child Nutrition, *Let's Party* became a widely recognized practical guide to planning school parties, as well as an innovative strategy for communicating progressive school nutrition standards. The first edition was primarily a collection of fun and easy recipes that reflected 1990 West Virginia Board of Education nutrition standards. A series of school and parent *Let's Party* workshops were delivered throughout the state and the book gained national attention through professional meetings and child nutrition publications.

While the goal of promoting student health remains the purpose of *Let's Party*, some things have changed. This revised edition reflects today's understanding of the importance of activity in helping children maintain a healthy weight and lifestyle. The party emphasis is first on fun-- ACTIVE fun – then on food.

Menu ideas and recipes have been updated to meet West Virginia Board of Education 2008 school nutrition standards.* It is hoped that this resource will serve as a tool for educators, nutrition professionals and others to interpret and apply these standards in practical and positive ways.

**Standards for School Nutrition (4321.1), West Virginia Board of Education, July 1, 2008*



Kids just want to play. Mention “party” to children and their immediate thoughts are of play; mention “party” to adults and their thoughts turn to food. Given the choice between playing and eating, most kids will quickly choose play.

Adults should never require or withhold physical activity as a form of punishment or as a motivational tool.

Activity Affects Learning

A strong connection exists between nutrition, physical activity, and learning. Research shows that active individuals are leaner, have more energy, a better self-image, shorter bouts with illnesses, and live longer than their sedentary counterparts. Physically fit children tend to be more curious, more attentive, and less anxious. They have better test scores, fewer absences, and better behavior in the classroom.

It is well-documented that today's society – including its children-- is more sedentary than previous generations. Combined with increased sedentary activities, such as watching television, playing video games, and using a computer, children's caloric intakes have also increased. As a result, more children than ever are obese or overweight, lethargic, and unable to meet recommended physical fitness levels.

The *2008 Physical Activity Guidelines for Americans* recommends children and adolescents perform 60 minutes or more physical activity daily. However, activity doesn't necessarily mean exercise. While recommendations call for either moderate or vigorous-intensity physical activity, any activity that involves movement can increase strength, endurance, or flexibility depending on the duration and type of movement used. Achieving these benefits through play motivates kids and rewards them by having fun.

The activities and recipes in this resource were designed specifically to enhance local efforts to promote student wellness and improve learning. As adults, our responsibility is to set the stage and serve as role models. *Let's Party* is a tool to encourage kids to eat nutritious foods, spend more time being active, and best of all, have fun.

Playing It Safe

Keeping children safe is a top priority when leading games and activities that involve movement. While many physical activities should be supervised by qualified instructors, those activities selected for *Let's Party* do not require leaders with specialized training. Consider the following points when supervising physical activities.

1. Supervise players at all times. Do not become distracted.
2. Practice and review safety procedures for each activity every time it is performed. Remind players to take turns, observe their space, not touch other players, follow the rules,

and immediately stop moving when the leader indicates stop.

3. Choose activities and equipment that are suitable for the players' age. Children are not little adults, so modify the play area and equipment for younger players. For example:
 - Use larger, non-sting balls, socks or yarn balls. Try balloons or beach balls.
 - Change the size of the boundaries. Younger age players need a smaller play area; older players may use a larger area.
 - Provide visual cues for boundaries or obstacles (safety cones, flat, non-skid spot markers, directional arrows, tape, chalk, or even flour). Make safety signs that resemble traffic signs.
4. Check the play area for obstacles or potentially dangerous conditions.
5. Make regular safety inspections of equipment.
6. Place equipment around the outside of the play area where it can easily be utilized and returned. (Note: Do not put out a box of equipment and expect players to choose. This encourages disagreements and inappropriate behavior.)

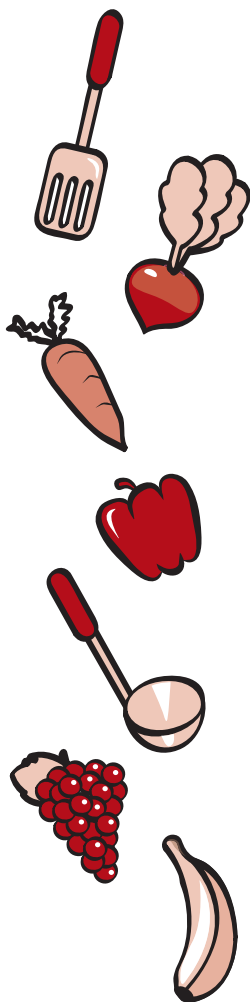
Physical activity is important for all children. Try to involve each child in physical activities, even those who may be younger, injured, or have physical limitations. Be creative - children who can not physically participate can monitor equipment, keep score, cheer for, or even coach the team.

Some Thoughts on Party Menus

Party refreshments should add to the party fun and learning. *Let's Party* follows these four guidelines to ensure that the menu is a hit with students.

Make it Fun

Party menu planning is made easier by keeping in mind that students just want to have a good time. The goal is not a perfect party, but one that's fun. Foods that depart from traditional party fare can be interesting, fun and fit the occasion. Before choosing a menu, first decide on the party theme, activities and decorations. Much of the fun with food comes through involving children in preparing their own party refreshments and creatively serving foods. In addition to providing recipes and suggestions, each *Let's Party* menu section features some recipes especially suited for children to make during or prior to the party.



Keep it Simple

Capturing a party's flavor doesn't require recipes involving great culinary skill or a long list of ingredients. Each *Let's Party* theme includes some food ideas which are quite simple, requiring little time or skill to prepare. With some childlike creativity and imagination, simple foods can be transformed into fun party foods, e.g., raisins become ants, crackers – fish, and lettuce – grass.

Play it Safe

Whether preparing food at school or using food from outside sources, keeping it safe is a priority. Maintaining food safety at school parties and events is addressed in West Virginia Board of Education policy. Since policy requires that preparation of all foods served to students during the school day be monitored by school personnel, only unopened commercially packaged foods can be accepted for parties. Each *Let's Party* menu section includes some foods that may be brought from outside sources and others that may be made by children under staff supervision or by cafeteria personnel. *Let's Party* offers tips for staff to plan and supervise students' food preparation, as well as advice on safely serving foods in the classroom or other school site.

Food safety further involves being sure that children with food allergies or special dietary needs are not placed at risk. School staff should be aware of such concerns, and plan party menus that all children can enjoy. Of special note are peanut allergies which not only prohibit students' consumption of peanuts, but also require that the total environment is free of peanuts or any foods containing even traces of peanut derived ingredients. Although *Let's Party* provides some recipes using peanuts, such recipes are flagged and alternative ingredients or recipes are suggested.

Make it Healthy

Selecting a party menu that reflects healthy food choices requires some thought and planning. But first, planners must determine what is considered healthy. The school's criteria for this determination is *Standards for School Nutrition*, a West Virginia Board of Education state policy addressing all foods that may be sold or served to students during the school day. (Note: This rule exempts foods brought to school for individual students' consumption.)

Recipes and food suggestions provided in *Let's Party* have been selected to meet policy standards. Nutrition analysis software has been used to determine compliance with these school standards. Recipe nutrient data presented in *Let's Party* only reflects

compliance with school nutrition standards and should NOT be used in addressing any individual student's special health or dietary needs. (Also see page 16, *A Note to Nutrition Program Staff*.)

Shopping tips are given for many recipe ingredients. However, it should be noted that, since food brands vary, it may be necessary to read the nutrition facts labels to be sure an item meets standards. A checklist follows to help evaluate foods against state standards. Further help in interpreting standards and selecting items may be provided by school nutrition professionals.

Keeping food in perspective and making it healthy also means making serving sizes reasonable for the occasion. *Let's Party* recipes and menu ideas follow this principle -- party portions are small, not meal-sized.

A word is necessary here regarding parents and parties. Parents can play an important role in creating a successful party. Nutrition standards should not discourage their contributions. Involving parents in planning and conducting parties not only lends much needed help, it also can further parents' understanding and support for the school's healthy eating and activity goals. In addition to inviting parents to participate in planning sessions, consider asking them to assist with party games and activities, and to make or contribute materials for decorations, costumes, party favors or prizes. If parents are asked to provide foods, communicate clearly and well in advance the specific foods needed. If necessary, explain how to use products' nutrition labels to determine whether foods meet standards. Also remind parents that the school can only accept unopened commercially packaged foods.

School nutrition program staff may also contribute to making a healthy party. With the approval of administrators, the nutrition staff may provide some party refreshments. Each *Let's Party* menu section suggests some school recipes that meet standards and suit the party theme. (See *A Note to Nutrition Program Staff*.)

Party-sized portions should be small, so also downsize serving pieces. Use smaller plates, cups and napkins so snacks don't "get lost."

Because they are growing, children need foods that pack lots of nutrients within fewer calories. We call these *nutrient dense* foods. Brightly colored vegetables and fruits, low-fat dairy foods, whole grains and lean meats are nutrient dense.

Caffeinated products are not recommended for school-age children. They often cause shakiness, headache and other symptoms of dependency that affect students' concentration and learning.

Healthy Foods Checklist for School Party Planners

If you can answer YES to any of these questions, the food is NOT considered a healthy choice to be offered to students for parties and events conducted during the school day.

Foods

- ✓ Is it candy, chewing gum or flavored ice bars?
- ✓ Does it provide more than 200 calories per serving or, for individually packaged foods, more than 200 calories per package?
- ✓ Does it contain more than 35% calories from sugar, excluding fruits?
- ✓ Does it contain more than 200 milligrams of sodium per serving or, for individually packaged foods, more than 200 per package?
- ✓ Does it contain more than 35% calories from total fat, excluding nuts, seeds and cheese?
- ✓ Does it contain 10% or more calories from saturated fat?
- ✓ Does it provide more than 0.5 grams trans fat?
- ✓ Does it contain artificial or non-nutritive sweeteners?

Beverages

- ✓ Is it a soft drink* or coffee beverage?
- ✓ Does it contain less than 20% juice?
- ✓ Does it contain caffeine?
- ✓ If a juice or juice beverage, is the portion more than 4 ounces for elementary students?
- ✓ If a juice or juice beverage is the portion more than 8 ounces for middle/high school students?

* Soft drinks are strongly discouraged for all schools, although permitted (except during mealtimes) by West Virginia State Code in high schools where approved by local county boards of education.

By the Numbers

Determining whether a food meets nutrition standards will require a careful look at the product's Nutrition Facts label. For these three standards, a little math is required.

% Calories from sugar

- A. Locate the grams of sugar per serving on the nutrition label.
- B. Multiply grams of sugar by 4. (There are about 4 calories in each gram of sugar.)
- C. Divide the sugar calories by the total calories.

Example: $10 \text{ grams sugar} \times 4 \text{ calories/gram} = 40$
calories from sugar
 $40 \text{ sugar calories} \div 160 \text{ total calories} = 0.25$
or 25%

% Calories from total fat

- A. Locate the calories from fat per serving on the nutrition label.
- B. Divide the calories from fat by the total calories.

Example: $30 \text{ fat calories} \div 150 \text{ total calories} = 0.2$
or 20%

% Calories from saturated fat

- A. Locate the grams of saturated fat on the nutrition label.
- B. Multiply grams of saturated fat by 9. (There are about 9 calories in each gram of fat.)
- C. Divide calories from saturated fat by the total calories.

Example: $2 \text{ grams saturated fat} \times 9 \text{ calories/gram} = 18$
calories from saturated fat
 $18 \text{ saturated fat calories} \div 180 \text{ total calories} =$
0.1 or 10%

Foods with lots of added sugar usually provide calories, but few vitamins or minerals. We call these *empty calories*. The more empty calorie foods children eat, the more difficult it is for them to get needed nutrients within their calorie needs.

While the activities described throughout this book are linked to a theme, most activities can easily be modified to fit another party. For example, the *Dress a Scarecrow* relay in Harvest Festival could easily be changed to *Dress a Player* relay for Tailgating.

Offering food as a reward sends children the wrong message. It undermines efforts to teach about good nutrition, encourages students to eat even when they are not hungry and increases their preference for sweets and other snack foods.

Planning for Success

After deciding on a theme, it is time to choose from a range of activities and menu ideas that suit the age and interest of students, as well as your setting, time and budget. With these factors in mind, now consider these tips for making your party come alive.

- Spice up your party with lots of variety. Plan contrasting activities...active and quiet, indoor and outdoor, individual and group.
- Plan some creative experiences involving art, music, dance, even cooking.
- Try something new or add a different twist to familiar games and foods.
- Don't count out older students. Everyone likes to have fun. Even reluctant middle and high schoolers can't resist a good party atmosphere.
- Involve students in planning and preparing for the party. Ask them to make decorations, favors and props.
- Connect to the curriculum. There may be some obvious ways to integrate some classroom learning to party preparations. Think social studies, language arts, math, music, physical education and art.
- Keep competitive activities to a minimum. Replace individual competition with group competition emphasizing cooperation.
- Never use food as prizes or rewards. (This holds true for non-party situations as well.)
- Instead of rewards or prizes consider giving each student a favor. This ensures that all students leave with a party "gift." (Student-made items can make great favors.)
- Keep food in perspective. Party refreshments should complement the fun, not become the main event.
- Make the party uniquely yours. *Let's Party* provides many options to spark your imagination. Be free to expand and adapt them.
- Ask plenty of adults to help supervise and join in the fun.
- Take lots of photos and display them throughout the school. Students will enjoy reliving the party for weeks!

Cooking up a Celebration

Making refreshments is a great way to cook up some party fun, not to mention an opportunity to encourage students to try some new and healthy foods. Students may prepare foods before the party or, better still, cook during the party. Careful planning is the key to making this experience a success.

Select recipes that fit your budget, time and students' skills. Each *Let's Party* menu section suggests at least one recipe that may be prepared by young cooks. For very young learners it is wise to choose simple recipes that require no cooking, and to pre-prepare ingredients, e.g., cleaning and cutting vegetables. Be sure to recruit several adults to supervise.

Plan ways to involve all children in cooking activities. Setting up cooking stations which allow each student to prepare or assemble her or his own portion works well for some recipes and in some settings.

Arrange all ingredients and utensils for convenient access. Post the recipe in easy-to-follow steps.

Prepare students by explaining safety and sanitation rules. Arrange for safe storage of foods. Have plenty of cleaning supplies – paper towels, detergent, disinfectants, and don't forget WATER.

Some Student Friendly Recipes require cooking. Using small applications like electric skillets, toaster ovens or griddles often work well. You might also make arrangements to use microwave ovens in lounge areas or conventional ovens in the cafeteria.

Cooking It Safe

Prepare students for cooking experiences by explaining these ten basic rules that protect them from injury and help ensure that foods are safe to eat.

1. Wash and KEEP hands clean...no finger lickin' or hair flickin'. Soap and water are best for hand washing, but disinfectant wipes and gels will work in a pinch.
2. Clean work surfaces before and after preparing EACH food. Spray disinfectants and paper towels are good for party situations.
3. Keep cold foods COLD in the refrigerator or ice-filled coolers until just before preparing or serving.
4. Wash fruits and vegetables with plenty of water – a pre-preparation step that can be done before the party or cooking experience.
5. Don't sneeze or cough near food.

Don't blow a fuse! Before using electric appliances in the classroom, be sure wiring is adequate. Overloading circuits can be dangerous, as well as a party stopper.

6. Use knives and electrical appliances ONLY with adult supervision.
7. Use mitts to protect hands from hot surfaces.
8. Place food that falls to the floor in a trash can.
9. Wipe up and dry spills immediately to prevent falls.
10. Use serving utensils and, when serving yourself, touch only the foods YOU are eating.

A Note to Nutrition Program Staff

With approval of school and nutrition program administrators, cafeteria staff may provide foods for parties. While food service recipes are specifically formulated to meet federal school meal requirements, not all meet state standards for foods served outside the context of a meal. Cafeteria recipes, as indicated in *Let's Party*, either meet or may be modified to meet West Virginia nutrition standards.

Cafeteria recipes are referenced by number as they appear in United States Department of Agriculture *Recipes for Schools*. These recipes have been recently updated and may be downloaded from the National Food Service Management Institute website www.olemiss.edu/depts/nfsmi.

It may be necessary to make some modifications to USDA recipes. As noted in each *Let's Party* Menu Ideas section, these modifications may include:

- Reducing meal-sized portions to party portions; and
- Substituting ingredients for low fat and sodium varieties.

USDA Recipes for Schools provides nutrient analysis data for all recipes and therefore such data is not included in *Let's Party*. It should be noted that original and modified recipes were further analyzed to assure that they meet all state nutrition policy standards. That data is available upon request from the West Virginia Department of Education.

As earlier noted, nutrition data for recipes printed in *Let's Party* was obtained by a computer analysis of ingredients. As reflected in nutrition standards, these analyses contain some specific exclusions:

- Fats from nuts, seeds and cheese are excluded from the percentage of calories from total fat.
- Sugars from fruits are excluded from the percentage of calories from sugar.

Readers should also be aware that product brands may vary widely in nutrient composition and therefore not yield the identical nutrient profile as shown in the recipe. For this reason, recipes may provide shopping tips or suggested brands.



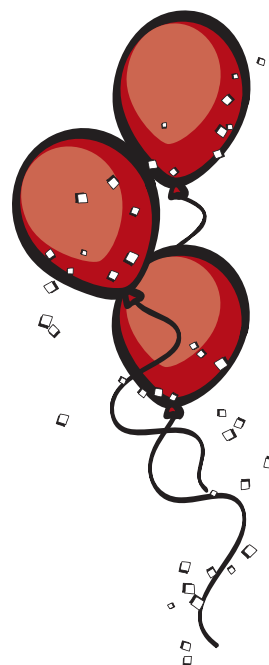
Tailgate

“Are you ready for some...tailgating?” This party theme is sure to be a hit with kids (and adults). Choose a favorite team – your school, the local high school, college or a professional team – and “kick-off” your imagination. You’re not limited to football; NASCAR and other sports may be used. Maybe a friendly competition would make for an even more interesting event. While food is a big part of tailgating, it’s not the only reason for having one. Camaraderie and playing games also contribute to the atmosphere.

PARTY IDEAS

- **Decorations** – Set up a canopy or tailgating tent and decorate with it with team colors. Use team pennants, pom-poms, banners, flags, balloons, mascot toys, streamers, etc. Add a couple of tables with corresponding colored plastic tablecloths for serving food. To make things even more authentic, back several trucks up to the tent area and let down the tailgates!
- **Costumes** – Wear your favorite team colors. Choose from hats, T-shirts, sweat shirts, sweat suits or playing jerseys; some teams even have beads or other accessories. Someone might also dress as the mascot, and if you’re really daring, dress as the “fanatical fan!”
- **Music** – Play fight songs or music associated with the sport. Check with band directors in the area who may have CDs of such music. There also are many inexpensive CDs available with current sport-themed music.
- **Quiet Game** – *Rock, Paper, Scissors* is a decision-making game of thinking, speed and strategy between two players. The objective is to select one of three gestures which will defeat the opponent’s. The gestures are: a clinched fist (rock); an open hand (paper); and the index and middle fingers extended and separated (scissors). The game starts with both players repeating together rock, paper, scissors and then revealing their gesture. The winner is determined as follows:
 - Rock defeats (breaks) Scissors.
 - Scissors defeats (cuts) Paper.
 - Paper defeats (covers) Rock.

If both players make the same choice, the game is declared a tie, and they play again. This is a great way to pass the time while waiting for the big event.



Tailgates are a “kick-off” for something special. A tailgate party is not just for building excitement before a sporting event, but is also a great way to motivate children to perform their best before a year-end assessment or other major event. Just change the names in the activities and have signs reflect doing your best. For example, make it “Let’s go Sixth Graders” instead of “Let’s go, Lions.”

Depending on the season, equipment may be changed to reflect the tailgate theme. Try basketballs through a hoop (*March Madness*), softballs through a hoop (*World Series*), or play ground balls kicked into a net for soccer (*World Cup*).

Playground climbing equipment usually has several ladders or pull-up bars that would easily substitute for the ladder.

- **Art Activity** – Create *signs* or *banners* to express your team spirit. Challenge students to create catchy slogans and eye-catching designs. *Face painting* is another traditional tailgating activity. Use a sponge and a safe brand of face paint to reproduce a logo or create an eye-catching design. *Temporary tattoos* are another option.

ACTIVE PLAY IDEAS

- **Football Hoopball** – The object of this game is to throw a football through a hoop, imitating players who practice by throwing through a tire. Suspend hula hoops from a rope, or tape hoops to volleyball standards. Another option is to form rectangular targets from swing chains using duct tape. Mark a throwing line a distance from the hoop. Divide students into teams, and have them line up behind the throwing line. Have the first person in each line become the retriever, standing behind the hoops. Standing at the line, each player takes turns throwing the ball into the hoops, and then becoming the retriever.
- **Bolo Toss** – This is a popular game with tailgaters and campers. The object of this activity is to swing a bolo and secure it on a ladder rung. Purchase or make bolos. To make a bolo, attach a small sand-filled balloon to each end of a cord or shoelace. Or be creative and attach two pieces of Indian corn with husks on each end. Set up a target, usually a ladder. Give each student one bolo to throw. Keep track of the number of times a team or an individual successfully gets the bolo to stay on a rung.
- **Tailgate Toss** – This activity is a version of a popular tailgate game that involves tossing an object, typically a bean bag, toward a target. Purchase or make a target with sturdy cardboard boxes. Cut a hole in the center of a box to allow a bean bag to pass through. Have students take turns tossing the beanbag at the target. The distance from the target may be adjusted based upon children's ages or skills.
- **Foxtail Toss** – The object of this game is to toss and catch foxtails with a partner. To make a foxtail, tie off the legs of a pair of pantyhose where the legs join the panty. Braid the legs and tie off. Place a sock ball or bean bag in the panty and tie off the top. Have students toss the tail into

the air toward a partner using the braided part only. Players should catch the object by the tail only. Adjust distance to add difficulty.

- **Tails You Win** – The object of this game is to keep your “tail.” Two pairs of pantyhose are needed for each player. Players tuck one foot of a pair of pantyhose into the back waist band of their pants. The loose end of the hose must be dragging on the floor. Another pair of pantyhose for each player is placed just outside of the playing area. When the music starts, students begin by carefully stepping on other players’ “tails.” When a player loses his tail, he may return to play after retrieving his second tail and completing two jumping jacks.
- **Pass the Ball Relay** – Divide students into groups of four or five. Line up players one behind another. Give each team a ball appropriate for the season (football, basketball, or volleyball). On a signal from the leader, players begin passing the ball to the player behind them. Passes may be overhead, between legs, or alternating over-under. The last player in line carries the ball to the front of the line and begins a new sequence of passing.

Children tire easily, but recover quickly. Allow some stretching in between additional tail games.

