



HOST A HEALTHY St. Patrick's Day Celebration at School

Holiday 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. St. Patrick's Day celebrations are a great time to emphasize the importance of healthy foods and to share ways students can stay active during the holiday.

GAME ON ACTION FOR HEALTHY KIDS

TIP SHEET



Eat Better at School During St. Patrick's Day

FRUIT RAINBOW

On a platter, arrange strawberries, oranges, pineapple, green grapes, blueberries and blackberries into the shape of a rainbow. Eat and enjoy!

Alternatively, make a **Vegetable Rainbow** with thinly sliced red, orange, yellow and green peppers. Finish the scene with cauliflower as clouds and a bowl of hummus as your pot o' gold.

SHAMROCK GREEN PEPPERS

Slice a green bell pepper to create rings in the shape of a four leaf clover. Pair a few dips (such as hummus, low-fat ranch/low-fat Italian dressing, guacamole, salsa or bean dip) for a healthy dip taste test.

GREEN FRUIT KABOBS

Create fruit kabobs using green fruits like honeydew melon, apples, grapes and kiwis for a festive St. Patrick's Day treat.

IRISH FLAG

Provide students with a variety of green, white and orange vegetables to create an Irish flag. For example: Cucumbers, broccoli, celery, cauliflower, jicama, carrots and bell peppers. Pair with a lesson on Irish history, culture or art.

Eat Better at Home

SHAMROCK CHIPS

Use a shamrock-shaped cookie cutter to cut corn or spinach tortillas into shamrocks. Bake at 350 degrees for 10 minutes. Serve with "rainbow" salsa (tomatoes, red, orange, and yellow bell peppers, corn, jalapeno, and fresh cilantro black beans and red onions).

RAINBOW FLATBREAD PIZZA

Spread a light layer of pesto on whole wheat pizza crust.

Add tomatoes, orange peppers, corn, broccoli and red onions to make your rainbow. Bake at 350 degrees for 20 minutes. Eat and enjoy!¹

¹<http://gimmedelicious.com/2016/03/13/rainbow-cauliflower-crust-pizza/>



Every kid healthy, active and ready to learn

ActionforHealthyKids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136



Move More at School During St. Patrick's Day

In the Classroom

"WOULD YOU RATHER..."

Create a list of 10 St. Patrick's Day themed "Would you rather...?" questions to ask the class. If students prefer the first option, they should stand up. If they prefer the second option, they should remain seated. Here are a few questions to get you started — Get creative!

Would you rather find a pot of gold or a four leaf clover?

Would you rather be a leprechaun or catch a leprechaun?

Would you rather wear green clothes for the rest of the year or only eat green foods for the rest of the year?

CLOVER MATH

Go on a clover hunt around your school. Instruct students to gather as many clovers as possible in a certain time period. Then, back in the classroom, assign each student a partner and ask them to:

- Add up how many clovers they collected.
- Determine who collected more clovers, and how many more.
- Graph as a class how many clovers each partner pair collected.

Gym/Playground

Rename and play your favorite games with St. Patrick's Day flair:



Capture the Flag becomes *Capture the Pot of Gold*



Four Square becomes *Four Leaf Clover*



Freeze Tag becomes *Leprechaun Tag* (One student

is the leprechaun, and one is a rainbow. If the leprechaun tags you, you freeze like a pot of gold



until the rainbow comes and unfreezes you.)



Move More at Home

FIND THE FOUR LEAF CLOVER

Print or draw a four leaf clover, and hide it somewhere in your house or yard. Challenge your kids to find it. Whoever finds it first gets to hide it next!

SHAMROCK HOPSCOTCH

Using chalk, draw a hopscotch outline on a driveway or sidewalk. While played the same way as traditional hopscotch, the hopscotch outline is drawn with shamrocks instead of squares and a gold coin is used in place of a pebble.

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.