



Main Objective

Appreciate other individuals' food and exercise preferences.

Background

What types of foods do you traditionally eat during the holidays? How did those foods become a tradition in your family? Are there any physically-active games that you like to play during the holidays? With each question comes as many answers as the number of people you ask. Everyone has a different story to tell. It doesn't matter if they are old or young, boy or girl, or which state or country they were born in!

Finding out about other people's food and exercise preferences also provides us with a whole new list of options from which to choose. Encourage your students to use this as an opportunity to try a new food or activity. How will they know if they like something new unless they give it a try?

Since a lot of cooking is usually done during the holidays, this is also a good time to try a new low-fat fruit or vegetable recipe. Students and their families can also start to experiment with favorite family recipes to see if they can make them just a little bit healthier. (See KP KIDS handouts, "Preparing Healthier Meals" and "Helpful Hints for Healthier Choices.")

Take Home Activities

- 1) During a family gathering, spend some time sharing stories about family traditions. Encourage everyone to talk about traditions related to foods or physical activity (such as dance or a favorite outdoor game).
- 2) Start a new tradition by including some healthy food options at holiday parties.
- 3) Instead of baking candies, cookies and pies, try some new recipes for desserts that are lower in fat and possibly even include some fruits. (See any of the resources including KP KIDS handout, "Healthy Snack Recipes.")



School Activities

- 1) Have an assembly to celebrate the many different cultures represented at the school. Parents and/or students can share food-related stories, dances or other physical activities common to their heritage.
- 2) If possible, highlight and serve foods from different cultures in the cafeteria this month.

Classroom Reward Ideas

Have a Holiday Potluck Celebration! Ask parents or teachers to bring in foods from various cultures. Aim for healthy menu items.

Resources

California Department of Health Services

P.O. Box 942732, MS 7204
Sacramento, CA 94234-7320
Phone: 1-888-EAT-FIVE (1-888-328-3483)
Fax: (916) 449-5414

<http://www.dhs.ca.gov/ps/cdic/cpns/ca5aday>

More information can be found here about the California campaign to increase fruit and vegetable consumption among the Latino and African American populations. Recipes, tool kits and other materials are available to help promote this worthy cause. Look for the Healthy Latino Recipes and the 5 A Day and Physical Activity Toolbox for Community Educators! Both are available in English and Spanish and can be downloaded for free.

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/index.htm>

Find heart-healthy Latino and African American recipes at this site. They can be downloaded for free or purchased for \$3.00 each.

Produce for Better Health Foundation

<http://www.fruitsandveggiesmorematters.org> (Click on the Recipes link.)

This website provides tips on making your current recipes healthier and includes a number of recipes that use different fruits and vegetables. There is also a list of healthy cookbook options.

Dole

http://www.dole5aday.com/CookBook/C_Home.jsp

This website includes many recipes for dishes that feature fruits and vegetables. There is also a small kid's cookbook available for \$2.95 each.

American Cancer Society

Santa Clara County Unit
747 Camden Ave, Ste. B
Campbell, CA 95008
Phone: (408) 871-1062; Fax: (408) 871-2993
<http://www.cancer.org> (Search for Cooking Smart)

More recipe ideas and suggestions are provided at this site.



Activities Linked to 3rd Grade Content Standards & Framework

Reading 2.7

- Students can follow simple, multi-step, written recipes to make a healthy food for the class to share. Ask the cafeteria staff for assistance.

Social Science 3.2.4

- Discuss the interactions between the new settlers and the already-established regional Indians on the basis of food preferences – similarities, differences and changes. How did the different cultures influence each other's food preferences?

Physical Education 1.15

- Perform a simple line, circle or folk dance with a partner.

Health Framework Expectation 5

- As a class, start to look more closely at why we eat and what we eat (taste, preferences, culture, etc.), especially during the holidays.

Health Framework Expectation 5

- Discuss the food preferences of the students in the class paying particular attention to any similarities or differences between the various cultures represented. Encourage the students to find out more information about cultures not represented in the classroom.