MENU IDEAS

Student Friendly Recipes

Three Cheers Veggie Pizza

This cold “pizza” is a party favorite among tailgaters.

- 1 package refrigerated thin pizza crust*
- 1/2 cup reduced-fat mayonnaise
- 1/2 cup reduced-fat sour cream
- 6 ounces fat-free cream cheese, softened
- 1 package ranch salad dressing mix
- 1 cup carrots, shredded
- 1 cup sweet pepper, finely chopped
- 1 cup cauliflower, finely chopped
- 1 cup broccoli, finely chopped
- 1 cup tomatoes, chopped
- cooking spray

Serve up your team colors by decorating the serving table with pompoms, colorful tablecloths and centerpieces including sports equipment. Display school logos on handmade signs. For an authentic tailgate feel, serve from the back of a pickup truck or car trunk. Golf carts work well, too!

Let's Party

1. Preheat oven to 425° F.
2. Spray or grease a 10 x 15-inch baking sheet. Roll dough onto pan.
3. Bake 12 to 15 minutes until crust is golden brown. Cool completely.
4. Clean and chop vegetables. Drain well on paper towels.
5. Blend together mayonnaise, sour cream, softened cream cheese and dressing mix.
6. Spread mixture over cooled crust. Top with chopped vegetables.
7. Cut into 36, 1.5- x 2.5-inch portions.

*Note: For our test recipe, we used Pillsbury brand refrigerated pizza crust. You might use another brand or substitute a one-pound loaf of whole wheat frozen bread dough (thawed and raised). Bread dough crust is prepared in the same manner as shown except baked at 350 °F for 15 to 18 minutes.

Nutrition Information per Serving:* calories 51, calories from fat 32%, calories from saturated fat 9%, trans fat *I*, calories from sugar 3%, sodium 171 mg, fiber 0.5 g, calcium 17.2 mg, vitamin A 121 RE, vitamin C 7.7 mg, protein 1.8 g

*Analysis relative only to West Virginia School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data.

School Letters Bread Sticks

Spell out your school letters, chant, or mascot's name.

You can't always tell whole grain foods by their color. Read the food label. Look for words like *whole grain* or *whole wheat*, not just *wheat*. Check the list of ingredients to see if whole grains appear first, i.e., *whole grain flour* or *graham flour* not *enriched wheat flour*.

- 2 (18 count) packages frozen whole wheat roll dough
- 2 egg whites, slightly beaten
- 1 tablespoon water
- cooking spray

1. Preheat oven to 350° F. Spray baking sheets with cooking spray.
2. Use thawed but cold dough, rolling each ball into a 10- to 12-inch long rope.
3. Shape each rope into a school letter (or other design).
4. Place "letters" on baking sheets at least 2 inches apart. Let rise 20 minutes.
5. Mix together water and egg whites. Lightly brush tops with mixture.
6. Bake for 15-18 minutes. **Makes 36 letters.**

Nutrition Information per Serving:* calories 75, calories from fat 6%, calories from saturated fat 1%, trans fat *I*, calories from sugar <1%, sodium 115 mg, fiber 1.5 g, calcium 7.5 mg, vitamin A 0 RE, vitamin C 0 mg, protein 3.4 g

*Analysis relative only to West Virginia School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data.

Goal Line Chicken Chili

You'll score with this unique chili.

- 1 cup chopped onions
- 1 tablespoon vegetable oil
- 4 cups low-sodium chicken broth
- 4 cups water
- 2 pounds diced cooked chicken
- 2 (4 1/2 ounce) cans chopped green chiles
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 (15 1/2 ounce) cans Great Northern beans
- 1 (16 ounce) package frozen white corn

1. In a large pot, cook onions in oil until tender.
2. Add broth, water, chicken, chiles and spices. Simmer for 30 minutes.
3. Add beans and corn. Simmer 15 minutes.
4. **Makes 25 half-cup servings.**

Nutrition Information per Serving:* calories 139, calories from fat 25%, calories from saturated fat 6%, trans fat <0.01 g, calories from sugar 0%, sodium 84 mg, fiber 2.6 g, calcium 43.6 mg, vitamin A 4.2 RE, vitamin C 3.7 mg, protein 14.4 g
*Analysis relative only to West Virginia School Nutrition Standards; data not for use in addressing special dietary needs.

Taco Layer Dip

Serve this tasty dip with baked corn tortilla chips.

- 1 (16 ounce) can refried beans
- 1 cup fat-free sour cream
- 1 cup salsa
- 2 cups lettuce, shredded
- 1/2 cup green onions, finely chopped
- 1 cup low-fat cheddar cheese, shredded
- 1 cup tomatoes, chopped

1. In a 13 x 9-inch pan spread refried beans.
2. Layer remaining ingredients in the order shown.
3. Serve with baked tortilla style chips. **Makes 28 1/4-cup portions.**

Nutrition Information per Serving:* calories 30, calories from fat* 11%, calories from saturated fat* 5%, trans fat <0.01 g, calories from sugar 0%, sodium 166 mg, fiber 0.9 g, calcium 31.9 mg, vitamin A 20.5 RE, vitamin C 3 mg, protein 2.1 g
*Analysis relative only to West Virginia School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese.



When looking for packaged foods with less added sugar, check out the Nutrition Facts label and the list of ingredients. Sugars come in many forms and have many names - sucrose, dextrose, corn sweeteners, corn syrup, honey, molasses, fructose, fruit juice concentrate.

Nutty Footballs

Caution: Contains peanuts. *If your school is a "peanut free zone," do not use this recipe. It contains ingredients which may cause severe reactions in children who are allergic to peanuts.*

- 2/3 cup peanut butter
- 1/3 cup honey
- 1 cup corn flakes
- 1 cup quick rolled oats
- 1/2 cup nonfat dry milk powder
- 1/2 cup dried mixed fruit bits
- 2 cups toasted wheat germ

1. In a mixing bowl stir together peanut butter and honey.
2. Pour corn flakes into a plastic food bag and seal. Crush into small crumbs.
3. Add crushed corn flakes, oats, dry milk, and fruit to peanut butter mixture and blend well. (If mixture is too dry to hold together, add a few drops of milk or juice.)
4. Shape well-rounded teaspoons of mixture into football shapes. Roll each in wheat germ. Store in airtight container in the refrigerator. **Makes 20 servings.**

Nutrition Information per Serving:* calories 160, calories from fat 34%, calories from saturated fat 7%, trans fat *I*, calories from sugar* 34%, sodium 61 mg, fiber 3.2 g, calcium 35 mg, vitamin A 31.5 RE, vitamin C 0.6 mg, protein 6.9 g

*Analysis relative only to West Virginia School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data; excludes sugar in fruit.

Packaged Foods

Fresh vegetable platter Purchase prepared platters or bring packaged vegetables to construct a platter at school.

Non-fat sour cream dip Check labels to choose lower sodium varieties.

Low-fat vanilla yogurt with graham cracker stick “dippers”

Air-popped corn lightly seasoned with chili powder, garlic or other seasoned salt

Physical activity should be one of the most important aspects of every child's day . . . and adults', too!

Cafeteria Recipes

Pasta Salad (USDA Recipe E-08) Substitute low- or non-fat dressing in this recipe and serve in ¼ cup portions.

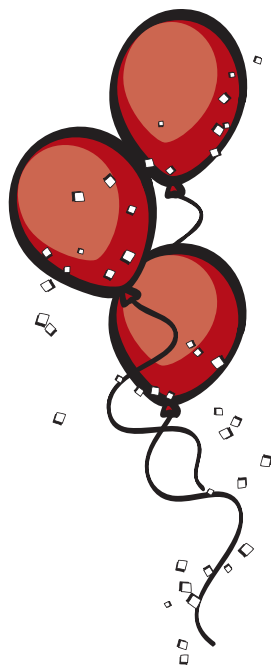
Stromboli (USDA Recipe F-06) Use reduced-sodium and reduced-fat meat and cheese. Serve half portions.

Harvest Festival

As summer days get shorter and nights turn cooler, autumn brings a bountiful harvest. Celebrate this colorful time of the year with a festival featuring apples, pumpkins and other seasonal fruits and vegetables. Encourage students to use these last warm days of fall to their advantage by playing some of the games and activities listed below.

PARTY IDEAS

- **Decorations** – Arrange corn shocks, hay bales, baskets of apples or vegetables and pumpkins around the party area. Dress a scarecrow and have him greet the guests.
- **Costumes** – Dress in appropriate clothes to harvest on the farm. Wear jeans, flannel shirts and boots. Put a bandana and gloves in your pocket.
- **Music** – Find songs about apples and pumpkins, for example “Five Little Pumpkins,” or create your own lyrics and set them to a familiar tune, such as “Row, Row, Row Your Boat,” “B-I-N-G-O” or “Farmer in the Dell”.
- **Dance** – Teach students a choreographed line dance like the *Electric Slide* or *Cha Cha Slide* or a country line dance. For directions for these dances, check with the physical education teacher, a colleague or the Internet.
- **Art Activity** – Collect leaves to make an autumn design on a sweatshirt, T-shirt, or placemat. Sponge fabric paint on a leaf, and then press the painted side onto the fabric. Embellish with glitter, sequins or ribbon. Dry completely before handling.
- **Quiet Activity** – Carve faces or simple scenes on pumpkins, gourds or other vegetables. Or try this version of bobbing for apples: suspend an apple for each player on a string; players try to bite their apple without using their hands.



Watch for environmental allergies to hay, leaves, grass, and pollen, as well as asthma, which are heightened during this time of the year. Activities may need to be scheduled indoors or decorations may need to be changed.

ACTIVE PLAY IDEAS

- **Dress the Scarecrow Relay** – Before conducting the dressing relay, construct each scarecrow out of five garbage bags. Use scrunched newspaper for stuffing. Over-stuff one bag for the body and tie the top. Under-stuff the other four bags and use masking tape to shape into long tubes to be used as arms and legs. Attach the arms and legs to the body garbage bag. (Masking tape works as well for tying.) Gather an outfit and “head” for each scarecrow -sweat pants, flannel shirt, bandanna, ties and hat or ball cap. Any piece of clothing that will fit on the scarecrow can be added. One balloon is needed for the head of each scarecrow.

Let the race begin. Set up all scarecrows, clothes and balloon at one end of a relay line. Divide students into teams. Start students at a designated mark. One at a time students go to the scarecrow, add one piece of clothing, and return to the back of their line. The last part of the scarecrow to be added should be the head and hat. One student will need to blow up a balloon for the head. (This is difficult at times, especially when students are excited.) Undress the scarecrow if you like, or leave it in the room and draw a face on the balloon! The object is to be the first group to completely dress and undress the scarecrow.

Balancing the veggie on a shoulder or elbow and walking to the marker and back add more difficulty; or to really challenge students, have them crabwalk with a veggie on their abdomen.

- **Veggie Race** – Divide and line up students into teams. Allow teams to choose a veggie from a vegetable basket. Choose unfamiliar veggies (or fruits) such as okra, cucumbers, tangelos, different varieties of squash, etc. Challenge students to pass the veggie over their heads to the end of the line, and then back to the beginning. Next, the first person passes over his head, and the next passes under her legs, alternating over and under. If smaller fruits or vegetables are used, try placing one under the chin and passing without using hands. The object is to be the first group to pass the veggies as directed.
- **“Fall”ing Leaves** – Fall leaf collections are colorful and useful for many activities. First, have students gather leaves and identify the corresponding type of tree. To play a quick relay with the leaves, divide students into

teams and establish a beginning and ending point. To start the relay, have the first student in each line balance a paper plate in his hand like a serving tray, and then add a leaf (or the paper plate can be eliminated and the leaf balanced on the hand only). Students move as designated by teacher...walk, slide, skip, etc. If plate and leaf fall off, pick up and continue to the ending point. To speed up the relay, put half of the group at the start and the other half at the finish. The object is to get all the groups through the challenge.

- **Boxer Run** – Collect a pair of XL or larger boxer shorts for each team. Divide students into teams. (Teams of four work well.) Place half of each team at opposite designated marks. Choose one player from each team to begin the activity and give this player a pair of boxer shorts. On a signal to begin, the first team member puts on boxers, runs to a teammate at the opposite spot marker, takes off the boxers, and goes to the end of the line. The next player puts on the boxers and runs back. Play continues until each team member has completed the task. The object is to be the first group to complete the boxer run. Variations: Two team members each put one leg in a pair of boxers.
- **Pumpkin Harvest** – The object of this activity is to “harvest” the most miniature pumpkins. Have students place a pumpkin on each spot marker, spaced far apart in the playing area. Students choose one spot marker as their home spot, where they return with their gathered pumpkins. Students may take only one pumpkin at a time and return it to their home spot. Guarding the home spot is not permitted. Use music to start and stop activity. Caution players not to touch or bump other players, stay on their feet (no sliding), and place pumpkins on spot markers (no throwing).
- **Apple Bocce** (Pronounced *BAH-chee*.) – The object of this activity is to roll an object closest to the target. Similar to outdoor bowling, Apple Bocce is played by placing the *pallino* (target), a large pumpkin or cornstalk, at a distance that is developmentally appropriate for the age group playing. Using apples marked with stickers or numbers as the *bocce* balls, players stand behind a foul line (made of flour, tape, jump ropes, etc.) and roll the bocce. After all of the “balls” have been rolled, the closest one to the target is declared the winner. Set up multiple courts to “speed play” and ensure lots of participation.

From non-slip shelving liner, construct two spot markers for each child. Consider cutting different shapes.

Different varieties of apples come in different colors, shapes, and sizes; this is a good way to teach varieties of apples and to identify which apple belongs to each player. Pumpkins or round gourds might also be used.

Decorate tables with fall colors. Place pumpkins, dried corn, gourds and fall leaves in a basket as a centerpiece.

MENU IDEAS

Student Friendly Recipes

Jack-O-Lanterns

Nothing spooky about these healthy treats! If peanut butter is not a concern, you might make some using peanut butter. Be creative in choosing fruit and vegetable garnishes. Those listed are only suggestions.

- 10 brown rice cakes
- 1 (3 ounce) package low-fat cream cheese, softened
- 1 1/2 cup shredded carrots
- 1 cup seedless red grapes
- 1/2 cup raisins
- 1/2 cup sliced almonds
- 1 cup miniature marshmallows

1. If desired, tint softened cream cheese orange. Spread about 1 tablespoon on each rice cake.
2. Make “faces” using fruits, vegetables, nuts and marshmallows.
3. **Makes 10 servings.**

Nutrition Information per Serving:* calories 139, calories from fat* 3%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 8%, sodium 65 mg, fiber 1.8 g, calcium 33.2 mg, vitamin A 478 RE, vitamin C 2.8 mg, protein 3.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and cheese, excludes sugar in fruit.

Autumn Leaves

We tested this recipe using Pillsbury refrigerated thin pizza crust, but other brands may work well. Just check the label to be sure they also meet nutrition standards.

- 3 (13 ounce) tubes refrigerated pizza crust
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 6 tablespoons margarine

1. Preheat oven to 400 °F.
2. Unroll dough unto a clean surface. Cut into leaf shapes using a cookie cutter or knife. Be creative. Leaves come in many shapes, but try to make them similar in size so they will bake consistently. Hint: Cool dough is easier to handle.
3. Combine sugar and cinnamon in a small bowl. If desired, place mixture in a salt shaker.

4. Melt margarine in a saucepan on the range or microwave a few seconds.
5. Brush margarine evenly over the crust; sprinkle with sugar mixture.
6. Place “leaves” on baking sheets and bake for 15 to 20 minutes, depending on the size and shape of the “leaves.”
7. **Makes 36 servings.**

Nutrition Information per Serving:* calories 103, calories from fat 35%, calories from saturated fat 7%, trans fat 0.4 g, calories from sugar 11%, sodium 173 mg, fiber 0.4 g, calcium 1.1 mg, vitamin A 18.8 RE, vitamin C <0.1 mg, protein 2.1 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Sweet Pumpkin Seeds

It is best to clean and roast seeds the day prior to glazing them. An electric skillet works well for cooking in the classroom, such as the sugar glazing step in this recipe.

- 3 cups raw pumpkin seeds, rinsed and dried
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 2 tablespoons vegetable oil
- cooking spray

1. Preheat oven to 275 °F. Lightly spray a large baking sheet with cooking spray. Spread seeds in a single layer on a baking sheet and bake about 45 minutes, stirring occasionally, until seeds are dry and toasted. (Baking time will vary depending on the size of the seeds.)
2. In a small bowl, combine sugar, salt and pumpkin pie spice. Set aside.
3. In a large skillet, heat oil on medium temperature. Add toasted seeds; sprinkle with sugar mixture. Stir with a large wooden spoon just until sugar melts, about 1-2 minutes, and seeds are well coated. **Be careful--sugar burns easily and is HOT!** Turn seeds out on waxed paper or clean surface to cool.
4. **Makes 24 small (2 tablespoon) servings.**

Nutrition Information per Serving:* calories 128, calories from fat* 8%, calories from saturated fat* <0.1%, trans fat 0 g, calories from sugar 13%, sodium 52 mg, fiber 0.7 g, calcium 8.0 mg, vitamin A 6.6 RE, vitamin C 0.4 mg, protein 4.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in seeds.

Getting seeds ready for roasting is fun. Remove them from a large pumpkin, wash in lots of cold water and dry them on paper towels. After removing the seeds, consider cooking the pumpkin to make pumpkin soup or a pumpkin dessert.

While usually high in fat, seeds and nuts are good sources of plant protein, vitamins and minerals. Because of their concentrated nutrition (nutrient density), seeds and nuts, including nut butters, are not required to meet WV School Nutrition Standards for fat.

Savory Pumpkin Seeds

We couldn't decide, so we included recipes for both sweet and savory seeds.

- 3 cups raw pumpkin seeds, rinsed and dried
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 teaspoons Worcestershire sauce

1. Preheat oven to 275 °F.
2. Melt margarine in small saucepan or in microwave. Add salt, garlic powder and Worcestershire sauce; blend well.
3. In a large bowl, drizzle margarine mixture over toasted pumpkin seeds.
4. Place seeds in a single layer on a baking sheet. Bake for 1 hour stirring occasionally.
5. **Makes** 24 small (2 tablespoon) servings.

Nutrition Information per Serving:* calories 102, calories from fat* 8%, calories from saturated fat* <1%, trans fat 0.2 g, calories from sugar 0%, sodium 68 mg, fiber 0.7 g, calcium 8.6 mg, vitamin A 16.0 RE, vitamin C 0.4 mg, protein 4.3 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in seeds.



Pumpkin Eater's Mini Muffins

What could be more reminiscent of the harvest than pumpkins and apples?

We used mini muffin pans to make snack-sized portions, but larger muffins could be made (increase baking time), then cut into halves.

Topping:

- 2 tablespoons all-purpose flour
- 1/2 cup light brown sugar
- 1/2 teaspoon cinnamon
- 4 tablespoons butter, softened

Muffins:

- 1 1/2 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 1/2 cup sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs, lightly beaten
- 1 cup canned solid pack pumpkin
- 1/2 cup vegetable oil
- 2 cups peeled apples, very finely chopped
- cooking spray

Topping:

1. In a small bowl combine flour, sugar and cinnamon. Cut in butter to form a crumbly mixture. Set aside.

Muffins:

1. In a large bowl, mix together dry ingredients.
2. In a medium bowl, combine beaten eggs, pumpkin and oil. Mix well.
3. Pour liquid ingredients all at once into the dry mixture and stir until just moistened. Mixture will be a little lumpy. Stir in apples.
4. Lightly spray mini muffin pans with cooking spray. Fill cups three-fourths full. Sprinkle topping over batter.
5. Bake in preheated at 350 °F oven for 15-18 minutes. Cool 10 minutes; remove from pans while warm.
6. **Makes** 60 mini muffins.

Nutrition Information per Serving:* calories 73, calories from fat 31%, calories from saturated fat 7%, trans fat 0 g, calories from sugar* 34%, sodium 55 mg, fiber 0.6 g, calcium 10.7 mg, vitamin A 97.1 RE, vitamin C 0.2 mg, protein 0.9 g

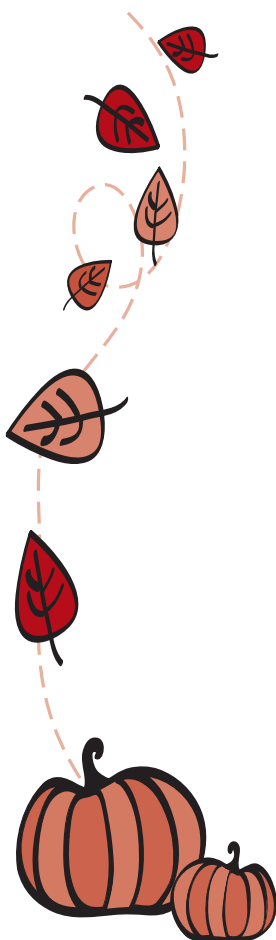
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Apple Smiles

This snack will surely make you smile. It's fun to make and to eat.

Caution: *Contains peanut butter. Substitute spreadable cream cheese if any partygoers are allergic to peanuts.*

- 6 large apples
- 1 cup orange or lemon juice
- 3/4 cup smooth peanut butter
- 1 cup miniature marshmallows



1. Cut each apple into 8 wedges. Remove core and dip wedges in juice. Drain on paper towels.
2. Spread about a teaspoon of peanut butter on one cut side of each apple wedge.
3. Place two marshmallow “teeth” in peanut butter on one wedge, then top with another wedge forming “lips.”
4. **Makes 24 servings.**

Nutrition Information per Serving:* calories 84, calories from fat* <1%, calories from saturated fat* 0%, trans fat 0 g, calories from sugar* 6%, sodium 38 mg, fiber 1.8 g, calcium 7.1 mg, vitamin A 3.1 RE, vitamin C 4.5 mg, protein 2.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in fruit.

Harvest Popcorn

*We used air-popped corn to avoid extra fat, but you might use low-fat, low-sodium microwave popcorn as well. **Caution: Nuts and popcorn are not appropriate for very young children.***

- | | |
|-----|---------------------------|
| 10 | cups popped corn |
| 6 | ounces dried apple pieces |
| 2 | cups dried cranberries |
| 2 | cups walnut pieces |
| 1/3 | cup sugar |
| 1 | teaspoon cinnamon |
1. Mix together sugar and cinnamon in a small bowl.
 2. In a large bowl or plastic bag toss together popcorn, dried fruits, nuts and sugar mixture.
 3. **Makes 28 half-cup servings.**

Nutrition Information per Serving:* calories 106, calories from fat* 2 %, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 9%, sodium 2 mg, fiber 1.4 g, calcium 9.4 mg, vitamin A 1.7 RE, vitamin C 0.2 mg, protein 1.7 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in fruit.

