



HOST A HEALTHY Mardi Gras Celebration at School

Celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices and physical activity at school. Mardi Gras celebrations, in particular, can emphasize ways cultural events can incorporate healthy foods and physical activity.

GAME ON ACTION FOR HEALTHY KIDS TIP SHEET



Eat Better at School During Mardi Gras

Whenever possible, focus on fun rather than food. However, if you plan to incorporate food into your Mardi Gras celebration, consider trying one of these delicious snack ideas:

FRUIT KABOBS

Get festive with the traditional colors of Mardi Gras—gold, green and purple—representing power, faith and justice. Create fruit skewers with yellow, green and purple fruits. Alternatively, combine yellow, green and purple fruits to make a fun mixture for a Mardi Gras Fruit Salad.

EDIBLE BEADS

Use yellow, green or purple yarn and low-sugar, whole grain cereal to create fun, beaded necklaces.



YELLOW FRUITS

Bananas, pineapple, peaches, lemons, apples



GREEN FRUITS

Honeydew melon, apples, grapes, kiwis, limes



PURPLE FRUITS

Grapes, blackberries, plums, blueberries, raisins

COLORFUL YOGURT PARFAITS

Dye three tubs of low-fat vanilla yogurt with yellow, green and purple food coloring (or find flavors that already have the color you want). Give each student a small plastic cup and let them create a rainbow. Top it off with yellow, green and purple fruits.

FLAVORED WATER

Get refreshed during your Mardi Gras festivities by adding fresh yellow, purple and green fruits to flavor plain water.

Extend Better Eating to Home

FROZEN YOGURT SMOOTHIES

Blend blackberries, limes and mangos separately with low-fat yogurt and ice. Then stack the colors in a clear glass for a yummy and colorful frozen treat.

MARDI GRAS PASTA SALAD

Prepare tri-color pasta according to package instructions. Mix in cooked corn and broccoli, and desired seasonings. Garnish with shredded red cabbage for a festive crunch.



Every kid healthy, active and ready to learn

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Move More at School During Mardi Gras

In the Classroom

MARDI GRAS PARADE

- Prior to the parade, decorate water bottles and fill with beans to create shakers. You can also create Mardi Gras masks using paper plates.
- Take to the halls with your shakers and masks, and parade around the school campus.
- **Tip:** Get older students involved as leaders in planning and coordinating the parade.

SPOON THE BALLOON

- Blow up green, purple and yellow balloons.
- Form a class circle and provide each student with a plastic spoon.
- Use the spoon to pass the balloon from student to student. Work together to keep the balloon from hitting the floor.

Gym/Playground

CAPTURE THE CROWN (SIMILAR TO CAPTURE THE FLAG)

- Split the class into two teams, and give each team a plastic crown to hide within a specific area.
- As a team, work together to protect your crown while trying to capture the other team's crown.

MARDI GRAS BEAD TAG¹

- Select four students to be taggers, and give each tagger one beaded necklace.
- When the game starts, students will scatter around the gym, and the taggers will chase after them. When a student gets tagged, the tagger will pass them the beads and they will become the new tagger.
- Continue that pattern for a specified period of time. Those that never become taggers win!



Move More at Home

MARDI GRAS COIN TOSS

- Place five plastic buckets in a vertical line, and label each bucket with a point value.
- Use plastic gold coins to toss into the buckets to gain points.
- Once you have used all the coins, empty the buckets and repeat for continued fun!

ORANGE DANCE²

- Pair two people in your family, and give them an orange to hold between their foreheads.
- Turn on carnival music, and dance with your partner while keeping the orange between your foreheads for at least one song.

¹<https://greatactivitiesonline.com/mardi-gras-madness/>

²<https://aphrogranger.wordpress.com/2016/03/14/mardi-gras-fun-class-games/>

Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.