

PARTY ON!

Theme: Me and My Choices

Overview: In this series of activities, students will celebrate when they eat a balanced diet and move around. They will discuss what they like about parties, create an invitation, make a yummy treat for the party, and learn some great movement party games!

Vocabulary:

- Energy: What we need to move, work and play. Some activities require more energy than others.
- MyPlate: A way to help us remember what to put on our plate each day.

Activity 1: Let's Party!

Type of Activity: Energy to Read, Energy to Create

Domain: Cognitive, Language, Physical

Students will:

- Name what they like about parties.
- Describe parties they have attended.
- Name reasons to celebrate.

Materials:

- Construction paper
- Art decorating supplies
- Tape or stapler
- Scissors
- Ribbon or string
- Flip chart

Time Frame: 20-30 minutes

Directions:

1. Stand in front of students with a party hat on your head or blowing a party horn. Ask students if they have ever seen a hat or horn like this. They may say they have seen them at a party.
2. Ask students what types of parties they have been to. What were they celebrating? What did they do there? What did they eat or drink?
3. Explain to students that there are many reasons to celebrate. Ask them to name as many as they can. They may say birthdays or graduations or holidays.

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4. Explain that they should also celebrate when they do something good for their bodies like moving around a lot or eating foods from different food groups. Then, tell them that today they will have a party to celebrate their food choices and their movements.
5. Tell the children that the first thing they will need is a party hat!
6. Distribute a piece of construction paper and art materials to each student.
7. Invite them to use the art materials to decorate their construction paper. They can use favorite colors, stickers, drawings, letters, or even pictures of foods and activities!
8. Fold the paper into a cone shape, tape or staple the overlapping edges together, and cut the bottom edge so it is even.
9. Staple a length of string or ribbon to each side for hat straps.
10. Invite students to put on their party hats and sing the following song several times to the “Happy Birthday” tune:
Happy party to us! Happy party to us! Different food groups make us feel good... And we move a lot too!

Activity 2: Party Treat!

Type of Activity: Energy to Discover, Energy to Read

Domain: Cognitive, Language, Physical

Students will:

- Follow a set of recipe directions.
- Practice using non-standard units to measure.
- Practice using motor skills to stir and pour.
- Name the food groups in the recipe.

Materials:

- Yogurt Berry Parfait recipe [included at the end of this activity]
Note: As with any activity that includes food, please be aware of student allergies and substitute foods as needed.
- Flip chart
- Empty plastic cups (enough for each student)
- Measuring spoon
- Spoons for stirring and eating
- Four cups of yogurt (low-fat or fat-free, plain or vanilla)
- 2 cups of bananas
- One cup of sliced strawberries
- One cup of blueberries (pineapple, raspberries, peaches, pineapple or mangos can be substituted for strawberries and blueberries)
- One cup of granola
- Large mixing bowl

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- Picture of MyPlate:
<http://www.choosemyplate.gov/preschoolers/HealthyEatingForPreschoolers-MiniPoster.pdf>

Time Frame: 20-30 minutes

Directions:

1. Ask students what kinds of snacks they have eaten at the parties they have attended. Remind or share with students that eating snacks from the different food groups can be good for their bodies. Tell them that they will be making a snack for their party that has ingredients from more than one food group. Reference a picture of MyPlate to remind students about the different food groups.
2. Write the Yogurt Berry Parfait recipe on a flip chart. You may want to include pictures for the different steps. For example, you could draw a measuring cup for measuring and a spoon for stirring, etc.
3. Follow the recipe with students. Younger students can do this as a large class group, and older students can separate into smaller groups. Allow students to do as many steps as their age and abilities will allow. Students can take turns measuring, pouring, and cutting—as appropriate.
4. Once students have finished all steps, ask them to name the food groups of each ingredient. Then, ask them to count the number of food groups they will eat when they eat this snack.
5. Finally, let them taste and enjoy!

Activity 3: Dance Moves

Type of Activity: Energy to Move, Energy to Read

Domain: Physical

Students will:

- Practice large, small, and gross motor muscle movements

Materials:

- Music source

Time Frame: 20-30 minutes

Directions:

1. Remind students that, in addition to celebrating their healthy snack, they are also celebrating how much time they spend moving around, playing, and being active. Ask students what they usually do at parties to make their bodies move. Guide students to remember games they have played as well as sports and activities they have done.

