



Healthy School Campaign

Celebrate Health Stars



Time Required: 5 Minutes Prep, 15 Minutes for Discussion

December: Healthy Celebrations

Goal: Students will reflect on healthy choices they can make during celebrations.

Objectives:

- Reflect on celebrations and the kinds of foods we associate with them.
- Participate in a classroom discussion about making healthy choices during the winter holidays and other celebratory times.

Prep: Photocopy the attached star activity sheet. Choose either a classroom star or individual stars.

- Classroom star: 1 star sheet for the whole class
- Individual star: 1 star sheet per student

Directions:

1. Introduce the vocabulary words: "holiday" and "celebration". Ask students about what they think it means.
 - **Holiday:** *noun:* a special day of celebration
 - **Celebration:** *noun:* a party or other special event that you have for an important occasion, holiday, etc.
2. Inform students that this time of year is when many holidays are being celebrated. These include Chanukah, Kwanzaa, Christmas and many others. While the holidays may be celebrated in different ways, one thing common about celebrations are special foods that we eat. Some of these foods are healthy, some not so much. Encourage students to be "health stars" and try to make healthy choices during celebrations.
3. Ask students, "What is your favorite holiday food? Why is it your favorite?"
 - Have students Think-Pair-Share about how they could eat healthy foods during holiday celebrations.
 - Students will answer using the sentence frame: "I can eat healthy during celebrations by _____."
4. To fill out the star, choose one of the following:

If using only one star worksheet per class:

 - Lower grades: Have students share with the class their ideas about how to eat healthy during celebrations, or what foods they can eat during celebrations to be healthy. Decide on five as a class, and students may write or draw write them on the points of the star. Fill in the blank with your room number.
 - Upper grades: Have each student write one healthy food for celebrations somewhere inside the star. Remind students to leave space for others to write. This can be passed around during discussion or used as an activity between other lessons. Fill in the blank with your room number.

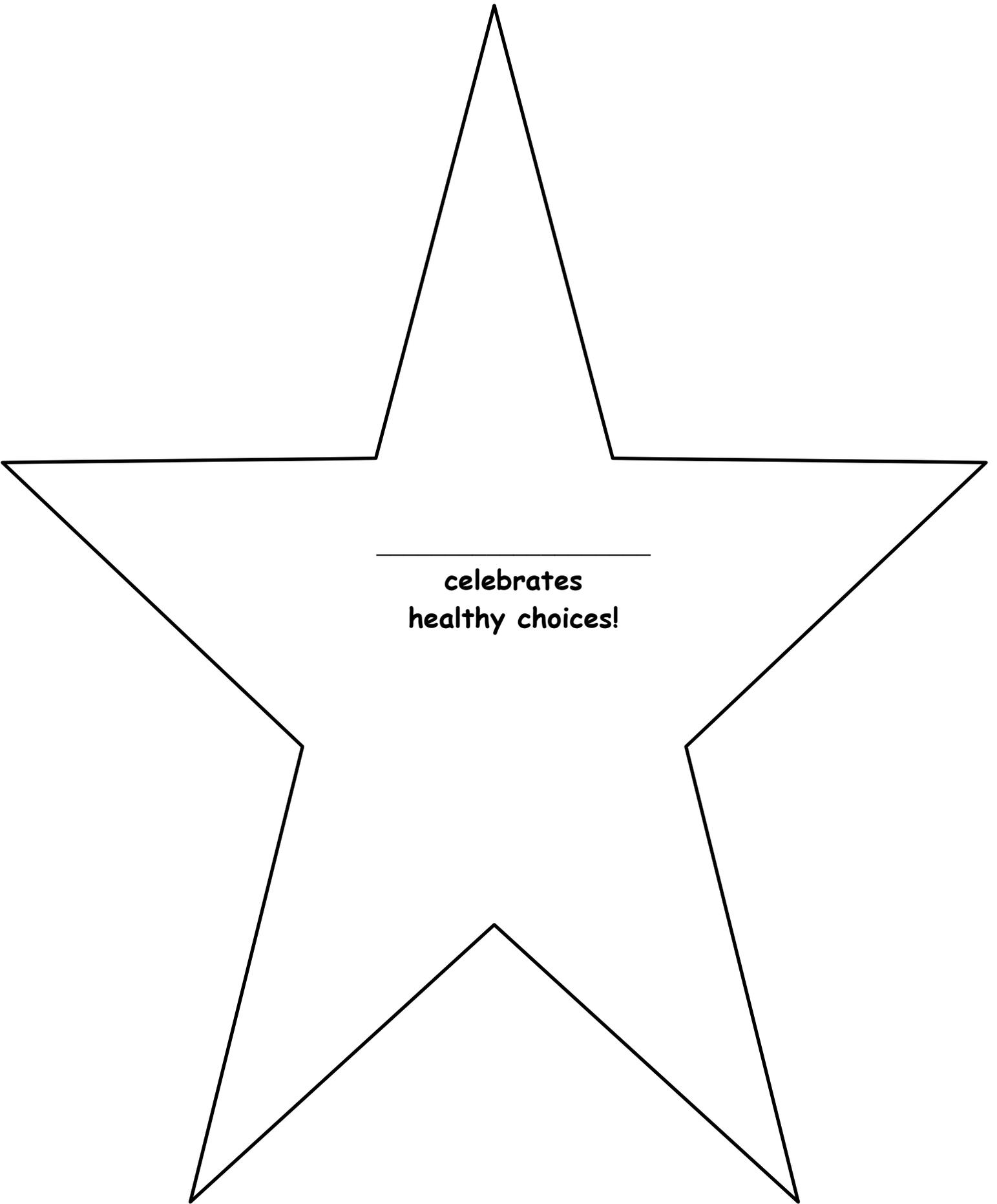
If using one star worksheet per student:

 - Students will fill their name in the blank. They may use the entire space to write or draw the healthy foods they can eat during celebrations.
5. To display the star(s):
 - Stars can be displayed in the classroom or on a school-wide bulletin. Contact your Harvest of the Month liaison to see if there is a bulletin board designated for a star from each classroom.

Extensions

1. Students can draw a picture, write a story, or describe a memory of a favorite holiday food.
2. (Best for upper grades) Discuss the following: How can you make common holiday treats more healthy?





**celebrates
healthy choices!**