Cranberry “Tea”

- 1 (64 ounce) bottle cranberry juice cocktail
- 1 (46 ounce) can pineapple juice
- 1 (6 ounce) can frozen orange juice concentrate
- 1 cinnamon stick
- 3 whole cloves

1. Combine all ingredients in a large pan and heat. Remove spices.
2. Serve warm. **Makes** 28 half-cup servings.

Nutrition Information per Serving:* calories 78, calories from fat 2%, calories from saturated fat <1%, trans fat 0 g, calories from sugar* 16%, sodium 3 mg, fiber 0.2 g, calcium 11.3 mg, vitamin A 2.1 RE, vitamin C 63.6 mg, protein 0.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Not all beverages using the word *juice* are 100 percent juice. Words like *juice cocktail*, *fruit beverage* or *fruit drink* are clues that products are not totally juice. Always read the label to see what percentage of juice a drink contains. To comply with WV School Nutrition Standards, fruit beverages must contain at least 20 percent juice; however, 100 percent is recommended.

Packaged Foods

Fresh apples

Dried fruit

Crackers and cheese Check cracker labels for fat and sodium.

Orange juice

Cafeteria Recipes

Apple Crisp (USDA C-02)

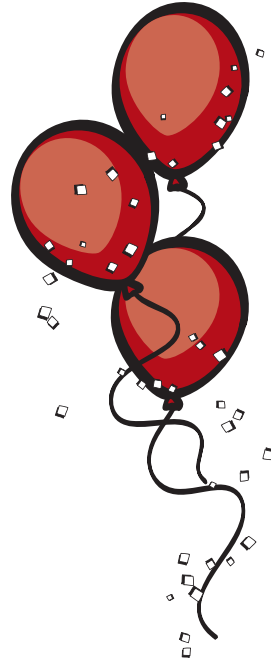
Granola (USDA J-01)

Medieval Merriment

Medieval times were characterized by kings and queens, knights and fair maidens, castles and court jesters, and perhaps a few mythical creatures like dragons or unicorns. Chivalry was practiced, jousting was the main sporting event, and life was challenging. Create your own medieval festival and challenge party-goers to out juggle, out dance and out toss their opponents. Then serve everyone a healthy feast fit for a king!

PARTY IDEAS

- **Decorations** – String pennant banners or wall hangings adorned with gold crests or coats of arms, garlands, streamers or fabric to create a regal effect. If you're feeling really ambitious, create a balloon-arched entry way. Add some flameless candles, a few decorative shields and enlist a trumpeter to hail guests as they enter the castle.
- **Costumes** – Suggest long flowing dresses for girls and cardboard-formed pointed hats with chiffon or net attached at the point. For boys, make simple tunics from a rectangular piece of fabric (tablecloth or shower) add a belt, and maybe even a helmet.
- **Music** – A notable song is “Scarborough Fair,” a ballad originating in medieval times and popularized by Simon and Garfunkel. Other ideas include instrumental songs with trumpets and drums, classical tunes and chants.
- **Dance** – Perform a Maypole ribbon dance to music. Ribbons need to be attached to a pole in the center of the dancers. One dancer could hold the pole as the others move around him. Players should concentrate on weaving the ribbon. Dance steps are available online, but it is recommended to modify the number of sequences to keep the dance simple.
- **Quiet Game** – Collect plastic bottle caps to play as desktop finger shuffleboards. Place a penny or nickel in each cap for weight. You will need one cap for each pair of students. Have players sit on opposite sides of a desk. Caps may be moved by flicking with fingers or slid along the desk surface. See whose cap can come closest to the edge without falling off.
- **Art project** – Help students design individual family crests, medieval shields or large clan (class) banners. Explain that since it was difficult to identify someone cloaked in armor, knights and others in medieval times painted colorful designs on their shields and banners in order to be recognized. Use large pieces of poster board, cardboard or other similar material and decorate it using paint or markers.



Costumes may pose a safety hazard for some of the activities. For example, long flowing dresses and scooters are not compatible.

Safety first! Do not place plastic bags over the head or around the face. Discuss why this is unsafe.

Bean bags can be made from snack-size sandwich bags (freezer bags are thicker) or small fabric squares, and filled with dried beans or rice.

ACTIVE PLAY IDEAS

- **Jester Juggling** – Everyone can be a court jester, just try your hand at juggling. Use chiffon scarves or plastic vegetable bags found in the produce area of your local market. Start with one bag and add up to three, as students become more skilled. To juggle, use a “toss up and grab down” technique. Hold a bag or scarf in the dominate hand, pinching the end of the bag between the thumb and forefingers. Palm facing down, toss it straight up and release overhead. To grab down, grab with thumb and fingers and pull down as the bag is descending. Practice with one hand first, then toss with dominant hand and grab down with the other hand; then reverse, toss with non-dominant hand and grab with dominant hand. Next try two bags while the leader calls out “toss, toss, grab, grab.” As players become successful, try tossing across the body. Finally, add a third bag – this takes some practice! Hold one bag by the thumb and fingers of each hand, with the third bag held in the dominant palm and tossed after the first two. Timing must be established between tosses and grab downs.
- **Catapult** – The object of this activity is to catapult a bean bag in the air and have it travel the farthest distance or height. Divide players into pairs or small groups. Place a bean bag on a utility ball (8½ inches). Hold the ball in both hands at arms length; release the ball dropping it straight down. The bean bag should ride the ball to the ground and then be propelled in the air as the ball rebounds. Using a measuring tape or yarn, measure the distance or height traveled. You might also add a partner who tries to catch the bean bag before it touches the ground.
- **Lance Toss** – The object of this game is to throw swim noodles like a javelin or a lance. Set up a throwing line in a large area. Divide players into several small groups. Give the command “ready – throw.” (Students throw the “lance” only on command.) The throwers then retrieve their lances, bring them back to the next player, and go to the end of the line.
- **Steed Race** – The object of this game is to be the first pair to move the “steed” to the finish line. For each pair of students, tie foam or cardboard cut-out of a horse in the middle of a 7-foot piece of sturdy cord. Tie each end of the cord in the middle of a 1-inch diameter PVC pipe or dowel rod cut to 16

inches. (Tape off the edges for safety.) The race is actually an optical illusion in which each partner moves only the cord on the pipe. Before the race, roll up one end of the rope onto the PVC pipe, leaving the other unrolled. All “steeds” will then be in position with their tails touching the pipe. Students hold the PVC pipes with hands, palms down. On a signal to start, one student lets the cord out slowly while her partner rolls the rope onto her PVC pipe. The finish line is reached when the “steed” touches the opposite pipe.

- **Quest of the Ring** – Knights of old were often tested on their ability to solve a problem by participating in a quest or journey. In this problem-solving activity, players must move a hoop around a circle without unlocking their hands. Players stand in a circle. A hula hoop is placed over one player’s arm; then players clasp hands. Without unlocking hands, players try to send the hoop on its journey around the circle so that it ends up back where it began. After players have mastered one hoop, add more hoops of varying sizes to increase the difficulty.
- **Scooter Jousting** – While jousting was traditionally a violent sport which allowed knights to perfect their combat skills, this is non-violent relay version. Divide the players into two or more teams. Each team will need two scooters (or skateboards) and one swim noodle. (Two scooters minimize the time and risk of injury during an exchange.) Half of the team lines up on one side of the playing area at a starting line, and the other half lines up on the opposite side facing them. The first player on both sides sits on a scooter; however, the “jousting knight” at the starting line also holds a swim noodle. On a signal from the leader, the “jousting knight” moves across the play area to his teammate, passes off the “lance” (swim noodle), and gives his scooter to the next player in line as the new “jousting knight” goes back across to repeat the process.

Staying hydrated is essential. Remind students to drink plenty of water before, during, and after any physical activity.

MENU IDEAS

Student Friendly Recipes

Barley and Bean Soup

Barley was a mainstay in early medieval diets, since wheat and corn had not yet been brought from the "New World." A thick soup or stew similar to this one might have been eaten by wealthy lords for supper. A much heavier meal would be served at dinnertime – our lunchtime.

Decorate your serving table for a medieval feast using a "brocade" table runner. Add some candle sticks (no burning candles). Make a centerpiece using a large bowl of fruits, vegetables, and loaf of dark bread. For a really festive touch, include wild flower (real or artificial) garlands.

- 1 pound dried Great Northern beans
- 1 pound ground beef
- 4 cups water
- 1 cup barley
- 6 medium carrots, sliced
- 1 medium onion, chopped
- 4 cloves fresh garlic, finely chopped
- 3 (11½ ounce) cans reduced-sodium beef stock
- 1 teaspoon salt
- ½ teaspoon pepper

1. Sort and wash beans. Place in large pan with 2 inches of water over beans. Let soak 8 hours.
2. Cook ground beef in a skillet over medium heat until brown. Drain.
3. In a large pot add soaked beans, cooked ground beef and remaining ingredients. Bring to a boil. Cover and reduce heat, simmer for 2 hours, stirring occasionally.
4. **Makes** 20 one-half cup servings.

Nutrition Information per Serving: * calories 168, calories from fat 21%, calories from saturated fat 8%, trans fat 0.21 g, calories from sugar 0%, sodium 154 mg, fiber 6.4 g, calcium 54.7 mg, vitamin A 45.2 RE, vitamin C 1.9 mg, protein, 11.3 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Bread in a Bag

This makes a great classroom project, with groups of 3 or 4 students making a loaf of bread. Arrange to use cafeteria ovens and, especially for younger students, plan to have plenty of helpers. If you prefer to make smaller loaves or rolls rather than one large loaf, just reduce baking time.

2 cups all-purpose flour
1 cup whole wheat flour
1 cup very warm tap water
1 (1/4 ounce) package rapid rise yeast
3 tablespoons sugar
3 tablespoons instant non-fat dry milk
1 teaspoon salt
3 tablespoons vegetable oil
gallon-size plastic freezer storage bag
cooking spray

1. Preheat the oven to 375 °F.
2. Into the bag, add 1 cup white flour, packet of yeast, sugar and very warm water. Let out the air, close the bag and mix ingredients by kneading the bag. Set aside for at least 10 minutes.
3. While waiting for the yeast to begin bubbling, mix together in a separate bowl dry milk, 1 cup whole-wheat flour, salt and oil.
4. Open the bag, and add the mixture.
5. Let the air out of the bag, reseal and again knead bag until all ingredients are well mixed.
6. Open the bag and add the remaining 1 cup of white flour. Close and knead again until well mixed. Knead 5 to 8 minutes longer.
7. Take the dough out of the bag and place on a clean floured board or surface. Knead lightly with clean floured hands until dough is smooth.
8. Place dough into loaf pan sprayed with cooking spray. Cover loosely with plastic wrap. Let rise in a warm place for 30 minutes.
9. Uncover the pan and bake for 35 minutes. Cool and slice.
Makes 16 slices.

Note: In addition to *Bread in a Bag*, breads made in bread machines are good classroom options. A variety of mixes and recipes is available. Check out the *Kansas Wheat Commission* website for many recipe ideas.

Nutrition Information per Serving:* calories 118, calories from fat 22%, calories from saturated fat 3%, trans fat *I*, calories from sugar 8%, sodium 153 mg, fiber 1.4 g, calcium 15.5 mg, vitamin A 5.7 RE, vitamin C < 0.1 mg, protein 3.1 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data.

"Pokerounce. Take honey and cook it in a pot until it grows thick; take and skim it clean. Take Ginger, Cinnamon, and Galingale, and add there-to; take white Bread, and cut two trenchers, and toast them; take your paste while it is hot, and spread it upon your trenchers with a spoon and top it with Pine nuts, and serve forth."

--Translated from **A Boke of Gode Cookery**,
by Thomas Austin

At medieval feasts, diners ate their food from trenchers, "plates" made from stale bread. After the meal, the trenchers were saved for the poor or thrown to a favorite dog.

Pokerounce (Toast with Honey)

This simple recipe is based on one documented in a 15th century English cookbook. We have only omitted galingale, a ginger-like spice common in medieval foods.

- 20 slices thick-sliced, dense bread
- 2/3 cup honey
- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- 1 cup pinenuts, optional

1. Cut crusts from each slice of bread.
2. Toast lightly in an oven or toaster.
3. Heat honey in a saucepan, skim off any scum that forms on the surface; add spices.
4. Spread about half a tablespoon of honey on bread and top with a few pine nuts.
5. Serve forth! **Makes 20 servings.**

Nutrition Information per Serving:* calories 148, calories from fat* 6%, calories from saturated fat* 0%, trans fat *I*, calories from sugar 25%, sodium 131 mg, fiber 1.5 g, calcium 44.2 mg, vitamin A 0.6 RE, vitamin C 0.2 mg, protein 3.7 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts, *I* incomplete data.

Fruays (Bread Pudding with Apples)

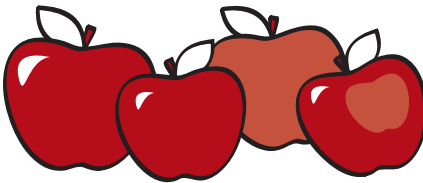
Although the ingredients in this recipe resemble those used in the original medieval version (minus the wine), the cooking methods are quite different. The old English recipe calls for mashing the ingredients together into a "pudding" and boiling it until it thickens.

- 5 slices firm white sandwich bread, cut in 2-inch squares
- 1 tablespoon margarine
- 2 medium apples, cored, peeled, thinly sliced
- 1 tablespoon mixed dried fruit bits or raisins
- cooking spray
- 2 large eggs
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 2 cups low-fat milk

1. In a small saucepan, melt margarine over medium heat. Add apples and cook covered about 5 minutes stirring occasionally.
2. Spray a 1-1/2 quart baking dish with cooking spray. Arrange bread, apples, and dried fruit in dish.
3. In a medium bowl, whisk together eggs, sugar, cinnamon and vanilla. Add milk and stir well.
4. Pour milk mixture over bread and fruit. Let stand 30 minutes OR cover and refrigerate for several hours or overnight.
5. Bake pudding in a preheated 350 °F oven for 40 minutes or until knife inserted in center comes out clean.
6. Serve warm. **Makes** 12 small portions.

Nutrition Information per Serving:* 97 calories, calories from fat 21%, calories from saturated fat 7%, trans fat 0.2 g, calories from sugar* 34%, sodium 70 mg, fiber 0.7 g, calcium 62.5 mg, vitamin A 53.1 RE, vitamin C 0.1, mg, protein 2.9 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.



Roasted Apples

Removing the apple core may be a little tricky. An apple corer and close adult supervision are advised. This simple dessert is good served with a dollop of whipped topping, sour cream or frozen yogurt, but toppings defy medieval tradition.

- 4 medium apples (McIntosh, Golden Delicious or other baking variety)
 - 1/4 cup raisins
 - 1/3 cup honey
 - 1/3 cup orange juice
 - 1 teaspoon grated orange peel
 - 1 cinnamon stick
 - 1/4 cup slivered almonds
 - cooking spray
1. Remove core from apples, leaving about a half inch of the core at the bottom.
 2. Place apples and raisins in an 8-inch square baking dish sprayed with cooking spray.

In medieval times, fruits and vegetables were not eaten raw. One cookbook warned, “Beware of green sallettes and raw fruytes for they wyll make your soverayne seke.” Today we recognize the benefits of eating raw fresh fruits and vegetables, the importance of producing them under safe conditions and thoroughly cleaning them before eating.

3. Stir together in a small bowl honey, orange juice and peel. Drizzle over apples and raisins. Add cinnamon stick.
4. Cover and bake in a preheated 425 °F oven for 30 minutes.
5. Remove cinnamon. Sprinkle almonds on apples. Place back in the oven uncovered for 3 minutes. (Time carefully...almonds burn easily!)
6. Cut apples in quarters and serve warm. **Makes** 16 small servings.

Nutrition Information per Serving:* 68 calories, calories from fat* 1%, calories from saturated fat <1%, trans fat 0 g, calories from sugar* 34%, sodium 1 mg, fiber 1.6 g, calcium 9.6 mg, vitamin A 3.2 RE, vitamin C 4.9 mg, protein 0.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in fruit.

Bread on a Stick

We tested this recipe using a Pillsbury product. You may choose other brands, but check labels for sodium (less than 200 mg) and fats.

- 2 (11 ounce) packages refrigerated soft bread sticks
- $\frac{2}{3}$ cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons margarine, melted
- 24 (10- to 12-inch) wooden chopsticks or skewers
- cooking spray

1. Soak chopsticks in water for 20 minutes. Lay on paper towel and spray with cooking spray.
2. Preheat oven to 350 °F.
3. In a small bowl, stir together cinnamon and sugar, sprinkle mixture evenly on a large baking pan with sides.
4. Unroll dough and separate into strips. Twist a strip around each greased chopstick in a spiral direction.
5. Brush melted margarine on dough and roll in sugar mixture.
6. Place sticks on large ungreased baking sheets. Bake for 12 to 18 minutes until golden brown.
7. Cool until warm; remove from stick. (Caution: Do not serve on the stick.) **Makes** 24 servings.

Nutrition Information per Serving:* 106 calories, calories from fat 24%, calories from saturated fat 5%, trans fat 0.25 g, calories from sugar 21%, sodium 198 mg, fiber 0.3 g, calcium 1.0 mg, vitamin A 16.7 RE, vitamin C 0 mg, protein 2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Packaged Foods

Molasses or gingerbread cookies Most do not exceed sugar standard.
Tray of cheeses and breads
Roasted whole chicken
Grape juice

Cafeteria Recipes

Beef Stew (USDA D-14) Use reduced-sodium broth and serve half-cup portions.
Brown Bread (USDA B-07)
Gingerbread (USDA C-23) Serve half-size portions.

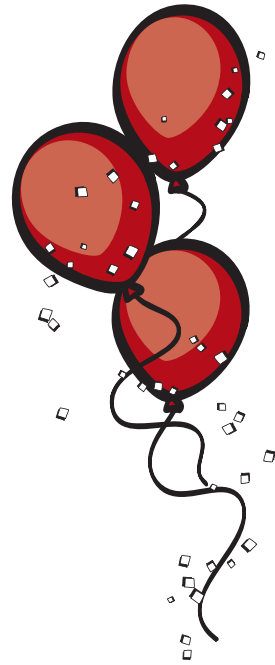
Wealthy medieval families
would eat their foods highly
spiced.

Frosty Fun

Winter is the time of year that begs for a party. The holidays are over, the snow is falling, and cabin fever is beginning to develop. Try some of the party ideas and activities listed in this section to relieve the winter doldrums.

PARTY IDEAS

- **Decorations** – Use all white decorations: white table cloths, white napkins and plates, etc. Make snow drifts by covering any obstacles with white sheets. Use spray glitter sparingly and mounds of cotton balls to create a sparkling cover of snow. Place artificial pine trees around the room and add white lights.
- **Costumes** – Wear all white clothing or bundle up in winter weather attire: hats, scarves, gloves and boots.
- **Music** – Play winter-themed music.
- **Dance** – Imitate dance moves from the movie, “Happy Feet.” Have a “Snow Ball” with everyone dressed in white and perform a variety of aerobic dances to keep warm!
- **Art Activity** – Make nutritious bird treats by “painting” pine cones with peanut butter, or use suet if students have nut allergies. Roll cones in bird seed. Use these with popcorn and cranberry strings to decorate a tree outdoors for the birds.
- **Quiet Activity** – Build an Igloo Without Glue. The object of this activity is to build the tallest igloo in a given time. Using creativity and teamwork, students will design an igloo of any shape out of 60 foam or plastic cups on a large (about 12 x 18-inches) sheet of construction paper. Student teams will have a specific amount of time to build the tallest free standing igloo with all the cups. The base must be built on the construction paper and must not extend past its edges. The igloo must stand alone, only with support of the cups.



Even in winter, physical activity is a must. Health experts recommend 60 minutes of moderate to vigorous physical activity most days of the week. Moderate to vigorous activities are ones that increase heart rate, body temperature, and may make you sweat.

Bulletin board paper cut in a large square or large cardboard box opened flat work as the base. Increasing the size of the base may require more cups. Consider making a more permanent igloo for the class as a reading area. Cups can still be used, but clean gallon milk containers will also work well. These will likely need glue or duct tape to keep the igloo from “melting”!

As a rule of thumb, every 20 minutes students should take an activity break from screen time. Or better yet, break the TV habit altogether! Find a physical activity to do instead.

As an alternative to pushing snow with a shovel to pick up cotton balls and carry them to a designated end mark.

ACTIVE PLAY IDEAS

- **Cross-country Skiing** – The object of this wintertime activity is to move around a designated area without losing contact with the skis. Give each student two paper plates and panty hose which have been split in half up the middle. These become the “skis” and “poles.” Have students tie the foot-end of each hose leg loosely around each ankle, grab the other end, and hold on tight. Players then stand on the plates and “ski” from one end of the playing area to the other. Set up cones as trees, hoops for ponds and other materials to provide obstacles to make the trip more difficult. Players who successfully reach the opposite end may be named honorary Ski Patrol members.
- **Snowball Battle** – For this activity, the team to finish with the least amount of snowballs on their side of the floor wins the battle. Collect old socks in pairs and roll them together into balls. Try to have four or more sock balls per player. Make a “snow wall” out of a rope, cones or chairs. Divide students into two groups. Each group is assigned a section on either side of the snow wall. On a signal from the leader, players begin tossing snowballs over the wall. Players should use an underhand toss from a kneeling or seated position. They must stay in place behind the “snow wall”, and throw over the wall, not at someone. Students may move by crawling or bear walking to retrieve thrown snow balls. Count the snowballs to see which team has the least on its side.
- **Heave Ho! The Snow Must Go** – The object of this game is to quickly shovel the most snow from one side of the floor to the other. Divide students into groups, and give each group a small plastic shovel and a bag of cotton balls or packing “peanuts.” Line each group behind a spot marker. The first player in each line quickly shovels some of the “snow” (cotton balls) across the floor to the finish line, runs back, and hands the shovel to the next player in line before going to the back of the line and sitting down. Only the shovel can touch the snow, no hands or feet are allowed. The group with the most snow shoveled wins the game.
- **Straddle Snowball** warms the body up on a cold winter day. The object of this activity is to prevent the snowball from going between a player’s legs. Divide students into groups.

Students form a circle using a straddle with their feet touching the player beside them. Put a 6 to 8 inches ball into play by rolling it in the circle using hands only. Students must bend over (caution students not to lock knees) and try to roll the ball between the legs of other players, while keeping it from going between their own legs. When the ball goes between a player's legs, that player receives a point. The player with the least amount of points is the winner. Continue playing until a designated number of points are accumulated or for a specified time period.

- **Icebergs** – The object of this cooperative game is to place as many players as possible on the least amount of icebergs. Create an “Arctic Circle” of 7 “icebergs” (discs or hula hoops) randomly placed around the play area. When some wintry music starts, players move around the play area in a specified manner (bear walk, skip, slide, etc.). When the music stops, players are to carefully go to the nearest iceberg and place a foot on it without touching anyone else. Remind students that it is not how quickly this is done, but how carefully they can fit as many players as possible on the iceberg without touching one another. The leader then removes one iceberg each time the music begins. Try to fit the entire class on two icebergs.