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2. Explain that today they are going to play a fun game at their party that gets them moving.
3. Invite students to get up. Ask them if they have ever played freeze dance. Invite volunteers to explain the rules.
Rules: You will put on a song. When the music is on, the students must dance and move around. But, when the music stops, they must freeze in their position and not move at all. If they move once the music goes off, they are out and they can help to be the judges as other students continue with the game. Note: To keep all students moving, students who are out can also run in place or do jumping jacks as the music plays.
4. Once the rules are explained, ask student volunteers to restate them.
5. Then, invite all students to get up. Turn on the music and ask students to begin dancing. Periodically turn off the music and tap any students who are still moving. Students who are tapped are “out.”
6. Continue until you have one winner.
7. At the end, don’t forget to remind students that they are all winners because they all spent time moving!

Modifications:

Pump It Up for Older Students

- Older students can create invitations for each other or for family members to attend the party.

Cool It Down for Younger Students

- It may be difficult for younger students to be “out” in freeze dance. It may be easier to have all students simply freeze when the music stops and then continue dancing when it’s turned back on.

NAEYC Standards Alignment

- **2.A.10** The curriculum guides teachers to incorporate content, concepts, and activities that foster social, emotional, physical, language, and cognitive development and integrate key areas of content including literacy, mathematics, science, technology, creative expression and the arts, health and safety, and social studies.
- **2.K.01** Children are provided varied opportunities and materials that encourage good health practices such as serving and feeding themselves, rest, good nutrition, exercise, hand washing, and tooth brushing.
- **2.C.03** Children are provided varied opportunities and materials that support fine-motor development.
- **2.C.04** Children have varied opportunities and are provided equipment to engage in large motor experiences that stimulate a variety of skills; enhance sensory-motor integration; develop controlled movement; enable children with varying abilities to have large-motor experiences similar to those of their peers; range from familiar to new and challenging; help them learn physical games with rules and structure.

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- **2.D.03** Children have varied opportunities to develop competence in verbal and non-verbal communication by (a) responding to questions and (c) describing things and events.
- **2.E.03** Children have opportunities to become familiar with print. They are actively involved in making sense of print, and they have opportunities to become familiar with, recognize, and use print that is accessible throughout the classroom.
- **2.J.06** Children are provided many and varied open-ended opportunities and materials to express themselves creatively through (a) music, (c) dance and (d) two- or three-dimensional art.

Be Smart from the Start at Home!

Preschool-aged children are not expected to understand calories or how their bodies use energy, but they can begin to learn foundational information to help them make healthy decisions around diet and exercise. The Smart from the Start lessons are a set of flexible activities designed to introduce and reinforce these concepts, and we encourage you to integrate the rest of the activities in Me and My Choices and Give it a Try! into your existing curriculum. Throughout these activities, children will learn about energy they need to work and play; to make healthy choices about what they eat and drink from a variety of food groups; and how to move throughout the day with fun activities that help keep their hearts strong and healthy.

As your students progress to elementary school, the [Healthy Decisions, Healthy Habits Together Counts™ curriculum](#) can help them focus on more rigorous concepts related to self-esteem, decision-making, healthy nutrition and regular physical activity.

Yogurt-Berry Parfait*

Ingredients

- Four cups of yogurt (low-fat or fat-free, plain or vanilla)
- 2 cups of bananas
- One cup of sliced strawberries
- One cup of blueberries (pineapple, raspberries, peaches, pineapple or mangos can be substituted for strawberries and blueberries)
- Two cups of granola

Instructions

1. Line up plastic cups, one for each person.
2. Measure $\frac{1}{4}$ cup of yogurt for each cup.
3. Spoon the yogurt into each cup.
4. Work with your teacher to slice the bananas.
5. Measure 2 cups of bananas.
6. Measure 1 cup of blueberries.
7. Work with your teacher to slice the strawberries.
8. Measure one cup of sliced strawberries.
9. Mix all fruit together.
10. Measure and spoon $\frac{1}{4}$ cup of fruit into each cup.
11. Measure and spoon 2 tablespoons of granola into each cup.
12. Repeat.
13. Eat and enjoy!

*Recipe modified from Snap-Ed Connection: Recipe Finder
<http://recipefinder.nal.usda.gov/recipes/yogurt-berry-parfait>

Energy at Home

This week, your child celebrated eating and activity habits that lead to a healthy lifestyle. The children followed a recipe to make a Yogurt Berry Parfait, which includes ingredients from the dairy, fruit, and grains food groups. If you have a computer, you can find the recipe at <http://recipefinder.nal.usda.gov/recipes/yogurt-berry-parfait>.

We also played a game of freeze dance, which is a great way to move around while having fun and being silly!

It is recommended that meals include a balance of different food groups, and that all family members get 30 minutes (adults) to 60 minutes (kids) of activity each day. To continue celebrating healthy habits at home, think of a fun way to celebrate the good decisions your family makes when it comes to eating and activity!