

LiveWell Kids is a nutrition and garden education program provided by Beach Cities Health District in partnership with your school to combat childhood obesity through healthy and mindful behaviors.

Celebrations are everywhere! It seems every month there is a birthday party, a school celebration and a holiday. Common to these celebrations are sweets and junk food. As a result, these normally once-in-a-while treats are becoming everyday snacks, which add low-quality foods, like sugar and preservatives, to our diets. Serving healthy snacks is integral to providing good nutrition and supporting lifelong healthy eating habits. Here are some healthy snack alternatives for celebrations:

- **Fruit Sundae Bar** – make your own fruit sundaes with fresh fruit and low-fat yogurt or sorbet
- **Fruit and Veggie Smoothies** – for a cool healthy treat, try a combination of frozen berries, kale or spinach and water
- **Roasted Chicken Fingers or Oven Fries** – roasted chicken or potatoes are a good alternative to fried options
- **Popcorn Bar** – make your own popcorn with Italian seasonings, cinnamon, Cajun spices, lime zest or coconut oil
- **Fresh Fruit and Vegetables** – always provide a few healthy options, including easy-to-grab cut-up pieces of produce
- **Water** – replace sugary drinks with infused water. Ideas include watermelon/mint or orange/strawberry – get creative with the flavors!

In addition to healthy snacks at school functions and celebrations, this can also be an opportunity to shift the focus from food to physical activity. Turn on some music and have a dance party! Play some old-fashioned lawn games like three-legged races! Set up a scavenger hunt to keep the children active and entertained! Being healthy is a reason for celebration – so eat smart and encourage movement!

Nutrition

5th Grade Lesson 3

Planning Healthier Fast Food

In lesson three, fifth graders learned that finding a well-balanced healthy meal at fast food restaurants is challenging. Fast food tends to be high in sodium, fat and calories. The students looked at various fast food nutritional analyses and had to plan a meal that was from three different food groups, 500-600 calories, 5-6 grams of fiber, less than 500 mg of sodium and had 0 trans fats. This proved difficult for the kids!

Menu Item	Calories	Trans fat (grams)	Fiber (grams)	Sodium (milligrams or mg)
Flat bread	220	0	2	345
Bacon	45	0	0	190
Avocado	60	0	2	5
Tomatoes	5	0	0	0
Provolone	50	0	0	125
Totals:	380	0	4	660

Black Bean Dip with a Whole Grain Chip

Fifth graders tasted Salpica black bean dip with a no salt whole grain chip. This is healthier bean dip than one found at a fast food chain because of the higher quality ingredients and does not contain preservatives.



At Home Tips

It is difficult to eat healthy at a fast food restaurant. Try to limit fast food to only once in a while and order foods that contain fruits, vegetables or lean proteins. These foods will usually be the healthiest options on the menu.

Garden

Lesson 3- Composting



In lesson three in the garden, the students learned about the importance of composting. The students participated in the process of composting and learned that composting and recycling are ways that we can limit the amounts of trash in landfills and lower pollution. Fifth graders were able to draw what would go into their own compost bin, green and brown materials, and even the decomposers!

Garden Tips at Home

Composting can be practiced at home too! If you have your own garden, you can easily create your own compost to enrich your soil. Just chop up your kitchen produce scraps, and put them in a “kitchen composter” (or just a container with a closing lid). In a separate container, save torn up brown materials (paper towel rolls, toilet paper rolls, brown paper bags, dry leaves). At the end of each day, add 1 part green materials to 2 part browns into either an outdoor composter, or a ventilated trashcan (with a lid) dedicated just to composting. Give it a sprinkle of water to aid in mixing, and stir! Continue to add the new materials on top. When the bottom layer is broken down, it’s ready to use!