Take a stretch break after each point is scored. Don't allow students to remain in the bent position for an extended period of time.

MENU IDEAS

Student Friendly Recipes

Pinecone Cheese Ball

*Serve this cheese ball on low-sodium crackers for a healthy winter treat. For an even healthier version, replace half the cream cheese with a fat-free variety. If preparing this recipe for young children, substitute finely chopped pecans for almonds since **whole nuts pose a choking hazard**.*

- 1 cup finely shredded sharp cheddar cheese
- 2 tablespoons onion, grated or finely chopped
- 1 (8 ounce) can crushed pineapple, well drained
- 1 (8 ounce) package reduced-fat cream cheese, softened
- 1½ cups whole dry roasted almonds

1. Combine first 4 ingredients in a medium bowl. Mix with spoon until well blended.

Place paper “snowflakes” on a blue tablecloth and add an inflatable snowman for a centerpiece. Pine, holly or branches sprayed white with artificial snow also make great winter centerpieces.

Nearly everyone eats too much salt (sodium) which may increase blood pressure and heart disease risk. Salt doesn't just come in shakers and boxes. Processed foods are a major source.

Look for lower sodium foods by reading the Nutrition Facts labels.

1 teaspoon salt =
2000 mg sodium

2. Mold into a pine cone shape. Chill 2 hours or overnight.
3. Beginning at the bottom, arrange whole almonds in rows with tips pointing downward. Rows should overlap slightly to give a pinecone appearance.
4. **Makes** 30 one-tablespoon servings.

Nutrition Information per Serving:* calories 69, calories from fat* 0%, calories from saturated fat* 0%, trans fat *I*, calories from sugar* 6%, sodium 45 mg, fiber 0.9 g, calcium 43.2 mg, vitamin A 13.7 RE, vitamin C 19.5 mg, protein 3.3 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese and nuts, *I* incomplete data, excludes sugar in fruit.

Winter Soup

Use alphabet macaroni or another interesting shape for this quick and easy soup. If you have more time, students may prepare an assortment of fresh vegetables instead of frozen ones. Fresh vegetables also will need a little extra time to cook.

- 1 medium onion, chopped
- 3 stalks celery, chopped
- 2 tablespoon vegetable oil
- 3 (14 ounce) cans reduced-sodium beef broth
- 2 cups water
- 3 medium potatoes, diced
- 1 (1 pound) bag frozen mixed vegetables
- 1 (15 ounce) can petite diced tomatoes
- 1/2 cup uncooked macaroni

1. Heat oil in a large pot. Add onion and celery; cook and stir for 5 minutes.
2. Add broth and water; heat to boiling. Add diced potatoes and simmer 20 minutes.
3. Add macaroni, vegetables and canned tomatoes. Again heat to simmer and cook 15 minutes.
4. **Makes** 24 half-cup servings.

Nutrition Information per Serving:* 59 calories, calories from fat 20%, calories from saturated fat <1%, trans fat 0 g, calories from sugar 0%, sodium 190 mg, fiber 2 g, calcium 17.0 mg, vitamin A 114.3 RE, vitamin C 8.7 mg, protein 6.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Reindeer Delights

Have each child construct her own “reindeer” or use an assembly line approach to preparing this treat. We’ve allowed extra crackers and pretzels, since breakage is common. Caution: Contains peanuts. If your school is a “peanut-free zone,” substitute spreadable cream cheese for the peanut butter.

- 1 (1 pound) box graham cracker squares
- 1 cup smooth peanut butter
- 1/2 cup raisins
- 1 (1 pound) bag small pretzel twists
- 1/4 cup maraschino cherries, cut in small pieces

1. Using a serrated-edge knife, carefully cut cracker squares in half diagonally to make two triangles. (This takes a little practice. Adults should complete this step for young children.)
2. Spread 1 teaspoon peanut butter on each triangle.
3. Arrange raisin “eyes” and cherry “nose” on the cracker.
4. Break and put pretzel “antlers” in place.
5. **Makes 30 servings.**

Nutrition Information per Serving:* 146 calories, calories from fat* 2%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 9%, sodium 171 mg, fiber 1.0 g, calcium 7.7 mg, vitamin A 0 RE, vitamin C <0.1 mg, protein 3.9 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in fruit.

Snowballs

If you don't have access to a microwave oven, melt ingredients on medium low heat on the range, stirring constantly. We tested this recipe using Honey Bunches of Oats, but many other similar cereals will work just as well. A variety of dried fruits and nuts can also be used.

- 1/4 cup honey
- 2 tablespoons margarine
- 1 (10 ounce) package marshmallows
- 6 cups oat and honey cereal
- 1 cup diced mixed dried fruit
- 1/2 cup sunflower kernels
- 1/2 cup chopped almonds
- 1 cup confectioner's sugar

1. Microwave honey and margarine in a large microwave-safe bowl on HIGH for 30 seconds or until melted; stir well.



While mixes and frozen prepared pancakes and waffles are easy alternatives to "scratch" ones, many are quite high in sodium. Remember to read the label and choose those under 200 mg of sodium per serving. Also consider whole grain varieties for extra nutrition.

2. Add marshmallows and toss to coat. Microwave 1 minute 30 seconds until marshmallows are puffed; stir well.
3. Add cereal, fruit and nuts; stir until well coated.
4. Roll ¼ cup portions into balls. (Slightly dampen hands with water or use baking spray if mixture sticks.) If mixture cools, put bowl back into microwave for 5-10 seconds.
5. Place confectioner's sugar in shallow bowl or pan. Roll each ball in sugar.
6. **Makes 28 balls.**

Nutrition Information per Serving:* 194 calories, calories from fat* 15%, calories from saturated fat* 8 %, trans fat 1.1 g, calories from sugar* 29%, sodium 26 mg, fiber 2.4 g, calcium 32.0 mg, vitamin A 22.2 RE, vitamin C 0.4 mg, protein 3.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in fruit.

Whole Wheat Pancakes

To make these in the classroom, electric non-stick griddles work great. Just be sure to position an adult at each griddle.

1 1/2 cups all-purpose flour
1 1/2 cups whole-wheat flour
2 teaspoons baking powder
1 teaspoon baking soda
2 tablespoons sugar
1/4 teaspoon salt
4 eggs
1 1/2 cups low-fat buttermilk
1 1/2 cups low-fat milk
1 teaspoon vanilla
cooking spray

1. In a large bowl, stir together all dry ingredients.
2. In a separate bowl, beat eggs with a fork; add buttermilk, milk and vanilla; mix well.
3. Pour liquid mixture into dry ingredients all at once and stir only until ingredients are well moistened. The batter should be a little lumpy.
4. Preheat griddle on medium high. (It's ready when a drop of water begins to sizzle.) Pour about 1/4 cup of batter on the griddle for each pancake. When the top is bubbling and appears glossy, turn the pancake and cook the other side until golden brown.

5. Serve warm with the fruit topping recipe which follows. **Makes 24 four-inch pancakes.**

Nutrition Information per Serving:* 83 calories, calories from fat 14%, calories from saturated fat 5%, trans fat 0 g, calories from sugar 5%, sodium 175 mg, fiber 1.1 g, calcium 44.0 mg, vitamin A 26.1 RE, vitamin C 0.2 mg, protein 3.9 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs

Very Berry Pancake Topping

This is a nutritious and tasty alternative to plain pancake syrup. You may substitute frozen, unsweetened berries for fresh.

- 1 1/2 cups pancake syrup
- 1 pound fresh strawberries, washed and sliced
- 1 cup fresh blueberries, washed

1. Heat syrup in a saucepan until hot, but not boiling. Add strawberries and blueberries.
2. Serve warm over pancakes. **Makes about 24 three-tablespoon servings.**

Nutrition Information per Serving:* 70 calories, calories from fat <1%, calories from saturated fat <1%, trans fat 0 g, calories from sugar* 24%, sodium 14 mg, fiber 0.4 g, calcium 6.6 mg, vitamin A 0.9 RE, vitamin C 6.7 mg, protein 0.1 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.



Snow Capped Strawberries

This treat couldn't be easier.

- 3 quarts fresh strawberries
- 3 cups low-fat vanilla yogurt

1. Wash berries, leaving caps on. Drain well on paper towels.
 2. Dip strawberries in yogurt and serve immediately.
- Makes 24 servings.**

Nutrition Information per Serving:* 49 calories, calories from fat 11%, calories from saturated fat 5%, trans fat 0 g, calories from sugar* 34%, sodium 21 mg, fiber 1.4 g, calcium 63.9 mg, vitamin A 6.1 RE, vitamin C 42.6 mg, protein 2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Soft drinks, even those with nonnutritive (artificial) sweeteners, can displace healthy beverages like milk, fruit juice and water in children's diets. Students who drink soft drinks are less likely to get the nutrients they need for growth and health.

Snow Cones

We purchased a bag of crushed ice for this recipe. Most blenders will not make fine "snow" using ice cubes. Try a variety of flavors – grape, orange, cherry. Just be sure to use 100 percent juice.

- 3 (12 ounce) cans frozen juice concentrate, thawed
- 1 (10 pound) bag crushed ice
- 30 (4 ounce) paper cups

1. If desired, further crush ice in a blender with a little water to a slushy consistency.
2. Scoop ice in paper cups. Drizzle about 2 tablespoons of thawed juice concentrate over ice.
3. **Makes 30 half-cup servings.**

Nutrition Information per Serving: Nutrients vary depending on variety of juice. Sugar in 100% juice concentrate is exempt from school nutrition standards.

Wassail

Often served at Christmastime, this punch will warm up any winter party. For a festive touch, serve wassail in a punch bowl with floating orange slices.

- 1/2 cup sugar
- 1/2 cup water
- 10 whole cloves
- 2 cinnamon sticks
- 6 cups orange juice
- 2 cups grapefruit juice
- 4 cups apple juice

1. Combine sugar, water and spices in a large pan. Simmer 10 minutes.
2. Remove all spices using a slotted spoon.
3. Add juices to sugar mixture and reheat. **Makes 25 half-cup servings.**

Nutrition Information per Serving:* 71 calories, calories from fat <1%, calories from saturated fat <1%, trans fat 0 g, calories from sugar* 14%, sodium 2 mg, fiber 0.3 g, calcium 12.3 mg, vitamin A 5.3 RE, vitamin C 24.9 mg, protein 0.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Packaged Foods

Hot chocolate made from low-fat chocolate milk

Gingerbread men cookies*

Sugar cookies from refrigerated roll dough*

Soft bread sticks with marinara sauce Check label to be sure a serving for dipping, about 2 tablespoons, does not exceed 200 mg sodium.

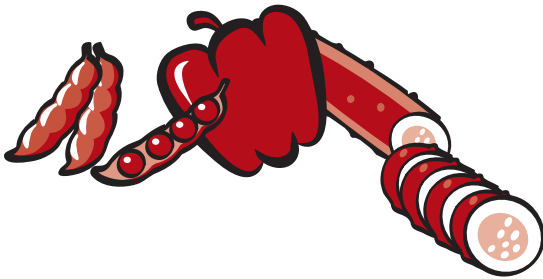
Fruit ice pops Choose 100% juice varieties.

*Many sugar and gingerbread cookies do not exceed sugar, fat and sodium limits, but check labels to be sure.

Cafeteria Recipes

Minestrone (USDA H-07)

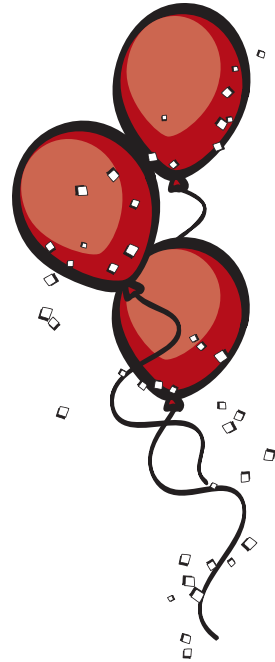
Bread Sticks (USDA B-16) Shape bread sticks from this or other basic whole-wheat bread recipe.



World Tour

Countries around the world offer a plethora of opportunities for sampling new foods, play fun games and learn interesting facts. Whether it's to enhance social studies lessons, provide information during an Olympic year or just to provide a change of pace, different cultures allow a glimpse into the similarities and differences of our lives. And parties are a great way to celebrate cultural diversity.

- **Decorations** – Begin by making passports for each student to be stamped by “customs officials” at the beginning and end of the party, or as each new country is “visited.” Decorate the area with flags, mobiles, pennants or banners representing many countries. Use either a globe or internationally themed centerpieces. If you choose a specific country, use the flag colors as a guide to selecting napkins, tablecloths and streamers. Add culturally appropriate extras, for example, paper lanterns for Asia or piñatas for Mexico, and display characteristic artwork, dolls dressed in native attire, maps, foods, clothing and travel posters. (Try writing a request to embassies or tourism offices for general information, dietary recommendations, food policies and eating habits. Check a world almanac or the Internet for addresses).
- **Costumes** – Help students understand that people in many other countries today dress in clothes we typically wear; however, during times of celebration, some honor their ancestors by wearing traditional apparel. Have students research a country or region, and choose appropriate (traditional or contemporary) clothing to wear.
- **Dance** – Have students learn and perform typical dances of countries or world regions, for example, *a Mexican hat dance*, an *Irish jig*, *Japanese Kabuki*, or a *Caribbean salsa*; or choreograph an international sampling of dance moves.
- **Music** – Begin the party with the Olympics theme song. If a particular country has been selected, feature characteristic music. Check the Internet or a music teacher for ideas.
- **Quiet Games** – *Creative Drama* – Select ten objects representative of a country or cultural region and place them in a bag. Take turns creating skits using the items. *Freeze Frame* – Play the Olympics theme music, periodically stopping it to have students freeze and strike



When taking a World Tour, explore the origins and activities associated with different cultures. Many popular physical activities originated in other countries. Some examples are yoga, T'ai chi, and karate.

Consider using stations. Many of the Active Play Ideas and Student Friendly Recipes can be organized into several stations and simultaneously involve all students. Recruit enough adults to supervise each station. Set a timer and allow a specified number of minutes at each station, then rotate. Just allow enough time for students to participate at each station.

an athletic or sport pose (weightlifting clean and jerk, floor exercise, soccer kick). **Globe Toss** – Toss a ball globe. As each student catches it, the leader calls out the name of a country. The student locates the country on the globe and names a food from that region, then tosses the globe to another student. **Mystery Food** – Place a regional food in a mystery bag, box or can, and have students try to identify it.

- **Art project – *Mini-floats*** – Design and build mini-floats for a multicultural parade depicting interesting facts, features, landmarks, industry or sports. Using cardboard, clay, paper or other materials, mount the floats on skateboards, scooters, wagons or any set of wheels. ***You Are What You Eat*** – Outline two body shapes on butcher paper. Glue pictures or drawings of foods from another country or world region on one, and typical American foods on the other.
- **Learn more** – Invite a native guest speaker to join the fun, or contact a school in the country being celebrated and have an online visit. Create an ongoing slide show of famous landmarks, environmental features and natural resources. You may even wish to assign students typical names from the region.

ACTIVE PLAY IDEAS

- **Native American – *Sticks*** – Pair students with a partner and give each pair five craft sticks which are colored only on one side (the other side is left natural). One student in each pair begins by tossing the sticks in the air and letting them fall to the ground. Score according to the following guidelines: 5 colored sides or 5 natural sides visible – 2 points; 4/1 combination – 1 point; 3/2 combination – 0 points and possession changes. Play to a specified number of points; the first player to reach that number wins the game.
- **Chinese – *Ribbon Dance*** – Choose a musical selection with a strong 4/4 beat. Give each child a 24 to 36-inch streamer made from crepe paper. The object is to complete a rhythmical movement pattern to music using a ribbon or streamer. Players should spread out around the play area. Using the paper streamer or ribbon, players perform the following pattern to the beat of the music: Circle overhead for 8 counts; circle in front of the body for 8 counts; circle to

the right side 8 counts; and circle to the left side for 8 counts. Repeat as many times as needed for music selection. As players become proficient in the patterns, have them try circling to the right and then to the left in a “figure 8” motion for 8 counts. Then try changing the levels by bending or kneeling. Finally, add movement to the dance by walking forward or backward, and to the left or to the right. **Chopsticks** – For this activity, players move continuously throughout a song while using chopsticks to keep the beat. Each player will need a set of chopsticks (two unsharpened pencils may be substituted) and a chair, table, or desk to strike. Play some lively music while a leader models various movements simultaneously striking the sticks in time with the beat of the music. Players follow along and imitate the leader. Once players have the idea, encourage free-style movements.

- **Greek Pentathlon** – A pentathlon is a competition of five events during one day. The object of this activity is to complete each of the five events with the best score. To conduct the pentathlon, set up five stations: javelin throw, hammer throw, discus, standing broad jump, and 50-meter dash. Place a measuring tape at each station, except the 50-meter dash; where only a stopwatch is needed. Divide players into small groups and have them rotate among the stations. Players or leaders can measure at each station.
Javelin Throw – Mark a throwing line using spot markers, masking tape, or chalk. Place swim noodles (javelins) behind the throwing line. Players stand behind the throwing line and toss the swim noodle like a javelin. Measure and record the distance. **Hammer Throw** – Mark a throwing line. Prepare “hammers” by placing a sock ball in the toe of a nylon hose. (You may use a bean bag rather than a sock for additional distance.) Tie off the hose just above the sock ball. Fold the top of the hose down, and tie again just above the sock. Players stand behind the throwing line and swing the hose “hammer” as they would in the hammer throw. Measure and record the distance. **Discus** – Mark a throwing line. Place plastic flying discs behind the mark. Players stand behind the throwing line and toss the disc like a discus. Measure and record the distance. **Standing Broad Jump** – Mark a jumping foul line. Players stand behind the jumping line. With feet slightly apart, they bend their knees and swing their arms as they jump and land with both feet. Measure and record distance. **50-meter Dash** – Mark a start and finish line 50

Review safety rules for using chopsticks. Remind players to stay in their own space, not to touch others and to keep the sticks away from their head, eyes and mouth. When students are not using the chopsticks, have them hold the sticks in an X pattern over their heads.

To prevent injury, have students warm up muscles with an aerobic activity, such as jumping jacks or jogging in place, before participating in the games. Follow the warm-up with some simple stretches.

meters apart. At least two players run at the same time. Measure and record the times run.

- **European Luge** requires players to move a marble through the “luge.” (Note: Do not use this activity with young learners who might be tempted to place marbles in their mouths.) The “luge” is made from cardboard wrapping paper tubes. Using spot markers, cones or masking tape, mark start and finish lines 25 feet apart for each group. Divide students into groups of 5 or 6. Give each group five tubes and one marble. On a signal from the leader, players try to pass the marble through the tubes to reach the finish line. Once the marble has been released, only the tubes may touch it. If the marble is dropped, the group must start over again. Students must problem solve how to cover the distance. The first group to reach their finish line wins.
- **Latin American Soccer** – Create a soccer obstacle course by arranging cones around a play area. Several cone courses with different patterns allow for more active play. Students move the soccer ball around the cones using only their feet. Players take turns moving through the course.
- **East & Southeast Asia – *Catch a Carp's Tail*** – Each group of players forms a single line with hands on the hips of the player in front. The first player (the head of the carp) tries to tag the last player in line. When tagged, the last player moves to the head position and the game begins again.
- **Africa – *Boa Constrictor*** – Play an adaptation of this Ghanaian game of tag. One student begins by holding a jump rope and tries to tag other players. As students are tagged they hold onto the rope and become part of the “snake”. Students must work together so the snake is not pulled apart.
- **World Tour** – Students are seated in a circle, and each is assigned the name of a country. Two or three students should have the same country. All of the countries are recorded on a master list. A caller names one of the countries, and those students exchange seats. When the caller says, “Bon Voyage!” everyone finds a new seat.

MENU IDEAS

Student Friendly Recipes

Pasties (Tiddly Oggy)

Like the English miners of long ago, children may want to mark their initials in their pastie. We tested our adaptation of this traditional Cornish food using small Pillsbury Buttermilk Refrigerated Biscuits.

- 1/2 pound lean ground beef
- 1 medium onion, finely chopped
- 2/3 cup shredded carrots
- 2 cups shredded frozen hash brown potatoes, slightly thawed
- 2 (10 count) small refrigerated biscuits
- cooking spray

1. Cook onion and ground beef until meat is brown and onions are transparent. Drain well.
2. Mix together in a medium bowl cooked beef and onions, carrots, and potatoes.
3. Preheat oven to 400 °F.
4. On a clean floured surface, with floured hands, flatten each biscuit to about 4-inch rounds.
5. Place about 2 tablespoons of filling mixture on one half of dough and fold over. Seal dough by crimping the edges firmly.
6. Punch holes or cut small slit in the top of each pastie to vent steam while baking.
7. Spray baking sheets and place pasties leaving 2 inches between them. Bake 15-20 minutes until golden brown.
8. Serve warm. **Makes 20 servings.**

Nutrition Information per Serving:* 94 calories, calories from fat 22%, calories from saturated fat 6%, trans fat 0 g, calories from sugar 0%, sodium 200 mg, fiber 0.9 g, calcium 5.2 mg, vitamin A 15.0 RE, vitamin C 4.6 mg, protein 4.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Decorate tables with maps, flags and pictures of children in native costumes. Use a globe for the centerpiece. If emphasizing a specific country or region of the world, research related foods and customs, and incorporate them in the decorations.

This Cornish pastry is believed to have been “invented” for tin miners in Great Britain. Like today’s fast food, it could be held with one hand while on the move. Bakers sometimes marked each miner’s initial in the top of the pastry. Like pasties, the first pepperoni roll (yeast dough baked around pepperoni) is believed to also have been created for miners - West Virginia coal miners.

African Peanut Soup uses three ingredients that can be notoriously high in sodium - broth, canned beans and salsa. However, lower sodium varieties are available. Canned foods labeled *organic* are often much lower in sodium. But it's always wise to read Nutrition Facts labels and do a little calculating to be sure a portion of your soup does not exceed the 200 mg sodium limit.

African Peanut Soup

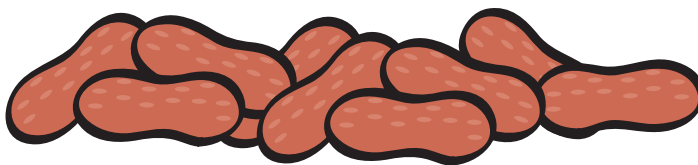
Peanuts and sweet potatoes are important foods in West Africa. Peanuts may be roasted, boiled or pounded into a "butter" to thicken sauces and soups. Caution: contains peanuts. Do not serve this soup in "peanut-free zones" where children are allergic to peanuts.

