

# HEALTHY HOLIDAYS

## DEAR EDUCATOR,

Help your students make healthy choices this holiday season by teaching them the difference between *sometimes* holiday treats and *anytime* holiday snacks.

Ask students to think about what they ate yesterday. They will probably list dinner and lunch items. Point out that most people eat at least one snack during the day, if not more. Let the students share some of their favorite snacks. As they share, write them on a dry-erase board or large piece of paper. Then ask students to identify which snacks are healthy, and which could be better called “treats.”

Explain that snacks should be healthy to help us grow. Treats, on the other hand, are for special occasions, because they usually don’t have many vitamins and minerals, and are often high in sugar and fat.

Pass out the activity sheet and go over the instructions with your students. Kindergarten and first grade teachers might want to do the activity together as a class, while older students can work independently.

Sincerely,

Dr. Dominic Kinsley, Editor in Chief  
Young Minds Inspired



# HEALTHY HOLIDAYS

Your body needs nutritious food to stay healthy and strong! Even the smallest bites of food, like when you have a snack, can have an impact on your health!

Many snack foods contain lots of sugar, bad fats, or salt — especially during the holidays. You can eat these treats sometimes, but healthy snacks are good to eat anytime, because healthy snacks provide vitamins, minerals, and other important nutrients.

Look at these pictures of some favorite snack foods. Can you identify which foods are *anytime* healthy choices, and which ones are *sometimes* treats? Color the smiley face if the food is a healthy snack. Color the frowny face if the food is a *sometimes* treat.



# FAMILIES:

Did you know that kids love the creamy, mild flavor of avocados? Best of all, one-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a healthy nutrient-dense choice. Try this recipe from Avocados from Mexico for a holiday appetizer or snack your whole family will love!

## 7-LAYER DIP CUPS

- 1 cup can refried beans
- 1 ½ cup taco seasoning (or to taste)
- 3 cups Avocados From Mexico medium ripe
- 2 cups fresh lime or lemon juice
- Salt and freshly ground black pepper to taste
- 1 cup non-fat or light plain Greek yogurt (or reduced-fat sour cream)
- 1 cup chunky salsa
- 1 cup of corn drained (unsalted)
- ½ cup diced tomatoes
- 1 cup finely shredded cheddar cheese 4 oz
- ½ cup of chopped black or green olives, optional
- ¼ cup green onions chopped
- ¼ cup fresh cilantro chopped (optional)
- 1 cup bag tortilla chips



### INSTRUCTIONS

Combine refried beans with taco seasoning and mix well. Add 1-2 TB of water, as desired to combine bean mixture until smooth. Remove avocados from the skin and mash with lime juice to reach desired texture.

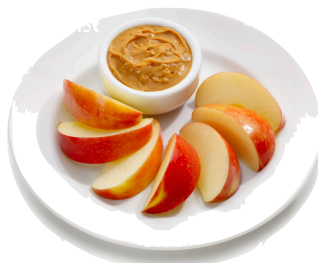
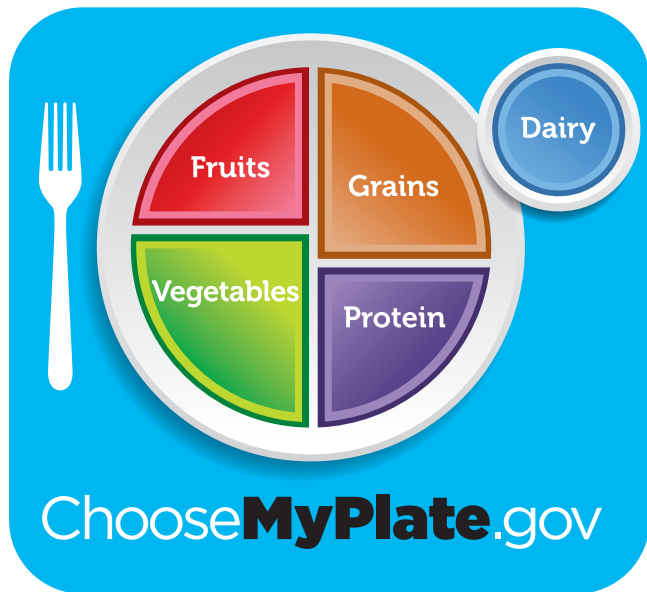
To assemble: Add 2-3 TB of the bean mixture to the bottom of each cup. Spread into an even layer using the back of a spoon. Add a spoonful of the corn, then avocado. Follow with a layer of a spoonful of Greek yogurt (or sour cream), then a spoonful of salsa if using desired. Sprinkle with a layer of cheese, then finish by layering tomatoes, olives, cilantro and green onions. Store in refrigerator and serve with tortilla chips.



# HEALTHY HOLIDAYS

Your body needs nutritious food to stay healthy and strong—even during the holidays! That's because the smallest bites of food can have an impact on your health!

Look at the MyPlate graphic, and then look at the snack foods below. Beside each snack food, write which food groups the snack food belongs in. For example, a snack made of yogurt and berries would belong in both the dairy and the fruit food groups. Then, create your own healthy snack food ideas!



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