



## Healthy Halloween

# Healthy Halloween Potion



Time Required: 15 Minutes Prep, 20 Minutes for Celebration

**October:**  
**Healthy Celebrations**

**Goal:** Students will make healthy choices during a Halloween celebration.

### Ingredients:

- 2 - 16 oz containers Hummus
- 1 - large bag baby carrots
- 2 - bags pita bread
- 1 - bag pumpkin seeds
- 1 - bag sunflower seeds
- 1 - box raisins
- 1 - bag banana chips

### Materials:

- 50 - 4 oz Dixie cups
- 4 - paper bowls
- 5 - plastic spoons (4 for trail mix, 1 for hummus)
- 1 - cutting board
- 1 Chef knife
- 2 - large paper plates (1 for pita wedges, 1 for carrots)
- 50 - napkins or small paper plates
- Healthy Halloween Visuals



### Prep:

Cut pita bread into 8ths to look like triangles.

Put the following ingredients in bowls and label accordingly:

#### Hummus Dip:

hummus- "ghost guts"

pita bread- "elf ears"

carrots- "witch fingers"

#### Trail Mix:

raisins- "rat eyeballs"

pumpkin seeds- "dragon toenails"

sunflower seeds- "fairy fingernails"

banana chips- "fried zombie eyes"

### Directions:

- Invite students to the table to make a healthy potion. Inform them that there are two types of potions to make today.
- As students ask for ingredients, make sure they use the "spooky" names for the foods.
- Comment on how each food item is beneficial for the body. For example, "Those witch fingers in your potion will help you eyes with vitamin A!"

# Witch Fingers



**Vitamin A**  
for healthy eyes

# Elf Ears



**Carbohydrates**  
for energy

# Ghost Guts



**Protein**  
to build muscles

# Dragon Toenails



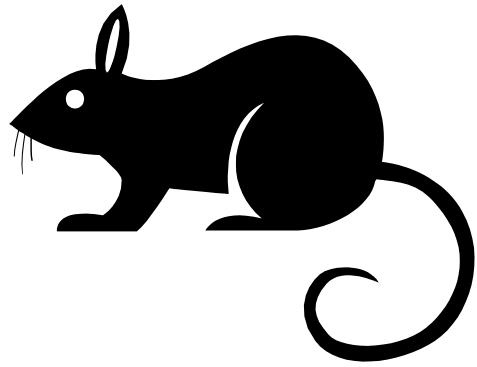
**Protein**  
to build muscles

# Fairy Fingernails



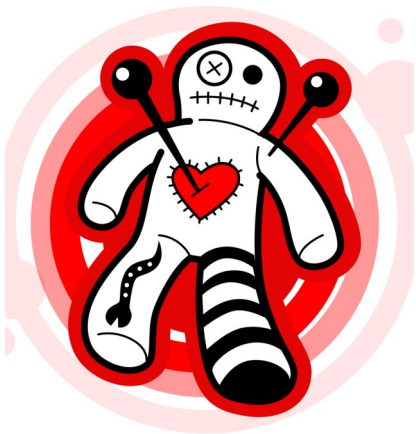
**Protein**  
to build muscles

# Rat Eyes



**Fiber**  
to clean your stomach

# Fried Zombie Eyes



**Potassium**  
to help sore muscles

# MAKE A HEALTHY HALLOWEEN POTION