- 1 large onion, chopped
- 2 medium sweet potatoes, cubed
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 8 cups canned lower-sodium chicken broth
- 1 teaspoon dried thyme leaves
- 1 teaspoon ground cumin
- 1 cup chunky salsa
- 3 (15 ounce) cans garbanzo beans (chickpeas), rinsed and drained
- 1 cup zucchini or yellow squash, diced
- 2/3 cup creamy peanut butter
- cooked couscous or rice, optional

1. In a large electric pot or saucepan, cook onions, sweet potatoes and garlic in vegetable oil. Cook 5 minutes until onion is tender.
2. Add broth, thyme, and cumin. Bring to a boil, reduce heat and simmer for 15 minutes until potatoes are tender.
3. Add salsa, beans and squash; cook until tender, about 10 minutes.
4. Add peanut butter and stir until completely combined.
5. Serve hot over cooked rice or couscous. **Makes 30 half-cup servings.**

Nutrition Information per Serving:* 150 calories, calories from fat* <1%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 2%, sodium 200 mg, fiber 3.7 g, calcium 28.0 mg, vitamin A 196.0 RE, vitamin C 3.9 mg, protein 6.7 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in vegetables.



Chicken Quesadilla Bites

This is a quick and tasty version of the Mexican favorite. We used a rotisserie chicken from the supermarket deli to make the pulled chicken. You can also find cooked diced chicken in the freezer and refrigerated sections. As always, check the sodium before you buy.

- 3 cups cooked chicken, pulled or diced
- 1 (4.5 ounce) can chopped green chiles
- 1 (6 ounce) package Mexican blend low-fat cheese
- 8 (7-8 inch) flour tortillas

1. Combine pulled chicken and green chiles in a medium bowl. Add cheese and toss.
2. Spread about ½ cup chicken mixture on each tortilla. Fold over to form a half-moon shape and press firmly.
3. Heat about 1 teaspoon of oil in a non-stick electric skillet until almost smoking. Reduce heat to medium. Grill quesadillas two at a time, turning once, until cheese is melted and tortilla is golden brown. Add a little oil before grilling each batch.
4. Cut each tortilla in fourths. Serve warm. **Makes 32 snack portions.**

Nutrition Information per Serving:* 76 calories , calories from fat* 29%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar 0%, sodium 140 mg, fiber 0.5 g, calcium 83.0 mg, vitamin A 8.3 RE, vitamin C 0.8 mg, protein 6.1 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese.

Stir-fry Vegetables

Stir-fry is fun to make and a great way to get kids to eat their veggies. For a more authentic experience, cook these colorful and nutritious vegetables in a wok and eat them with chopsticks. Of course an electric skillet and forks will do in a pinch. Remember not to overcook. Vegetables should keep their crunch and color.

Sauce:

- 2 teaspoons cornstarch
- 1 tablespoon light soy sauce
- 1 cup low-sodium chicken broth
- 1 teaspoon garlic powder
- 1 teaspoon sugar

Stir-fry:

- 1 cup broccoli, cut into bite-size pieces
- 1 cup carrots, sliced diagonally
- 1 cup celery, sliced diagonally
- 2 cups Chinese cabbage (bok choy), cut into bite-size pieces
- 1 cup green pepper pieces
- 1 cup pea pods
- 3 green onions, sliced
- 1 cup mushrooms, cut in chunks
- 1 tablespoon vegetable oil

Rice (optional)

1. To prepare sauce, mix together soy sauce and cornstarch. In a medium bowl, combine corn starch mixture, and remaining sauce ingredients. Set aside.
2. Clean and cut vegetables; drain well.
3. In a wok or skillet, heat oil on medium high. Add broccoli, carrots and celery and stir-fry for 2 minutes.
4. Add cabbage, peppers, pea pods and onions. Fry another 2 minutes, then add mushrooms and cook 1 minute.
5. Pour sauce over vegetables. Bring to boil and cook covered for 1 minute until sauce is thickened and transparent.
6. Serve vegetables over steamed rice, if desired.
7. **Makes** 24 one-fourth cup servings.

Nutrition Information per Serving:* 19 calories, calories from fat 31%, calories from saturated fat 2%, trans fat 0 g, calories from sugar 0%, sodium 65 mg, fiber 0.7 g, calcium 22.8 g, vitamin A 208.3 RE, vitamin C 12.9 mg, protein 0.7 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Chapatis

Unleavened flatbread popular in India, chapatis are often eaten with fruit spread, chutney or a vegetable relish called "raita."

- 2 cups whole-wheat flour
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 1/2 cup lukewarm water
- 1/4 cup vegetable oil

1. Sift or stir together flours and salt.
2. Stir in water. Knead on a floured board for about 5 minutes until dough is smooth and elastic.
3. Cover and let rest 15 minutes.
4. Divide dough into walnut-size balls. Roll into thin circles with a rolling pin.
5. Heat griddle or heavy skillet; add a little oil. Cook dough about 1 minute until it begins to bubble. Turn and continue cooking until dough puffs up forming large bubbles and begins to brown. Remove from skillet.
6. Serve warm or cold. **Makes 32 pieces.**

Nutrition Information per Serving:* 69 calories , calories from fat 25%, calories from saturated fat 3%, trans fat 0 g, calories from sugar 0%, sodium 75 mg, fiber 1.1 g, calcium 4.1 g, vitamin A 0 RE, vitamin C 0 mg, protein 1.8 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Raita

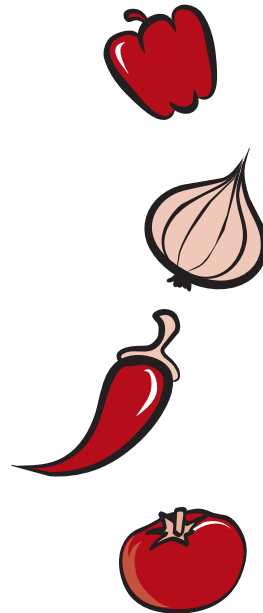
This refreshing vegetable relish is served with flatbread, such as chapatis.

- 2 medium tomatoes, diced
- 2 small cucumbers, peeled and chopped
- 2 green onions, chopped
- 2 teaspoon fresh mint, finely chopped
- 1/2 teaspoon ground cumin
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups low-fat plain yogurt

1. Combine all ingredients; chill 1-2 hours.
2. **Makes 24** one-fourth cup servings

Nutrition Information per Serving:* 21 calories , calories from fat 5%, calories from saturated fat 2%, trans fat 0 g, calories from sugar 0%, sodium 123 mg, fiber 0.3 g, calcium 65.2 g, vitamin A 9.0 RE, vitamin C 2.2 mg, protein 1.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.



Frullato di Frutta

Italians sometimes serve frullato, a fruity milkshake or smoothie, for breakfast. A frullato may be made from a variety of fruits—fresh, frozen, or canned.

- 6 ice cubes
- 2 cups low-fat milk
- 1 tablespoon sugar
- 1 cup canned peaches, drained
- 1 cup canned apricot halves, drained

1. Crush ice in a blender.
2. Add remaining ingredients and blend on high until smooth and foamy.
3. **Makes 8 half-cup servings.**

Nutrition Information per Serving:* 60 calories, calories from fat 9%, calories from saturated fat 6%, trans fat 0 g, calories from sugar* 10%, sodium 30 mg, fiber 0.9 g, calcium 78.6 g, vitamin A 99.4 RE, vitamin C 2.6 mg, protein 2.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Baked Bananas

This is a favorite African dish.

- 8 medium bananas
- 4 tablespoons margarine
- 1/4 cup brown sugar
- 2 teaspoons ground cinnamon

1. Cut bananas in half lengthwise. Arrange in 2 glass baking dishes with cut sides turned up.
2. Melt margarine in saucepan or microwave; stir in brown sugar and cinnamon. Mix well.
3. Pour sugar mixture over bananas. Bake in preheated oven at 375 °F for 15 to 18 minutes.
4. Serve warm. **Makes 16 servings.**

Nutrition Information per Serving:* 87 calories, calories from fat 27%, calories from saturated fat 7%, trans fat 0.5 g, calories from sugar* 15%, sodium 20 mg, fiber 1.6 g, calcium 7.2 g, vitamin A 29.8 RE, vitamin C 5.1 mg, protein 0.7 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Crepes

We usually think fancy French restaurant when we hear the word “crepe.” But don’t be intimidated. Just think of them as thin filled “pancakes.” Special crepe pans aren’t required. We used a six-inch non-stick skillet with sloping sides. Young children will need adult help to “bake” their crepes.

Filling:

- 3 cups fresh strawberries, cleaned and sliced
- 1 cup low-fat plain yogurt
- 2 tablespoons sugar

Crepes:

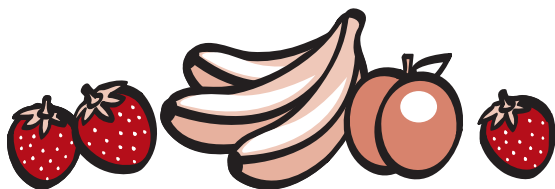
- 1 1/2 cups low-fat milk
- 1 cup all-purpose flour
- 2 eggs, slightly beaten
- 1 tablespoon vegetable oil
- cooking spray

1. Clean and slice berries. Fold in sugar and yogurt; refrigerate until crepes are ready.
2. In a medium bowl, combine milk, eggs, flour and oil; beat with a whisk or hand mixer until smooth.
3. Apply cooking spray to skillet and heat on medium. Add 2 tablespoons of batter and tilt skillet to spread batter.
4. Cook just until edges begin to brown and batter is set. Invert crepe onto a paper towel or plate. Cook remaining crepes.
5. To serve, spoon about 3 tablespoons of filling on each crepe and roll gently. Serve immediately. **Makes 18 crepes.**

Nutrition Information per Serving:* 76 calories, calories from fat 23%, calories from saturated fat 7%, trans fat 0 g, calories from sugar* 20%, sodium 31 mg, fiber 0.7 g, calcium 70.0 g, vitamin A 26.7 RE, vitamin C 16.4 mg, protein 3.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Usually considered French, *crêpes* are eaten throughout the world. In Italy, these pancakes called *crespoline* or *manicotti*, are wrapped around cheese and spinach fillings and topped with tomato sauce. In Sweden, they are *plattar* and served as a dessert with fresh fruit and preserves. Russian crepes, called *blinchi*, are topped with sour cream and served as appetizers.



Packaged Foods

Check out the ethnic foods section at the grocery store for food tasting ideas.

Make an international “bread board.” On a large board, arrange tasting-size portions of a variety of ethnic breads. Search the web to find a list of famous world breads.

Make a “world fruit tray.” Cut portions of fruit for tasting. Use fresh, canned or dried. Label each fruit with the name of country where it is commonly grown or eaten. Be sure to include some unfamiliar fruits.

Cafeteria Recipes

Tabouleh (USDA E-23) Serve one-fourth cup portions.

Arroz con Queso (USDA D-48)

Bread, one of the oldest prepared foods, is a staple throughout the world. It comes in many shapes, colors, flavors, and textures. Here’s a very short list.

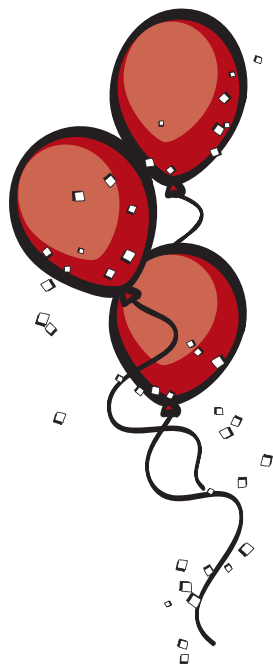
<i>Mantou</i>	China
<i>Focaccia</i>	Italy
<i>Pita</i>	Middle East
<i>Tortilla</i>	Mexico
<i>Baguette</i>	France
<i>Black Rye</i>	Russia
<i>Rghifa</i>	Morocco
<i>Soda Bread</i>	Ireland
<i>Motza</i>	Israel
<i>Scone</i>	Scotland

Patriotic Celebration

There are many days throughout the year to celebrate with a patriotic-themed party: Martin Luther King, Jr. Day, President's Day (or Lincoln's and Washington's birthdays), Memorial Day, Flag Day, Independence Day, Labor Day, Constitution Day, Election Day and Veteran's Day. Or create your own special patriotic day to welcome home the troops, thank our service personnel or acknowledge love for our country. Contact the local chapter of the American Legion or Veterans of Foreign Wars to request a flag folding demonstration or ceremony, and then invite the service personnel to join in the fun. The following activities would be appropriate for any patriotic holiday party.

PARTY IDEAS

- **Decorations** – Begin with red, white and blue flags, streamers, bunting and tinsel. (Search after July 4th for clearance items.) Add stars and stripes, balloons and Uncle Sam hats. If you can secure an artist, create posters of famous Americans and cut-out a hole for the face; students can hold up the poster and become the new “face of American history.” You might also take pictures, put on skits, or use as props when singing patriotic songs.
- **Costumes** – Anything goes as long as it's red, white and blue! Make patriotic hats from construction paper (George Washington's tri-corner, Martha Washington's dust cap, Abraham Lincoln's stovepipe). Or have a costume party and come dressed as your favorite American patriot.
- **Music** – Play traditional patriotic songs as well as some contemporary ones (Lee Greenwood's “God Bless the USA,” Neil Diamond's “America,” Bruce Springsteen's “Born in the USA,” etc.)
- **Dance** – Create your own version of “Dancing with the Stars...and Stripes,” only this one doesn't require a celebrity partner. Cut paper plates or card stock into large stars. Cut the legs off pairs of old pantyhose. (You will need one pair per student.) Give each student two stars and two hose legs. Students tie one end of the hose piece around each ankle and hold the other end in their hand (stripes). Students then stand on the stars. When the music starts, students begin dancing, keeping their feet on the stars at all times.



Students can be good citizens and get physical activity at the same time by picking up trash in the neighborhood or community; or by helping neighbors rake leaves, shovel snow, or plant flowers.

Let's Party

Aerobic activities improve fitness of the heart and lungs. These activities increase heart rate and breathing. Often when we think of aerobic activities, exercise classes come to mind; however, brisk walking, swimming, or marching can also be aerobic.

- **Art projects** – Let students design their own patriotic wind socks, kites, or whirly gigs. For another project, they could build log cabins from wooden craft sticks or twigs. Students may also make their own “fireworks” display by completely covering a sheet of construction paper with a brightly colored crayon collage, being sure to press hard so the colors are vibrant. Next brush on black tempera paint to cover the entire picture. When the paint is dry use a paper clip or other sharp object to carefully etch exploding fireworks. (The crayon colors should show through to create fireworks!)
- **Quiet game** – Fill a “guessing jar” with pennies (or other coins) and have students estimate how much money is in the jar. Another quiet game would be a patriotic version of the traditional game, “Simon Says,” just change the title to “Uncle Sam Says.”

ACTIVE PLAY IDEAS

- **Bubble Wrap March** – Randomly place pieces of bubble wrap around the play area, enough for each student to have one. Play patriotic music while students march. You may want to have students march in line following the leader. Periodically stop the music. Students go to the nearest piece of bubble wrap to create fireworks with their feet! When the music begins, students join the line and repeat.
- **Presidential Coin Toss** – Do students know which president is pictured on the penny, nickel or dime? A good way to learn is to play this game. Begin by giving each student three coins – a penny, a nickel and a dime. A leader calls out a president’s name (Lincoln, Jefferson, or FDR), instead of the coin name. Players choose the coin that corresponds to the name called, and then throw it toward a wall. Check to see who has the correct coin and whose coin lands closest to the wall.
- **Patriotic Track Champion** – Prepare 10-15 different cards with patriotic words and definitions, sayings or pictures. Duplicate six sets. (Laminate if you want to reuse them.) Put a set in each of six buckets. Arrange the buckets so they form an oval track. Students jog (or try race-walking or marching) around the outside of the buckets to patriotic music. When the music stops, students go to the nearest bucket and take out a saying or word card, and read it carefully. When the

music starts again, they replace the card and continue around the track. At the end of the song, quiz students to see how much they remember.

- **Patriotic Puzzle Match** – To prepare this game, you'll need to find five or more patriotic pictures, depending on the size of the group. Glue pictures to oaktag or sturdy paper and draw a puzzle design on the back to divide the picture into the number of pieces you need. (Plastic placemats with patriotic themes are sturdy and easy to cut up for this activity). Each puzzle should be cut with the same number of pieces. Put all of the pieces in the center of an open area. Arrange students around the perimeter of the play area. On a signal from the leader, a specified number of students go to the middle. Each student picks up a puzzle piece, and returns to the perimeter. After all the pieces have been retrieved and each student has a puzzle piece, students collaborate to decide which pieces complete their puzzle.
- **Fly the Flag Proudly** – The object of this activity is to be the first team to retrieve all of its flags. To prepare for the game, make red, white and blue flags, miniature Stars and Stripes or even state flags. Attach flags to straws. (When moving, flags attached to straws are safer than those attached to sticks.) For each team, fill two small buckets with sand. In one bucket, place flags, one per player. Place the sand-only bucket at a starting line and the flag-filled bucket about 15 to 20 feet away. Divide players into teams and have each team line up behind the sand-only bucket. One at a time, students fast-walk or slide to the opposite bucket, retrieve a flag, then return placing the flag in their sand-filled bucket and moving to the end of the line. Play continues until one team retrieves all of its flags.
- **Crossing the Delaware** – Tape lines on the floor of the play area as shown. In grassy areas use flour to mark the lines. (The length and distance between lines should be determined by the age or skill of the players.) Players form a line near the point and take turns jumping across the "Delaware." If successful, the player returns to the "riverbank" (horizontal line), and jumps again. Each jump becomes longer as the player moves toward the wider end of the "river." The object is for each player to obtain a personal best jump.

How many steps do you walk in a day? Experts recommend at least 10,000 steps for adults, 12,000 for girls, and 15,000 for boys.



It's all about red, white and blue - table coverings, napkins and plates. And don't forget to hang flags and bunting.

MENU IDEAS

Student Friendly Recipes

Uncle Sam's Salad

Blue corn chips and red tomatoes give this salad a patriotic flair. We found low-sodium chips in the supermarket's healthy foods section.

- 1 cup reduced-fat mayonnaise-style salad dressing
- 1 cup sugar
- 1 (6 cup) package lettuce pieces
- 1 (14 ounce) package shredded cabbage
- 2 cups cherry tomatoes cut in half
- 1 (6 ounce) package shredded low-fat jack cheese
- 4 ounces blue corn chips, coarsely crushed

1. Combine salad dressing and sugar in a small bowl and set aside.
2. In a large salad bowl, combine lettuce, cabbage and tomatoes.
3. Just before serving, top vegetables with dressing, cheese, and crushed chips.
4. **Makes 24 half-cup servings.**

Nutrition Information per Serving:* 111 calories, calories from fat* 24%, calories from saturated fat* 1%, trans fat 0 g, calories from sugar 15%, sodium 162 mg, fiber 1.1 g, calcium 96.8 g, vitamin A 75.0 RE, vitamin C 8.1 mg, protein 2.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese.

Patriotic Pizza

This dessert pizza is made easy with a refrigerated cookie-dough crust. We chose a Pillsbury brand sugar cookie roll.

- 1 (16.5 ounce) roll refrigerated sugar cookie dough
- 1 (8 ounce) package low-fat cream cheese, softened
- 1/3 cup apple jelly or pineapple preserves
- 1/2 teaspoon vanilla
- 1 cup fresh strawberries, cut in half
- 1 cup fresh blueberries
- cooking spray

1. Wash and prepare fruit. Place on paper towels to dry.
2. Preheat oven to 350 °F. Spray 12-inch pizza pan with cooking spray.

3. Remove dough from package, break up and press evenly in the bottom of the pan.
4. Bake crust 16 to 20 minutes until golden brown. Cool completely.
5. In a small bowl, blend together cream cheese and jelly. (To get a fluffy texture, a hand mixer is preferred. If you have only a spoon for mixing, that will work too.)
6. Spread cream cheese evenly over cooled crust. Top with berries and refrigerate for at least 1 hour.
7. Cut into small wedges. **Makes 16 servings.**

Nutrition Information per Serving:* 187 calories, calories from fat* 30%, calories from saturated fat* 5%, trans fat *I*, calories from sugar* 8%, sodium 165 mg, fiber 0.7 g, calcium 39.7 mg, vitamin A 21.6 RE, vitamin C 12.1 mg, protein 2.7 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese; *I* incomplete data; excludes sugar in fruit.

Lincoln Logs

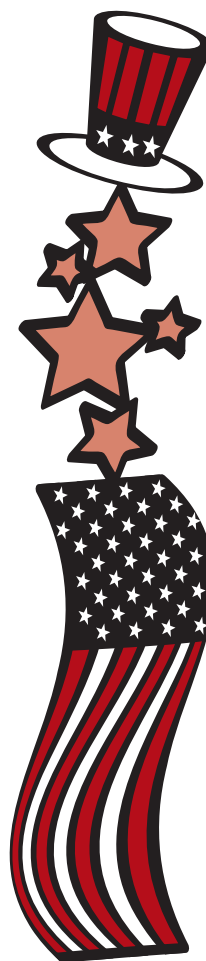
Caution: *Contains peanuts. If any partygoers are allergic to peanuts or the party is held in a “peanut-free zone,” substitute cream cheese for peanut butter.*

- 8 stalks celery
- 1 cup smooth peanut butter or cream cheese
- 1 cup raisins

1. Clean and cut celery stalks in half crosswise.
2. Fill each piece with about 1 tablespoon of peanut butter or softened (or spreadable) cream cheese.
3. Top each celery stalk with a few raisins.
4. **Makes 16 servings.**

Nutrition Information per Serving:* 131 calories, calories from fat* 3%, calories from saturated fat* <1%, trans fat *I*, calories from sugar* 4%, sodium 105 mg, fiber 2.2 g, calcium 25.2 mg, vitamin A 143.7 RE, vitamin C 1.2 mg, protein 4.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts; *I* incomplete data; excludes sugar in fruit.



Cherry Tree

Kids will love watching this tree "grow" as they add not only cherries or cherry tomatoes, but also bite-size pieces of assorted fruits or vegetables. A low-fat vegetable dip or fruit dip could accompany the "tree."

1 head of iceberg or romaine lettuce
assorted fruits or vegetables
cone-shaped Styrofoam about 12 inches tall
toothpicks

1. Separate and wash large lettuce leaves. Drain well on paper towels.
2. Cover cone with lettuce leaves using toothpicks.
3. Clean and cut fruits or vegetables into bite-size pieces.
4. Attach pieces to cone using toothpicks.
5. **Makes** 24 small servings.

