

*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!

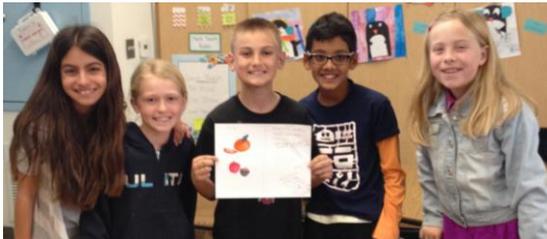
In addition to healthy snacks at school functions and celebrations, this can also be an opportunity to shift the focus from food to physical activity. Turn on some music and have a dance party! Play some old-fashioned lawn games like three-legged races! Set up a scavenger hunt to keep the children active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

## Nutrition

### 4<sup>th</sup> Grade Lesson 3

#### Food Marketing Tricks

Fourth graders learned all about food marketing techniques. They looked at advertisements from magazines that used marketing tricks like bright colors, celebrity or cartoon sponsors, catchy slogans and health claims to try to convince viewers to buy their product. The children got creative and worked together to make their own ad campaign for a healthy food of their choice!



### Freeze Dried Fruit



Fourth graders tasted freeze dried fruit generously donated by **Crispy Green**. This package had no marketing tricks as the only ingredient was the fruit itself. This is a great option for a healthy snack!

### At Home Tips

Marketing tricks are everywhere and even get the best of adults at times. When grocery shopping, try to stay on the edges of the store where the fresh foods like fruits, vegetables and lean proteins are located. If we stick to shopping for whole foods close to nature's source we won't be tempted by marketing tricks like product placement and eye-catching slogans.

## 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. Fourth graders also got to learn about the food web and how each organism is important to the ecosystem because we are all connected.

### 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!