Recipe meets standards; however, analysis will vary based upon fruits or vegetables used.

Easy as Apple Pie

What's more American than apple pie, and what's tastier than this version? Any frozen pie shell will do, but check labels for trans fats. We tested this recipe with Granny Smith apples, but other pie varieties will also work.

Topping:

3/4 cup whole wheat flour
1/2 cup brown sugar
1/4 cup margarine, cut in small pieces

Pie:

1 (9 inch) unbaked frozen pie crust
1/2 cup granulated sugar
3 tablespoons all-purpose flour
1/2 teaspoon cinnamon
1/4 teaspoon salt
6 cups thinly sliced apples

1. Prepare topping by combining flour, brown sugar and margarine in a small bowl; mix until evenly blended and crumbly. Set aside.
2. Clean and slice apples.
3. Preheat oven to 375 °F.

Trans fats are created by a commercial process that makes liquid oils more solid. They are found in many processed foods, such as pastries, biscuits, cookies, crackers and stick margarines. *Trans* fats have been shown to increase the risk of heart disease, stroke and diabetes.

4. Combine sugar, flour, cinnamon and salt in a small bowl. Add to apples and toss.
5. Spoon apple mixture into pie shell. Sprinkle crumb mixture on top.
6. Bake for 50 minutes or until golden brown.
7. Cool and cut into small wedges. **Makes 16 small servings.**

Nutrition Information per Serving:* 175 calories, calories from fat 29%, calories from saturated fat 5%, trans fat *I*, calories from sugar* 29%, sodium 124 mg, fiber 1.8 g, calcium 13.4 mg, vitamin A 30.7 RE, vitamin C 0.1 mg, protein 1.3 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data; excludes sugar in fruit.

Cherry Delight

For a really patriotic look, use half cherry filling on one side and half blueberry on the other. Shop for pie fillings labeled "less sugar added." To save time, we assembled and refrigerated the crust and filling one day, and just before serving the next day, we added the fruit topping.

Crust:

- 8 ounces pretzels (1 1/2 cups crushed)
- 1 (4 ounce) package pecan pieces
- 3 tablespoons sugar
- 1/2 cup margarine, melted
- Gallon-size plastic freezer storage bag

Filling:

- 1 (12 ounce) can fat-free condensed sweetened milk
- 1 (3.4 ounce) package instant vanilla pudding mix
- 1/2 cup water
- 1 1/2 cup frozen whipped topping, thawed

Topping:

- 1 (21 ounce) can cherry pie filling

1. Preheat oven to 350 °F.
2. Put pretzels in a large resealable plastic bag. Seal the bag and roll with rolling pin until pretzels for finely crushed.
3. Combine pretzel crumbs, pecan pieces, sugar and melted margarine in a medium bowl. Mix well.
4. Press pretzel mixture into the bottom of a 13 x 9-inch pan. Bake 8 minutes. Cool.

Look at the Nutrition Facts label to find out how much trans fat is in a given food. WV School Nutrition Standards require that a serving of snack food contains no more than 0.5 grams of trans fat.

5. Prepare filling by mixing together condensed milk and water in a large bowl until well blended. Add pudding mix and beat with a hand mixer for 2 minutes. Refrigerate for 10 minutes or until mixture is firm.
6. Spread filling on crust and refrigerate for 1 hour or overnight.
7. Spread canned fruit pie filling evenly over the top.
8. Cut into squares. **Makes 24 small servings.**

Nutrition Information per Serving:* 193 calories, calories from fat 23.36%, calories from saturated fat 8%, trans fat *I*, calories from sugar* 35%, sodium 157 mg, fiber 0.6 g, calcium 68.8 mg, vitamin A 57.6 RE, vitamin C 1.4 mg, protein 2.9 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data; excludes sugar in fruit

Packaged Foods

Blue corn chips

Salsa (low sodium variety)

Sponge cake Most meet standards, but check labels to be sure.

Frozen yogurt sundaes made with fresh strawberries and blueberries

Watermelon

Cafeteria Recipes

Old Glory Cake Prepare *Yellow Cake* USDA C-20. Top with 2 cups whipped topping. Arrange fresh strawberry halves and blueberries in an American flag design.

Cherry Cobbler USDA C-06

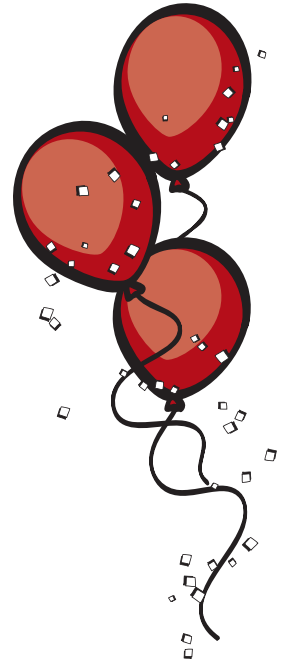
Country Hoedown

Whether it's a farm, a ranch or the wide open spaces of the prairie, there's just something special about good ol' country fun. A country theme usually conjures up thoughts of cowboys and cowgirls, farmers, horses, farm animals, hay bales and barn dances. To create your own country themed party, choose a few of the following ideas or change them to suit your needs. We recommend setting the stage with decorations, costumes and music. Play some physically challenging activities, and then treat your cowpokes to some healthy country style recipes.

Y'all ready? Then put on your best "bib and tucker" and let your imagination take you down country roads to a party...country style!

PARTY IDEAS

- **Decorations** – Build a make-shift campfire (use logs and paper flames), hitch up a wagon, and set out checkered table cloths, cactus cut-outs, straw and hay bales. If it's autumn, arrange pumpkins, gourds and Indian corn beside corn shocks.
- **Costumes** – Wear jeans or denim skirts, plaid or Western shirts, bandannas, belts with large buckles, cowboy hats, boots, and sheriff's badges. Make vests from brown paper grocery bags by cutting from the top of the bag to the bottom. Cut out a neckline and arm holes, and then cut fringe along the bottom.
- **Music** – Play current country songs as well as old favorites, like "Country Roads."
- **Dance** – Have a *Hoedown*. Try doing a line dance, square dance, or the Chicken Dance. If you don't know how to do these dances, check with the physical education teacher, a colleague or find instructions and videos on the Internet.
- **Quiet Game** – *Hat Trick* – Place a cowboy or straw hat on the floor in the middle of a small group of students seated about 1-2 feet from the hat. Using playing cards or index cards, throw each card with a sidearm flip of the wrist. Set a time limit; each card which lands in the hat scores a point.



Calories in = calories out. It's important to maintain an energy balance - the number of calories taken in should equal the number of calories expended.

When playing relay games, it is important that every student has a turn. As players finish the relay, have them sit in a designated area until all finish. Having fun and being active is the main goal.

To ensure this activity is successful, particularly with younger students, have at least one adult help turn the rope to control the speed.

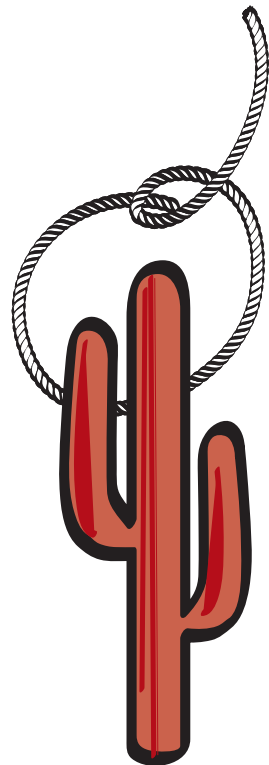
- **Art project** – Make a Western-style necklace or bracelet. Choose various sizes and shapes of pasta (or beads), being sure holes are large enough to thread onto string or elastic thread. To color pasta, place it with food coloring in plastic bags and toss to coat. Spread coated pasta on newsprint to dry. When threading pasta, tie the middle of a straw around one end of the string. This prevents the pasta from sliding off.

ACTIVE PLAY IDEAS

- **Bust the Bronco** – Have students tie one end of a string or ribbon to a balloon and the other end to one ankle. (Check for any students with latex allergies before using balloons). Then, using their free foot, players try to safely burst others' balloons. The last player with a balloon is the winner.
- **Milk Pail Relay Race** – For 25 students, you will need 10 buckets, 5 sand shovels or large spoons, water or foam shipping “peanuts” and spot markers or tape to mark a starting point. For each group, place a pail filled with “milk” (water or “peanuts”) behind one of the spot markers and an empty pail about 15 to 20 feet from another spot marker. Divide the students into five groups and have them line up behind the starting point. On a signal from the leader, the first player in each group fills the sand shovel or large spoon with “milk,” walks to the opposite mark, and pours it in the empty pail. The player returns and hands the shovel/spoon to the next player in line. Set a time limit; play continues until the leader signals stop. Measure the amount of “milk” transferred. The object is to have the most “milk” in the pail.
- **Round-Up** – Use a large tub or mark off a space within the play area to serve as the “corral.” Toss balloons out into the play area and have students “round them up” into the corral without using their hands. The object is to get as many balloons as possible into the corral before time has expired.
- **Rope Run Challenge** – Find a long jump rope (48 inches or longer). Play a country song with a strong beat as two students turn the jump rope and the others try to run through the turning rope without getting caught. Remind players that timing is important to avoid being caught by the rope. Leave plenty of space between runners. Continue until all students have successfully run the rope challenge.

- **Listen! It's a Rattlesnake!** – Fill 5-6 chip cans or empty paper towel tubes with several tablespoons of rice or dried beans and secure with tape. Designate a safe area for students to move around in by setting boundaries. Divide students into 3 groups. Choose 5-6 students to be “rattlesnakes,” and position them inside the play area. Their job is to move about inside the boundary and rattle the cans. Choose 4-5 safety keepers. Their job is to give directions to keep blindfolded players and rattlers safely within the boundaries; however, they do not tell where the snakes are located. Blindfold all other students. (Wide headbands or bandannas work well or use masks cut out of construction paper with elastic strings.) Place the blindfolded students inside the play area. When the leader signals “rattle”, the snakes move about shaking their rattles constantly. Blindfolded players listen to find a rattlesnake. No running is allowed. To control running, have rattlers stay in place rather than move as they rattle. If a rattler is caught, he must leave the play area. When all are caught, choose new “rattlesnakes” and safety keepers, and start the activity again.
- **Cactus Toss** – Use large cardboard, foam board, or wooden cactus cutouts and beanbags. Cut out several circles in each cactus for targets. Students stand behind a foul line and toss the beanbag through the holes. Or practice cowhand skills; use a rope to lasso the cactus. Bean bags can be made out of snack size sandwich bags (freezer bags are thicker) or small fabric squares, and filled with dried beans or rice. Tie fabric squares with rubber bands if sewing isn't an option!
- **Dead Eye** – Cowboys would practice their sharp shooting skills by aiming at cans set on fence posts or large rocks. Let your students test their marksmanship skills using foam balls or bean bags. Arrange cans along a bench and have students take turns trying to knock the can off the bench. Challenge them to be the first to knock all of the cans off in the fewest number of tries.

To protect against the spread of disease or other contagions, provide each player with a blindfold. Wash any fabric blindfolds before re-using.



Real chuck wagons are hard to find, so serve your hoedown party foods from a child's wagon. Just add a "chuck wagon" sign. Use wooden bowls, baskets lined with bandanas, iron skillets and wooden spoons as serving pieces. Make a centerpiece out of wildflowers in a Mason jar.

MENU IDEAS

Student Friendly Recipes

Happy Trails Mix

Nuts may pose a choking hazard for very young students. You may omit them in this recipe or substitute sliced almonds for whole ones. We tested this recipe using Honey Nut Cheerios.

- 8 cups honey nut o-shaped cereal
- 1 cup almonds, whole or sliced
- 1 cup sunflower kernels, dry roasted
- 2 cups raisins
- 1 (6 ounce) package dried fruit, chopped
- gallon-size plastic food storage bag

1. Combine all ingredients in a plastic food storage bag. Seal and shake gently to mix.
2. Portion into small paper or plastic snack-size bags. Makes 24 half-cup servings.

Nutrition Information per Serving: * calories 173, calories from fat* <1%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 9%, sodium 87 mg, fiber 3.3 g, calcium 73.5 mg, vitamin A 62.0 RE, vitamin C 3.3 mg, protein 4.2 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in seeds and nuts; excludes sugar in fruit.

Wagon Wheel Wraps

You can't carry these in your saddlebag, but they are tasty. Tortillas and processed meats can be quite high in sodium, so shop carefully. To make the cream cheese easily "spreadable," add a few drops of milk.

- 1 (8 ounce) package low-fat cream cheese, softened
- 6 ounces smoked turkey breast, thinly sliced
- 6 (10 inch) flour tortillas
- 2 cups spinach leaves
- plastic wrap

1. Spread about 2 tablespoons of softened cream cheese onto each tortilla.
2. Top with a layer of turkey and a layer of spinach leaves.

3. Roll tightly and seal edges with a little cream cheese. Wrap in plastic wrap and refrigerate two hours or overnight.
4. Cut each roll into 1-inch slices. **Makes 30 two-slice portions.**

Nutrition Information per Serving: * calories 67, calories from fat* 28%, calories from saturated fat* 3%, trans fat *I*, calories from sugar <1%, sodium 164 mg, fiber 0.5g, calcium 28.0 mg, vitamin A 24.1 RE, vitamin C 0.6 mg, protein 3.0 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese; *I* incomplete data.

Johnnycakes

Unlike the first Johnnycakes that were cooked on a stone around a campfire, ours can be cooked on an electric skillet in a classroom. When cooking with young children, have an adult stationed at each skillet to closely supervise. As you cook these cakes, it may be necessary to add a little more milk to maintain pouring consistency.

- 1 cup cornmeal, yellow or white
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1 cup water, boiling
- 1 large egg
- 1/2 cup skim milk
- 2 tablespoons oil
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 2 tablespoons oil
- 3/4 cup maple syrup

1. Combine cornmeal, salt and sugar in a medium bowl. Carefully stir in boiling water. Cover and let stand for 10 minutes.
2. Beat together egg, milk and 2 tablespoons of oil. Add to corn meal mixture.
3. Stir together flour and baking powder. Add to cornmeal mixture.
4. Preheat a non-stick griddle or electric skillet on medium. Add a teaspoon of oil and pour 1/4 cup of batter onto the griddle. Cook until golden brown, about 2-3 minutes on each side. Serve with maple syrup. **Makes 12 cakes.**

Nutrition Information per Serving: * calories 174, calories from fat 27%, calories from saturated fat 4%, trans fat <0.1 g, calories from sugar 31%, sodium 142 mg, fiber 0.7 g, calcium 58.5 mg, vitamin A 19.6 RE, vitamin C 0 mg, protein 2.4 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Johnnycakes were first invented in New England where American Indians showed Pilgrims how to grind and use corn. These cakes were carried in saddlebags on long journeys. Their name may have been derived when New Englanders pronounced "journey cakes," or come from the Indian word, *janiken* meaning corn cake. Today we eat Johnnycakes plain, with butter or applesauce, or with maple syrup, as this recipe suggests.

Cowhand Hash

This hearty dish could become a chuck wagon favorite. Serve it up in small pie tins for "cowpokes" to enjoy around a pretend campfire.

- 1 medium onion, finely chopped
- 1/2 cup celery, finely chopped
- 2 tablespoons oil
- 1 (2 pound) package frozen hash browns, Southern style
- 1/2 teaspoon dry mustard
- 1/2 teaspoon garlic powder
- 1 (10 ounce) can corned beef
- 1 cup lower-sodium beef broth

1. Heat oil in a large non-stick electric skillet. Add onions and celery; sauté until tender about five minutes.
2. Add potatoes, season with garlic and dry mustard; toss. Cover and cook 10 minutes on medium. Turn potatoes.
3. Top potatoes with crumbled corned beef and broth. Cover and cook another five minutes until potatoes are tender. Toss to combine beef and potatoes. Serve hot. **Makes** 24 1/3-cup portions.

Nutrition Information per Serving:* calories 70, calories from fat 34%, calories from saturated fat 10%, trans fat *I*, calories from sugar 0%, sodium 139 mg, fiber 1.0 g, calcium 2.4 mg, vitamin A 0.3 RE, vitamin C 2.0 mg, protein 5.0 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data.

Packaged Foods

Corn chips with salsa and bean dip Check labels for low-fat and low-sodium varieties.

Fresh apple slices

Fruit leather

Apple juice

Cafeteria Recipes

Buckaroo Baked Beans (USDA Recipe I-06) Serve 1/3-cup portions in small pie tins.

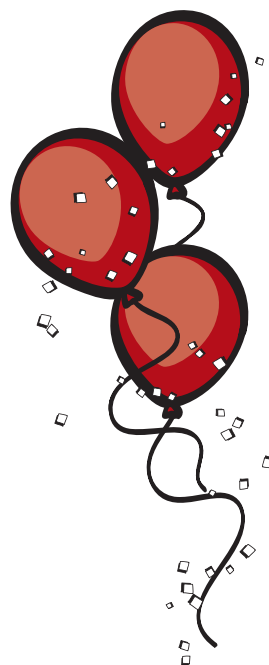
Oatmeal Raisin Cookie (USDA Recipe C-25)

Pirate Adventure

Ahoy there, Matey! If it's a pirate adventure yer lookin' to find, you come to the right place. "X" marks the spot of this themed party! Begin by setting the stage with the Party Ideas listed below, and then treat your swashbucklers to a treasure chest full of games, activities, and healthy pirate fare.

PARTY IDEAS

- **Decorations** – Cast a net on the wall, over a bookshelf or on a table; drop an anchor and scatter some seashells. Fly the Jolly Roger flag; add some palm trees, a treasure chest and oars, or even part of an old rowboat. Plastic sea creatures, skeletons and a crocodile float or yard ornament will also add to the atmosphere. And don't forget the parrot!
- **Costumes** – Party-goers should dress like pirates. T-shirts, capris, shorts or pants can be transformed into pirate attire by adding a sash or large belt, vest, bandana cap, hoop earring, eye patch, and face-painted whiskers or beard.
- **Music** – Play some age-appropriate pirate show tunes from "Pirates of the Caribbean," "The Pirates of Penzance," or "Muppet Treasure Island"; or try an Internet search for pirate songs or sea shanties.
- **Art Activity** – Make a pirate hook using a large paper/plastic cup and an aluminum foil covered cardboard hook inserted through the bottom. Or let your buccaneers design and create their own "treasure island" complete with buried treasure and a map to find it.
- **Quiet Game** – Doubloon, Doubloon, Who Has the Doubloon? – Have players stand in a circle with arms bent at the waist, and hands together - palms touching - in front of them. The object of this game is for the designated pirate captain to pass a gold coin hidden in his palms while moving around the circle leaving the coin in the hands of another player. After going to all children, three guesses are made to discover where the coin is hidden. The player with the coin becomes the new captain and starts the game again. (Several smaller circles increase the speed of the game and give everyone an opportunity to be the pirate captain.)



Water, water everywhere . . .
and plenty enough to drink!
Water is essential and the
best way to hydrate during
physical activity. Soft drinks
and sport drinks are not
healthy alternatives.

Let's Party

Memory games train the brain. In order to stay fit, this part of the body needs exercise, too.

- **Quiet Game** – Matey Memory – Prepare a matching game by making flashcards using pirate terms. (Instead of flash cards, a computer version might be prepared.) Depending on students' ages, select 6 or more terms to match to their definition or synonym. Sample words might include pirate, buccaneer, treasure, matey, swashbuckler and plunder. Do an online search for more words. (Check out the website, talklikeapirate.com.)

ACTIVE PLAY IDEAS

Painter's tape may be used instead of a plank for very young children or those with physical limitations.

- **Buried Treasure!** – Aye, bet you can guess the object of this cooperative game - find the buried treasure! Make or purchase 8 coins in 6 different colors. You will also need 48 cups and a "treasure chest" (box) for each group of students. Have students place a coin under each cup positioned throughout the playing area. This is the "buried treasure." Divide the students into groups of 4 or 5. Assign each group a different color of treasure. To keep students within their groups, give each group a jump rope. Instruct group members to hold the rope with one hand as they search for their treasure. In order to retrieve their treasure, students will look under the cup and remove only their color coin. If not their color, they replace the cup and continue searching. Students should deposit each coin into their treasure chest as it is found. The game concludes when all groups have found a designated number of coins in their color.
- **Arrrr! Walk the Plank** – Set up several long 2 x 4-inch pieces of wood on a level play area. This becomes the plank for the pirates' captives to walk. Players attempt to walk across the plank by first walking straight forward, then walking backward or sideways. Players who fall "overboard" must go to the end of the line and start again. To make the task even more challenging, give players beanbags to balance in each hand, on their shoulders, or even on their elbows.
- **Man-of-War** – This was a ship designed and outfitted for battle; here it's the familiar game of tug-of-war. Tie a flag to hang in the center of a long rope. Place a hula hoop on the ground directly under the flag to measure its movement. Divide players into two groups, and recruit an adult to anchor each side. Give players a pair of work gloves to protect their hands. On a signal from the leader, players try to pull the

other team toward their side. When the flag passes beyond the hula hoop, the team on that side wins.

- **Man Overboard** – Find a recording of the song, “Wipe-out”. This song has a distinct drumming section signaling a change in activity. During each music section, the leader calls out swimming moves such as the crawl, backstroke, sidestroke or treading water while players imitate them and move around an area. (Be sure to teach all moves before putting them to music.) During the drumming section, the leader calls out “Overboard!” alerting players to stop and perform some form of exercise in a stationary position (run in place, squat thrusts, or jumping jacks, etc.). When the music resumes, call out a new swimming move and repeat the sequence four times. Finish with treading water and holding your nose!
- **Aye, Eye, Captain** – This game requires good eye-hand coordination, concentration and practice. The challenge is to thread pieces of uncooked spaghetti through each end of a straw. Begin by designating partners and giving each pair a large straw and two pieces of spaghetti. One partner holds the straw horizontally at eye level in her fingertips between herself and her partner. The other partner holds a piece of spaghetti in each hand trying to place each in a different straw at the same time. Like threading a needle, only more fun!
- **Cannonball Bowling** – As in regular bowling, the object of this activity is to knock down the most pins, only in this version using a “cannonball.” For each group, mark a foul line with gym tape. (If using masking tape or chalk, remember to remove it immediately following the activity). Place 10 bowling pins (empty plastic milk bottles, water bottles, or chip cans) at one end of the bowling lane, and a cannonball at the other end. Divide players into groups, and assign each group a bowling lane. Identify one player as a pinsetter. Using the cannonball, players take turns trying to knock down the pins. Each player gets two opportunities to knock down all the pins. The pinsetter replaces the pins, and the bowler becomes the next pinsetter.

Physically active students are more likely to be academically motivated and have a better self-image than inactive ones. They also have more energy, are alert, and have shorter bouts with illnesses



Decorate tables with black tablecloths. On the serving table, place a treasure chest (a toy chest or chest made from a box) overflowing with plastic "jewels" and "pieces of eight." Perch a stuffed parrot on the chest. Make and attach pirate flags to wooden skewers for finger foods.

MENU IDEAS

Student Friendly Recipes

Overboard Bars

These bar cookies are overboard on good taste and nutrition.

Filling:

- 8 ounces chopped dates
- 8 ounces dried apricots
- 1/3 cup frozen orange juice concentrate
- 2 cups water
- 1 teaspoon almond extract

Crust:

- 2 cups whole-wheat flour
- 2 cups regular rolled oats
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 teaspoon baking soda
- 1/2 cup butter, softened
- 1/2 cup shortening
- cooking spray

1. To prepare filling, place dates, apricots, orange juice and water in a saucepan. Cover and simmer for 20 minutes, stirring occasionally. Remove from heat. Stir in almond extract and set aside.
2. In a large bowl, mix together flour, oats, sugars and baking soda. Cut in shortening and butter until well blended. Mixture will be crumbly.
3. Preheat oven to 350 °F. Spray 13 x 9-inch baking pan with cooking spray.
4. Press half of the flour mixture in the bottom of the pan. Spread fruit filling over the mixture. Top with remaining mixture and press lightly.
5. Bake for 20 minutes or until lightly browned. While warm, cut into squares.
6. **Makes 30 servings.**

Nutrition Information per Serving:* 183 calories, calories from fat 31%, calories from saturated fat 10%, trans fat 0 g, calories from sugar* 15%, sodium 39 mg, fiber 3.1 g, calcium 19.9 g, vitamin A 75.0 RE, vitamin C 4.5 mg, protein 3.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Jolly Roger's Watermelon Boat

This simple recipe of mixed fruit is made special by the way it's served – in the watermelon. Some paper "sails" and Jolly Roger flag on wooden skewers will make this "boat" seaworthy. The fruit varieties listed are only suggestions. Many kinds of fresh fruit may be used.

- 1/2 watermelon
- 1/2 cantaloupe
- 1/2 honeydew
- 1 cup seedless grapes
- 1 cup strawberries, cleaned and halved
- 1 cup blueberries

1. Have an adult wash and cut watermelon in half lengthwise. Remove melon from rind in chunks or balls, leaving rind intact.
2. Clean fruits, remove any large seeds and cut into bite-size pieces.
3. Place fruit in prepared watermelon. Decorate with a flag and sails.
4. **Makes** 18 one-third cup servings.

Nutrition Information per Serving:* 66 calories, calories from fat 5%, calories from saturated fat <1%, trans fat 0 g, calories from sugar* 0%, sodium 10 mg, fiber 1.2 g, calcium 14.9 g, vitamin A 98.8 RE, vitamin C 28.2 mg, protein 1.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

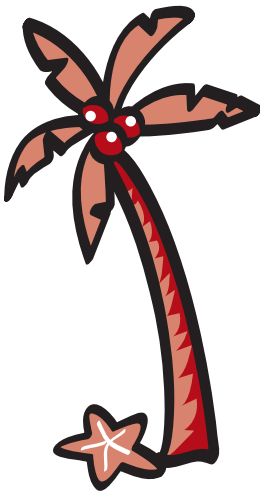
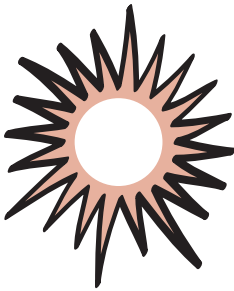
Cross Bones

These whole-wheat pretzels will be a hit with the mates. Each child can shape his own pretzel. This is a good opportunity to emphasize handwashing for cooks.

- 1 tablespoon active dry yeast
- 1 1/2 cups warm water
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 cups whole-wheat flour
- 2 cups all-purpose flour
- 1 egg, beaten
- 1 tablespoon coarse salt or poppy seeds, optional
- cooking spray

1. In a small bowl, dissolve yeast in warm water. Let stand 10 minutes.

Fruits are nature's treats.
Students need 1 ½ to 2 cups
daily depending on their age.
But go easy on the juice, and
always make sure it is 100%
real fruit juice.



2. In a large bowl, combine yeast mixture, sugar, salt and 2 cups flour; beat well. Stir in the remaining flour, 1 cup at a time, until stiff dough is formed. Place dough in a lightly sprayed bowl, cover and let rise in a warm place until doubled in size.
3. Preheat oven to 450 °F. Spray several baking sheets with cooking spray.
4. Turn dough onto a lightly floured surface. Knead 3 minutes. Divide in 24 pieces.
5. Roll pieces out into a long “rope,” cut in half and form into cross bones or other shapes.
6. Place on baking sheet. Brush tops with beaten egg; sprinkle with a little salt or seeds, if desired.
7. Bake for 12 to 15 minutes, until golden brown. **Makes 24 pretzels.**

Note: If preferred, these pretzels can be made from frozen dough.

Nutrition Information per Serving:* 74 calories, calories from fat 4%, calories from saturated fat <1%, trans fat *I*, calories from sugar <1%, sodium 149 mg, fiber 1.6 g, calcium 5.8 g, vitamin A 0 RE, vitamin C 0 mg, protein 2.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data.

Sea Turtles

Kids will love making these creatures.

- 2 (3 ounce) packages low-fat cream cheese, slightly softened
- 1/8 teaspoon ground cinnamon
- 2 tablespoons honey
- 4 small whole-wheat crackers
- 1 cup red seedless grapes
- 1/2 cup raisins

1. Wash and cut grapes in half. Let dry on paper towels.
2. In a small bowl, combine cream cheese, cinnamon and honey. Mix until well blended.
3. Shape into 24 balls.
4. Place a cheese ball on each cracker. Press a grape half onto the cheese.
5. Position raisins for “head” and “feet.”
6. **Makes 24 servings.**

Nutrition Information per Serving:* 34 calories, calories from fat* <1%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 13%, sodium 37 mg, fiber 0.3 g, calcium 10.9 g, vitamin A 10.4 RE, vitamin C 0.2 mg, protein 1.1 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese; *I* incomplete data; excludes sugar in fruit.

Monkey Mix

We used Honey Nut Chex, but other whole-grain cereals will work as well.

- 1 cup dried banana chips
- 1 (6 ounce) package dried pineapple chunks
- 1 cup dried apricots, cut into pieces
- 1 cup dried cranberries
- 1 cup pecan halves or pieces (Omit for young children.)
- 3 cups whole-grain cereal squares

1. Combine all ingredients in a large bowl. Toss to mix.
2. May spoon 1/3 cup portions into snack-size resealable plastic bags.
3. **Makes 24 servings.**

Nutrition Information per Serving:* 126 calories, calories from fat* 9%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar* 5%, sodium 75 mg, fiber 1.5 g, calcium 24.8 g, vitamin A 65.1 RE, vitamin C 1.4 mg, protein 1.1 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and sugar in fruit.

MyPyramid recommends six ounces of grain foods daily. Here's what counts as an ounce.

- 1 cup flaked cereal
- ½ cup pasta
- 5 whole wheat crackers
- 3 cups popped corn
- ½ cup cooked cereal

Pirates' Pops

You can make a variety of pops by using crushed cereals, pretzels or crackers, in addition to wheat germ. You can also make some with peanut butter and some with yogurt.

- 8 medium bananas
- 2 cups low-fat vanilla yogurt
- 2 cups wheat germ
- 24 popsicle sticks

1. Cut peeled bananas in thirds crosswise.
2. Insert stick in one end of each banana piece. Place on a baking sheet and freeze overnight or until hard.
3. Spread wheat germ on a plate.
4. Dip bananas in yogurt; roll in wheat germ.
5. Return to freezer until ready to serve.
6. **Makes 24 servings.**

Nutrition Information per Serving:* 87 calories, calories from fat 14%, calories from saturated fat 4%, trans fat *I*, calories from sugar* 13%, sodium 15 mg, fiber 2.3 g, calcium 40.6g, vitamin A 5.8 RE, vitamin C 3.6 mg, protein 3.6 g
*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; *I* incomplete data; excludes sugar in fruit.

A 12-ounce can of cola contains 10 teaspoons of sugar. These *liquid calories* don't fill you up. It isn't surprising that children who drink soft drinks are at much greater risk of being obese than children who do not drink sodas.

Black Beard's Brew

None of Black Beard's crew would fall victim to scurvy if they drank this high Vitamin C "brew."

- 1 (12 ounce) can frozen lemonade
- 1 (64 ounce) bottle orange juice
- 1 (48 ounce) can pineapple juice
- 3 (12 ounce) cans club soda
- 2 oranges, sliced
- 1 lemon, sliced

1. In a large bowl, mix together lemonade and juices.
2. Just before serving, add soda, orange and lemon slices.
3. **Makes 26** six-ounce servings.

Nutrition Information per Serving:* 91 calories, calories from fat 2%, calories from saturated fat <1%, trans fat 0 g, calories from sugar* 33%, sodium 5 mg, fiber 0.9 g, calcium 25.8 g, vitamin A 9.1 RE, vitamin C 42.7 mg, protein 1.0 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit.

Packaged Foods

Carrot slices ("Pieces of Eight") Caution: These may pose a choking hazard for young children.

Watermelon

Fish crackers or pretzels

Shipwreck sandwiches Use low sodium turkey on pita bread with fat-free spreads and trimmings.

Cafeteria Recipes

Party Peg Legs Bake chicken drumsticks with *Barbecue Sauce* (USDA G-02).

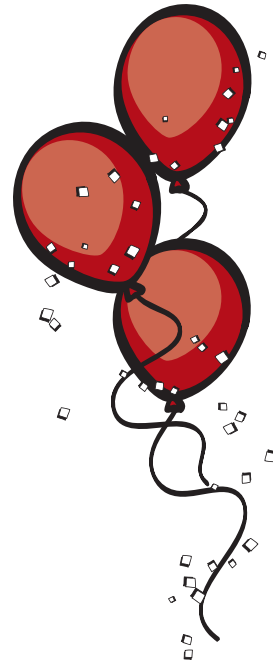
Fruit Platter Arrange a variety of fresh fruits on a tray.

Garden Party

Let's not keep this one a 'secret' garden! Share all the fun, and none of the work of gardening in this garden-inspired party. Most appropriate during the spring and summer months especially in an outdoor setting; a garden party could be an informal celebration for Earth Day or a more formal dress up tea party.

PARTY IDEAS

- **Decorations** – Set out watering cans or colorful pots that are painted or covered with brightly colored paper. Add live or artificial flowers, vegetables, ferns or other plants and tie with ribbons and balloons. Use clean garden gloves and small garden tools, or small pots of flowers as centerpieces. Cover tables with brown recycled paper for an informal party, or white tablecloths for a tea party.
- **Costumes** – Wear comfortable gardening clothes, or choose more formal attire with hats (flowered bonnets for the girls and top hats for the boys) for the tea party.
- **Music** – Try to find a recording of the 1972 Ricky Nelson tune “I Went to a Garden Party.” Depending on the theme of the party, classical music might be more appropriate for a formal tea party, while more lively tunes would be better for a celebration.
- **Art Activities** – Have students paint flower pots and plant small, inexpensive flowers or vegetable plants. Or use a variety of shapes, sizes and colors of beans, seeds, and other small items to create garden collages. Arrange the seeds to resemble a garden and glue onto a piece of cardboard. Trim with a little paint.
- **Quiet Games** – Try playing the old-fashioned game, Clothespin in a Jar. Players take turns dropping clothespins into a canning jar. They should hold the clothespin near the tip of the nose, aim for the opening of the jar by looking down (not bending from waist) and then, letting go of the clothespin. The object is to get as many clothespins as possible in the jar. To minimize competition, give each player 3 tries to score a hit; everyone who scores is a winner. Mind Reader – a game of listening and problem solving. To prepare, make an identical set of cards for each student. A set



Spring is the perfect time for yard work. Get out the rake and clean up leftover leaves and grass. For more physical activity benefits, use a push mower to give the yard its first cut. Involve children in spring yard cleanup.

consists of 4 different-colored cards or, for a garden flair use 4 different seed packets instead. Each player is given his own set of cards. Students sit back to back in pairs. One student is designated the “mind,” and the other is the “reader.” The “mind” places her cards in front of her in a sequence of her choice. The “reader” then places his cards in the sequence he thinks matches the “mind’s” sequence. He then calls out his sequence, and the “mind” responds by telling the “reader” which, if any, cards are in the correct sequence. The “reader” continues to adjust his sequence based upon the “mind’s” response until both players’ sequences match. Then players exchange roles.

ACTIVE PLAY IDEAS

- **Cotton Pickin’ Fun** – Read or tell a story about picking cotton in a field. Then scatter cotton balls around an open play area. Designate an area on the perimeter where gathered cotton will be placed in boxes. The object of this game is for children to gather the cotton balls, one at a time, with a spring clothespin, and then put them in a collection box. After each successful collection, send the gardeners back out for more. Set a time limit.
- **Wheel Barrow Races** – Conduct a wheel barrow race for a short distance. Divide students into groups of two or three. One player gets down on his hands and knees and then extends his legs. One or two children hold his extended legs at approximately waist (or thigh) height. These players support the weight while the other player uses his hands to cover a short distance. Students can compete to see who can finish first, or everyone can take turns to see if they can complete the task successfully. (Crab walking could be substituted since it doesn’t require as much arm strength).
- **Paint the Garden Fence** – Use water and large paint brushes to paint a piece of cardboard. Divide into several groups, and set a timer to see how fast the job can be finished. If the group goes too slowly, the “paint” will dry and they will need to start over. If they go too fast, the paint job may not pass inspection!
- **Pin the Tail on the Rabbit** – An adaptation of another familiar party game, the object here is to pin the rabbit’s tail closest to where it belongs on the picture. Place a large picture

Being active is the goal.
Winning and losing are
not important; it’s all
about playing!

or cut-out of a “tail-less” rabbit on a wall. Blindfold one student at a time and give him a paper tail with tape or sticky tack on the back of it. Then turn the student around and direct her to pin the tail on the rabbit.

- **Hot Snakes!** – Put students in a circle. Instruct them to gently toss or pass rubber snakes around the circle while music is playing. When the music stops, everyone yells, “Hot snake!” Instead of eliminating the student who was left holding the snake, start a new game. A potato or other vegetable can be substituted for the snake.
- **Creepy Crawly Creature Find** – Fill one or more small wading pools with sand or potting soil, and hide plastic fishing worms and bugs in the makeshift gardens. Then, have students put on garden or plastic gloves, dig for the hidden creatures, and collect them in a small pail. The object of this game is to find the most creatures.
- **Peanut Harvest** – No need to worry about allergies for this game. Scatter foam packing “peanuts” around the play area. Using their hands, players “harvest” the foam peanuts and place them in a small bucket or box. The “peanuts” are then transferred from the bucket or box to a trash bag placed 15 or more feet apart.

Avoid elimination games. The fun is in the playing, not the watching.

MENU IDEAS

Student Friendly Recipes

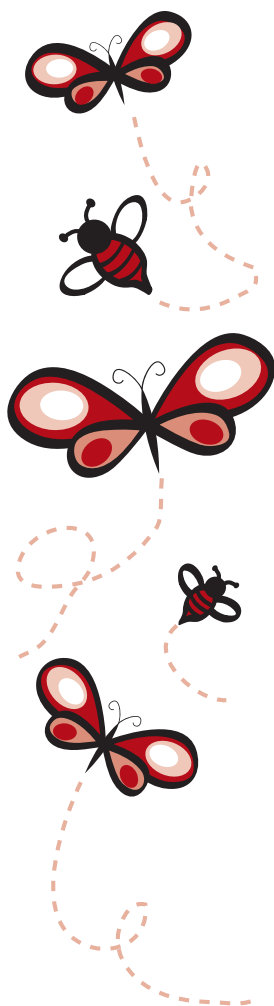
Party Peach Soup

In-season, sweet fresh peaches are best, but don't let that stop you from trying this refreshing cold soup. Frozen peaches work well, too.

- 4 cups fresh peach slices or 2 (1 pound) packages frozen peaches
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup low-fat sour cream
- 3/4 cup orange juice
- 3/4 cup pineapple juice
- 2 tablespoons lemon juice

1. Clean and slice peaches, or thaw frozen ones.
2. Process peaches in a blender or food processor until smooth.

Decorate tables with baskets of vegetables, flower pots and seed packets. Baskets, garden containers and tools also make great serving pieces. Just be sure to purchase new inexpensive ones. It would be impossible to sanitize ones that have been used in the garden.



3. Combine processed peaches and remaining ingredients.
4. Chill several hours. **Makes 12 half-cup servings.**

Nutrition Information per Serving:* calories 71, calories from fat 18%, calories from saturated fat 10%, trans fat 0 g, calories from sugar* 19%, sodium 15 mg, fiber 0.9 g, calcium 38.9 mg, vitamin A 37.0 RE, vitamin C 11.5 mg, protein 1.5 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits.

Sweet and Savory Caterpillars

What garden party would be complete without a few caterpillars? Choose your favorite variety – “caterpillars” with cinnamon sugar or with savory garlic cheese, or better still, choose both.

- 1 (2 pound) package frozen whole-wheat roll dough
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1 cup low-fat milk
- cooking spray

1. Place frozen rolls on a greased baking sheet. Spray lightly with cooking spray. Let rest about 1 hour. Dough should be thawed, but still cold.
2. In a small bowl, mix together Parmesan cheese and garlic powder.
3. In another bowl, mix together cinnamon and sugar.
4. Prepare 4 baking sheets with cooking spray.
5. While dough is cold, divide each roll into 7 equal pieces; shape each piece into a ball.
6. Pour milk into a third bowl.
7. For savory “caterpillars,” dip each ball in milk then into cheese mixture; for sweet ones, roll in sugar mixture.
8. Form a caterpillar shape by placing 7 balls with sides touching on a prepared baking sheet. Leave at least 2 inches between “caterpillars.”
9. Let rest for 30 minutes.
10. Preheat oven to 350 °F.
11. Bake for 15-18 minutes until golden brown. **Makes 20 “caterpillars”**—10 sweet and 10 savory.

Nutrition Information per Serving:* calories 128, calories from fat 10%, calories from saturated fat 4%, trans fat 0 g, calories from sugar 21%, sodium 186 mg, fiber 0.9 g, calcium 45.7 mg, vitamin A 9.6 RE, vitamin C <0.1 mg, protein 5.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs.

Funny Bunnies

Kids will welcome these “bunnies” to their garden party. They’ll enjoy creating them and eating them, too.

- 2 (3 ounce) packages lime gelatin dessert mix
- 1 (29 ounce) can pear halves in juice, well drained
- 3 cups shredded lettuce
- 1/2 cup whole almonds (sliced ones for younger children)
- 1/4 cup maraschino cherries, cut in small pieces
- 1/4 cup raisins
- 1 1/2 cup low-fat cottage cheese

1. Make gelatin as directed on the package. Pour into a 9 x 13-inch pan. Chill 1 hour.
2. Place well-drained pear halves, rounded side up, on top of the gelatin. Position pears an equal distance apart. Chill until set.
3. Just before serving, cut gelatin. Place some shredded lettuce on each plate and top with pear in gelatin.
4. Decorate each “rabbit” with almonds for ears, raisins for eyes and piece of cherry for the nose.
5. With a scoop or spoon, place about 2 tablespoons of cottage cheese to form each bunny’s tail. **Makes 12 servings.**

Nutrition Information per Serving: * calories 159, calories from fat* <1%, calories from saturated fat* 0%, trans fat 0 g, calories from sugar* 17%, sodium 186 mg, fiber 2.1 g, calcium 42.4 mg, vitamin A 12.5 RE, vitamin C 1.9 mg, protein 6.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts and cheese; excludes sugar in fruit.

Butterflies and Bumble Bees

***Caution:** Contains peanuts. Only serve this food if no children are allergic to peanuts.*

- 1 cup smooth peanut butter
- 1/4 cup honey
- 2/3 cup non-fat dry milk
- 1/2 cup graham cracker crumbs
- 2 tablespoons cocoa
- 1/2 cup sliced almonds
- 1 1/2 cups mini pretzel twists
- toothpicks

1. In a medium bowl combine peanut butter and honey; stir until well mixed.

MyPyramid is a plan for balancing healthy eating and physical activity. (See Appendix.) It recommends eating foods from these groups daily. How much of each group children need depends on their age, sex and activity level.

Milk
Grains
Fruits
Vegetables
Meat and Beans

2. Add dry milk and cracker crumbs; blend thoroughly until mixture forms a ball.
3. Divide the mixture in half. Shape one half into 24 teaspoon-sized ovals.
4. Dip toothpick in cocoa, and press across "bees" to form stripes. Insert sliced almonds to form wings on each side of the "bee."
5. With the remaining half, make "butterflies." Shape mixture into 24 teaspoon-size ovals, slightly longer than the "bees" bodies.
6. Break pretzel twists in half. Insert pretzel pieces on each of side of the "butterfly" to form wings.
7. Keep refrigerated until serving. **Makes 24 two-piece servings.**

Nutrition Information per Serving: * calories 128, calories from fat* 3%, calories from saturated fat* <1%, trans fat 0 g, calories from sugar 10%, sodium 199 mg, fiber 1.2 g, calcium 36.4 mg, vitamin A 13.4 RE, vitamin C 0.1 mg, protein 4.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in nuts.

Flower Pot Bread

What fun seeing bread "growing" from flower pots! We used frozen rolls, but any bread dough will work. Just fill each pot about half full of dough. The first time you use flower pots they must be tempered. It takes some time, so plan to prepare them a few days before making the recipe.

- 1 (2 pound) package frozen whole wheat dinner rolls (or bread dough)
- vegetable oil
- cooking spray
- 4 (4-inch) NEW flower pots, tempered

Tempering pots:

1. Purchase four 4-inch unpainted, unglazed clay flower pots. Use only NEW pots.
2. Clean pots thoroughly with hot soapy water; rinse well. Let dry overnight.
3. Rub the inside and lip of each pot with vegetable oil, until no more oil is absorbed. (It will take several coats.)
4. Cover a baking sheet with aluminum foil. Place pots on the baking sheet.
5. Put the pots in a COLD oven. Heat oven to 400 °F, then turn off and leave pots to cool in the oven.
6. Again rub the pots with oil and bake as before.
7. Your pots are now tempered and ready to use. They will only need to be oiled or sprayed once each time bread is baked.

Baking bread:

1. Oil inside and lip of pots.
2. Place about 5 rolls in each pot. (Pot should be half full.) Spray tops with cooking spray, and then cover loosely with plastic wrap also sprayed with cooking spray. (This prevents dough from drying.)
3. Let dough rise until double in size, about 3 hours.
4. Preheat oven to 350 °F. Place pots on a baking sheet and bake for 20-25 minutes, until golden brown.
5. Allow to cool 5 minutes. Remove from pots onto cooling rack.
6. Serve warm or cold. Slice or pull apart. **Makes 20 portions.**

Nutrient Analysis: Plain whole wheat bread meets School Nutrition Standards. Nutrients will vary depending on the brand or recipe used.



Students need to vary their veggies. Brightly colored vegetables (dark green, red and orange) pack the most nutrition.

Farmer Green's Veggies and Dip

Prepare a tray of fresh green garden vegetables and this delicious low-fat dip.

Dip:

- 1 (8 ounce) package low-fat cream cheese, softened
- 1 cup plain low-fat yogurt
- 2 medium green onions, finely chopped
- 1 teaspoon dried dill weed
- 1/2 teaspoon celery salt
- 1/2 teaspoon garlic powder

Vegetables:

- 1 bunch broccoli
- 8 stalks celery
- 2 green peppers
- 1 cucumber
- 1 bag pea pods
- toothpicks

Milk is perhaps the best source of calcium. While other dairy foods may contain significant amounts of this bone-building mineral, low-fat and skim milks provide more calcium with fewer calories and less fat. It's nutrient dense.

1. Place softened cream cheese in a medium mixing bowl. Mix in half the yogurt until well blended.
2. Add the remaining yogurt, stirring well.
3. Add finely chopped green onion and seasonings. Mix well. Refrigerate several hours.
4. Clean vegetables and cut into bite-size pieces. Insert toothpicks and arrange on a serving platter around the bowl of dip. **Makes 16 two-tablespoon servings dip.**

Nutrition Information per Serving: * calories 64, calories from fat* 6%, calories from saturated fat* 3 %, trans fat *I*, calories from sugar 0%, sodium 81 mg, fiber 1.58 g, calcium 71.4 mg, vitamin A 96.5 RE, vitamin C 49.6 mg, protein 3.8 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes fat in cheese; *I* incomplete data.

Shake-it-up Ice Cream

This recipe is a crowd-pleaser. You'll want everyone to join in the fun of shaking up their own ice cream. We recommend freezer-type storage bags for extra strength. Want a variety of flavors? Try peach, banana, mango and others.

- 2 (3.4 ounce) packages vanilla instant pudding mix
- 1/2 gallon whole milk
- 2 (12 ounce) cans nonfat evaporated milk
- 1 1/2 cups sugar
- 2 tablespoons vanilla extract
- 3 cups frozen strawberries, partially thawed

- 28 gallon-size plastic food storage bags
- 28 pint-size plastic food storage bags
- 10 pounds rock (ice cream) salt
- 20 pounds crushed ice

1. Mash strawberries or blend slightly in a blender.
2. In a large (1 1/2 gallon) pitcher, combine all ingredients. Stir until sugar dissolves.
3. For each serving, pour one-half cup mixture into a pint-size bag. (This takes four hands – two to hold the bag and two to pour and seal!) Make sure the bag is completely sealed.
4. Fill larger bag half full with crushed ice; then add 1/3 cup rock salt. Place the smaller bag in the ice-filled larger bag and seal.

5. Now shake the bag for 5 or 6 minutes until the ice cream is solid. Remove the smaller bag; wipe away salt and ice with a clean towel.
6. Eat the ice cream with a spoon right from the bag! **Makes 28 servings.**

Nutrition Information per Serving:* calories 144, calories from fat 15%, calories from saturated fat 8 %, trans fat *I*, calories from sugar* 34%, sodium 167 mg, fiber 0.5 g, calcium 168.7 mg, vitamin A 57.2 RE, vitamin C 10.1 mg, protein 4.6 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruit, *I* incomplete data.

Packaged Foods

Mandarin oranges

Animal crackers

Vegetable tray with low-fat dip Purchase a prepared “tray” or bring packaged vegetables to construct one at school. When shopping for dips, check labels for sodium.

Fruit salad

Cafeteria Foods

Vegetable Wraps (USDA F-09) Cut into fourths for party-size servings.

Broccoli Salad (USDA E-17)

Carrot-Raisin Salad (USDA E-04)

A cup of milk is equal in calcium to:

8 ounces yogurt
1 ½ ounces natural cheese
1 cup pudding
1 ½ cups ice cream

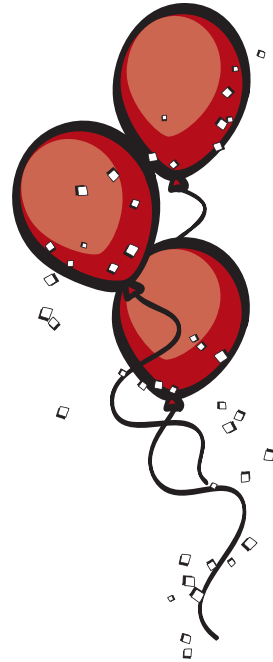
Surprisingly, many tortillas are high in fat and sodium. Be sure to read the label to select healthier varieties, and of course, choose whole grain ones.

Beach Bash

Aloha! This is a party theme with lots of appeal. Picture a beautiful blue ocean, a white sandy beach, colorful flora and fauna and beach-combers dressed for the tropics. While the ocean may not be in your backyard, and the beach may be a paved parking lot, you can still create a tropical paradise with the following party ideas.

PARTY IDEAS

- **Decorations** – This is an easy one. Gather any type of beach gear including beach umbrellas, floats, beach balls, rubber ducks, sand buckets and shovels, beach towels, folding beach chairs, tiki torches, etc. Decorate with sea shells, hang paper lanterns or string beach-themed lights, set out a wading pool, and make palm trees or set out large tropical potted plants. Add flamingoes and tropical fish cut-outs, colorful parrots, lobster or crabs, coconuts, and water skis, a surfboard, a boogie board, or a fishing pole and net. If a nautical theme is desired find a ship's helm (captain's wheel), and add an anchor, life preservers and signal flags. Use thick rope and buoys to mark off the play area.
- **Costumes** – Dress for a day at the beach. Wear sunglasses, Hawaiian print shirts, straw hats or visors, flip flops or deck shoes, grass skirts, leis, lifeguard shirt and whistle, or red, white and blue nautical print clothing.
- **Music** – Play 60's surfing songs, Hawaiian or Caribbean melodies, or Carolina Shag tunes.
- **Dance** – Perform the limbo, the hula or the shag. Use plastic caution tape instead of a bamboo pole for the limbo. This is a safer way for children to perform the dance. Make the limbo line as long as you like! If students are reluctant to try the hula, give them hula hoops and let them "hoop it up" to the music.
- **Art Activity** – Make sand art pictures using colored sand in clear glass or plastic containers or design a collage or wreath of sea shells, dried grasses and other beach finds. Another idea is to make large green construction paper banana leaf placemats for serving party snack time.



Monitor activities and time in the sun to lower the risk of heat-related illnesses. Don't forget to apply sunscreen for skin protection during extended exposure.

Health experts recommend that children get no more than 2 hours of screen time a day. Screen time includes handheld video games, computers, DVD players, as well as TV.

To make activities fun, choose ones kids like. Be active outdoors **and** indoors.

While it's a good idea to have protection from the harmful effects of too much sun, the sun is one of the best ways to meet vitamin D needs. Playing outdoors provides the opportunity to get vitamin D naturally.

- **Quiet Game – Sands of Time** – Use an hourglass (2-3 minute) sand timer to time students as they brainstorm a list of items found at the beach. Or try *Beach Blanket Bingo* – students bring their own towel to sit on and play a traditional bingo game. You might design special bingo cards using a beach theme.

ACTIVE PLAY IDEAS

- **Blow, Blow, Blow Your Sail Boat** – The object of this activity is to move your boat from one end of the trough to the other by blowing on the sail. Use wallpaper troughs, bars of soap that will float (seal in small plastic bags to prevent melting), water, and sails made of toothpicks and paper. Choose teams and put an equal number of students on each side of a trough. To move the boat from one end of trough to a team mate at the opposite end, players blow on the sail. Continue playing until all members of one team have successfully blown their boat. Variations: Use a wading pool for water source, blow through a straw or tubing of choice, or use a paper fan to create an alternative air source. Students could also play with a partner. Each would take a turn, allowing for the other to have a breather in between. This will help those who have breathing problems and prevent hyperventilation.
- **Phalanges (Toe) Fishing** is challenging, but fun for all. The object of this game is to only use toes to collect the most marbles in a bucket. First make sure children's feet are clean. Fill a wading pool or roasting pans with water and drop in marbles, then number or label sand buckets for each team. Divide children into teams. Using bare feet, have one player at a time from each team try to fish out one of the marbles and place it in the team's sand bucket beside the pool. If a marble is dropped before being placed in the bucket, it must be retrieved using only the player's toes. Variation: Try placing ice cubes in the water to practice "ice fishing."
- **Towel Volleyball** brings the beach indoors or out. The object of this activity is to toss a ball in the air and catch it in the towel. Divide players into pairs who hold two corners of the towel, one in each hand. Place a tennis ball, yarn ball or sock ball in the center of the towel, and challenge students to toss and catch the ball. Add difficulty by having

students toss the ball higher or from one group to another. Finally, have all players form their towels into a U-shape by bringing the corners together to form a “track.” Working as a cooperative group, players pass the ball through the “track,” from one towel to another. (Hint: Players will need to determine that one group must be higher than the other in order to move the ball through the “track”). This problem-solving activity becomes even more challenging if students must also determine how to get the ball from one point to another when there are not enough towels to make a complete track. After some “think time,” point out that the first towel the ball moved through is now open to go to the end of the track.

- **Beach Umbrella Toss** – The object of this game is to get the most balls into the umbrella. Divide players into groups and give each group a bucket of sock balls or beanbags. (Plan to have 3 or more balls per player.) Players stand behind a mark and take turns trying to toss the balls into open beach umbrellas. If playing on a hard surface, tennis balls can be used to add a bounce or two before landing in umbrella. The group with the most balls in the umbrella is the winner. (Note: Before play begins caution children to use open umbrellas safely.)
- **Sand Shovel Race** will leave everyone wet and laughing. The object of this activity is to fill a sand bucket with water using only a small shovel. Fill a wading pool half full with water and place it in the center of an open area. Divide children into small groups and give them a starting point marked with a sand bucket at least ten feet from the pool. On a cue from the leader, students take turns retrieving a shovel full of water from the wading pool, and putting it in their team’s bucket. Play continues until all have had several turns, and the buckets begin to fill.
- **Flip-Flop Keep It Up!** This activity requires players to place flip flops on their hands and then use them to keep a balloon in the air. The object is to either get the most hits before the balloon touches the floor, or to keep the balloon aloft until a specified time period ends. It can be played individually or with a partner.
- **Beach Volleyball** – As in traditional volleyball, the object of this game is to keep the ball in the air while it is on

Roll a pair of socks into a ball. This is a quick and easy way to make a ball that doesn’t bounce. When throwing balls, aim at the target. But remember, children should never be “the” target.

Everyone should aim for 60 minutes of activity daily. However, all physical activity doesn’t have to be done at one time; it can be accumulated throughout the day.

Give your party menu a tropical feel. Use colorful beach towels as tablecloths.

Table decorations might include baskets of whole tropical fruits, leis or other brightly colored flowers, tiki masks, drift wood, seashells, sunglasses, beach balls and small umbrellas. Sand buckets and shovels make great serving pieces - just be sure they are clean.

Working with raw chicken calls for some extra food-handling precautions. Be sure hands and work surfaces are clean before and after preparation of this recipe. Use antibacterial kitchen spray or a mild solution of water and chlorine bleach for final cleanup of work surfaces.

your side of the net, and simultaneously try to score points by directing the beach ball so opponents can't hit it. Instead of using volleyball, substitute a large beach ball. To minimize competition, another option is to see how long a small group can keep the ball in the air.

MENU IDEAS

Student Friendly Recipes

Surf's Up Chicken Sticks

This chicken can be grilled outdoors or baked in the oven.

Marinade:

- 1/4 cup light soy sauce
- 1 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/2 teaspoon dry mustard
- juice from drained pineapple

Skewers:

- 2 pounds chicken tenders
- 3 sweet peppers (green, yellow, red), cut into 1-inch pieces
- 2 (20-ounce) cans pineapple chunks in juice, drained
- 24 (10-inch) wooden (or metal) skewers

1. In a small bowl, combine marinade ingredients; mix well.
2. Rinse chicken and drain well on paper towels. Place chicken and marinade in a large sealable plastic bag. Refrigerate 2 to 24 hours.
3. Just before grilling or baking, soak wooden skewers in water for 30 minutes.
4. Drain chicken and discard marinade.
5. Assemble a chicken strip, peppers, and pineapple chunks on each skewer.
6. Grill over medium coals for about 5 minutes per side until no pink remains. Skewers also may be baked in a preheated 350° oven for 18-20 minutes or until done. **Makes 24 servings.**

Nutrition Information per Serving:* calories 59, calories from fat 17%, calories from saturated fat 5%, trans fat < 0.1 g, calories from sugar* 3%, sodium 97 mg, fiber 1.1 g, calcium 16.3 mg, vitamin A 17.3 RE, vitamin C 19.5 mg, protein 5.2 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits.

Sunny Rice Cakes

With a little creativity, these healthy snacks will shine.

- 24 rice cakes
- 2 (8 ounce) packages reduced fat cream cheese, softened
- food coloring
- assorted fresh fruits and vegetables

1. Soften cream cheese and tint with yellow or orange food coloring.
2. Spread about 1 tablespoon of cream cheese on each rice cake.
3. Clean, cut and drain an assortment of fruits and vegetables.
4. Decorate each cake using vegetables and fruits. **Makes 24 servings.**

Nutrient Information per Serving: Recipe meets standards; however, nutrients will vary depending on the fruits and vegetables used.

Aloha Ambrosia

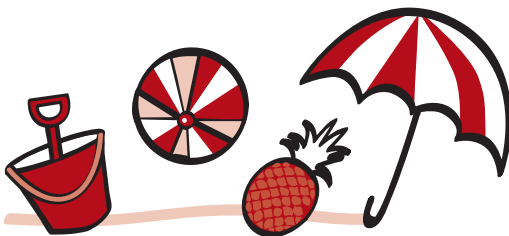
Coconut, the traditional ambrosia ingredient, is high in saturated fat. This adaptation uses marshmallows instead. You might also substitute other tropical fruits for the ones listed.

- 6 oranges, peeled and cut into bite-size pieces (or canned mandarin oranges)
- 1 (20 ounce) can pineapple chunks in juice
- 1 pound seedless grapes (about 2 1/2 cups)
- 2 cups miniature marshmallows

1. Combine all ingredients. **Makes 24 3/8-cup servings.**

Nutrition Information per Serving: * calories 40, calories from fat 2%, calories from saturated fat 0.4%, trans fat < 0.01 g, calories from sugar* 24%, sodium 2 mg, fiber 0.9 g, calcium 13.3 mg, vitamin A 7.5 RE, vitamin C 14.6 mg, protein 0.4 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits.



Foods containing artificial or nonnutritive sweeteners, such as aspartame and saccharin, are not recommended in schools. Studies on the long-term effects of these sweeteners are not complete.



Polynesian Pops

It is best to make and freeze these treats a day or two before the party.

- 1 mango, cleaned and cut into pieces
- 1 medium banana
- 1 cup frozen strawberries, unsweetened
- 1 (20 ounce) can crushed pineapple (2 1/3 cups)
- 1 (3 ounce) package reduced-fat cream cheese, softened
- 10 (3 ounce) paper cups
- 10 wooden craft sticks
- aluminum foil

1. Combine all ingredients in a blender or food processor. Process 30 seconds.
2. Pour into 10 paper cups.
3. Cover each top with heavy-duty foil. Carefully push a stick through the center of the foil. (Check to see that the foil is holding the stick upright in the center of each "pop.")
4. Freeze 3 hours or until firm. **Makes 10 servings.**

Nutrition Information per Serving:* calories 84, calories from fat 18%, calories from saturated fat 10%, trans fat *I*, calories from sugar* 0%, sodium 26 mg, fiber 1.6 g, calcium 22.9 mg, vitamin A 96.5 RE, vitamin C 21 mg, protein 1.5g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits; *I* incomplete data.

Key Lime Tarts

Here's our low-fat version of a famous island dessert. To make small tarts, we used muffin cups measuring 2 inches in diameter and 1 inch deep. These mini muffin pans usually contain 24 cups.

Crust:

- 1 1/2 cups graham cracker crumbs (about 16 cracker rectangles)
- 3 tablespoons butter, melted
- 2 tablespoons cooking oil
- cooking spray

Filling:

- 1 (14 ounce) can fat-free sweetened condensed milk
- 1 cup plain low-fat yogurt
- 1/2 cup lime juice (Key lime juice is best.)
- 2 teaspoons grated lemon peel
- 2 teaspoons unflavored gelatin
- 2 tablespoons water

Topping:

1 1/2 cups frozen whipped topping, thawed

1. Combine cracker crumbs, melted butter and oil. Lightly coat mini-muffin cups with cooking spray. Press 1 tablespoon of mixture in each cup.
2. Bake in preheated 350° oven for 5 minutes. Cool.
3. In a mixing bowl, whip together milk, yogurt, juice, and grated lemon. Set aside.
4. In a microwave cup or bowl, stir together gelatin and water. Microwave for 20-30 seconds until very hot, but not boiling.
5. Stir gelatin into milk and juice mixture. Refrigerate until it begins to set. Pour about 2 tablespoons into each prepared muffin cup and refrigerate tarts for 4 to 24 hours.
6. To serve, remove from pan and garnish with a dollop of whipped topping. **Makes 24 tarts.**

Nutrition Information per Serving:* calories 129, calories from fat 28%, calories from saturated fat 1%, trans fat < 0.01 g, calories from sugar* 34%, sodium 92 mg, fiber 0.2 g, calcium 97.3 mg, vitamin A 27.1 RE, vitamin C 1.87 mg, protein 3.5 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits.

Beachcombers' Grapes

This cool treat couldn't be easier! To avoid choking hazard, cut grapes in half for young children.

2 pounds seedless grapes (about 5 1/2 cups)

1. Rinse grapes and drain well. Remove from stems.
2. Arrange grapes in a single layer on baking sheets (with sides), making sure they aren't "crowded."
3. Freeze until hard, about 1 hour. **Makes 22 one-fourth cup servings.**

Nutrition Information per Serving:* calories 28, calories from fat 5%, calories from saturated fat 2%, trans fat 0 g, calories from sugar* 0%, sodium 1 mg, fiber 0.4 g, calcium 5.77 mg, vitamin A 4.1 RE, vitamin C 1.7 mg, protein 0.3 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits.

Sport drinks contain significant amounts of sugar or other sweeteners and electrolytes. While they may be useful for athletes involved in vigorous activity for an hour or more, they are not recommended for children.

Set up a "Smoothie Bar" and let groups of students invent their own smoothies. Provide varieties of fruit juices, fruits and fruit-flavored yogurts, ice cream or frozen yogurt. Include toppings like granola, crushed cereal, and toasted wheat germ to add some crunch. Adults should be stationed at the bar to supervise choices and measuring, and to operate the blender.

Fruit Smoothies

Don't forget the paper umbrella and fresh fruit garnish when serving this sun-lovers' favorite.

- 1 cup orange juice, chilled
- 1 cup low-fat vanilla yogurt
- 1 cup fresh peaches, sliced
- 1 banana

1. Place juice, yogurt and fruits in a blender. Blend about 30 seconds until smooth consistency.
2. Serve in 6-ounce cups. **Makes 6 half-cup servings.**

Nutrition Information per Serving:* calories 80, calories from fat 8%, calories from saturated fat 4%, trans fat 0 g, calories from sugar* 28%, sodium 28 mg, fiber 1 g, calcium 76.5 mg, vitamin A 24.1 RE, vitamin C 17.4 mg, protein 3 g

*Analysis relative only to WV School Nutrition Standards; data not for use in addressing special dietary needs; excludes sugar in fruits.

Packaged Foods

Fresh fruit salad

Ice bars made from 100% fruit juice

Canned mandarin oranges and bananas

Fish crackers

Refrigerated sugar cookie roll

Macadamia nuts Insert a macadamia nut in each sugar cookie before baking.

Cafeteria Recipes

Banana Bread Squares (USDA B-05)

Orange Pineapple Gelatin (USDA C-11)



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Resources

These organizations and agencies offer useful resources on their websites.

Nutrition and Food

Action for Healthy Kids
American Diabetes Association
American Dietetic Association
Food Allergy and Anaphylaxis Network
Kansas Wheat Commission
National Dairy Council
National Food Service Management Institute
School Nutrition Association
United States Department of Agriculture
 Team Nutrition
 Food and Nutrition Service Information Center
 MyPyramid
West Virginia Department of Education, Office of Child Nutrition
West Virginia University Extension Services

Health and Physical Activity

American Academy of Pediatrics
American Dental Association
American Heart Association
America on the Move
BrainPOP
Choosy Kids
Eat Smart, Play Smart
Healthy Hearts for Kids
Kidnetic
Kids Health
National Association for Sports and Physical Education
 Teacher Toolbox
Nourish Interactive
OrganWise Guys
PE Central
PE4life
Playnormous

Health and Physical Activity (continued)

President's Council on Physical Fitness and Sports

U.S. Centers for Disease Control, Healthy Youth

We Can

West Virginia Association for Health, Physical Education, Recreation and Dance

West Virginia Department of Education, Office of Healthy Schools

West Virginia on the Move

Parents and Family

National Parent Teacher Association

Disney Family Fun

<



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



TIPS FOR FAMILIES

EAT RIGHT

1 Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

2 Vary your veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

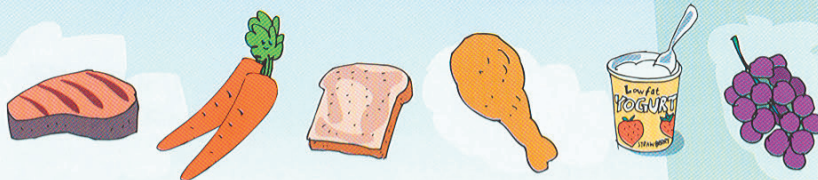
3 Focus on fruits. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

4 Get your calcium-rich foods. To build strong bones, serve lowfat and fat-free milk and other milk products several times a day.

5 Go lean with protein. Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

6 Change your oil. We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

7 Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

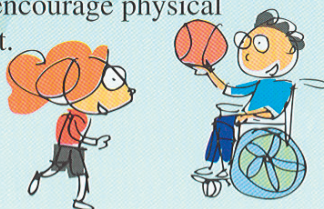


EXERCISE



- 1 Set a good example.** Be physically active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as physical activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!





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Dr. Steven L. Paine
State Superintendent of Schools
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