
Party Foods for the Classroom!

University of California Cooperative Extension
and *California Children's 5 a Day-Power Play! Campaign*

Classroom parties can be fun and healthy

Everyone loves a party...and what would a party be without food! Classroom parties can help teach children valuable social skills such as helping to prepare food, sharing with others, and cleaning up after themselves. All of this can be done while having fun!

If healthy foods are chosen as part of the festivities, it can be an opportunity to reinforce nutrition lessons. Students have a chance to learn these

lessons through demonstrations of food preparation. By increasing children's awareness and encouraging them to eat five servings of fruits and vegetables every day, we can help them develop life-long healthy habits.

We have a chance to show students how easy it is to prepare nutritious and delicious food that they can enjoy at any time of the year. What better way to celebrate health than in the classroom!



Theme Party Recipe Ideas

Halloween

- Roasted Pumpkin Seeds
- Pumpkin Bread Muffins
- Witch's Brew*
- Abracadabra Wands*

Harvest/Thanksgiving

- Nut & Dried Fruit Trail Mix
- Lemon-Chili Veggies*
- Corn Bread

Winter Holidays

- Popcorn Mixed with Red and Green Candies and Peanuts
- Apple Wedges Dipped in Caramel
- Cereal Holiday Trees*

Valentine's Day

- Angel Food Cake with Fresh Strawberries Topped with Whipped Topping
- Fresh Fudgy Fruit*
- Cherry Tomato Fillers*

Spring

- Sparkling Grapes*
- Fruit Salad with Yogurt Dip
- Celery Wagons*

End of the Year/Summer

- Banana Splits*
- Fresh Fruit Kabobs
- Veggie Sticks with Lowfat or Nonfat Dip
- Hooray for the Red, White, and Blue!*

Quick & Easy Snack Ideas

Air-popped popcorn

Pretzels

Crackers & Peanut Butter

Baked Chips & Salsa

Fresh Fruit
(topped with yogurt dip or peanut butter)

Veggie Sticks
(dunked in lowfat dip)

100% Juice or Water

* See recipes on reverse side from the *Kids Get Cookin' 5 a Day-Power Play!* Cookbook and the American Heart Association

Recipes (all recipes serve 32 students)

Abracadabra Wands (serving size: 2 sticks)

Ingredients:

- 10 red apples, cut into 64 chunks
- 5 cups red grapes
- 8 oz. nonfat or lowfat cheddar cheese, cut 64 chunks
- 2 avocados, cut into 64 chunks
- 64 long, thin pretzel (or wooden) sticks (about 3 inches long)

Preparation (20 minutes):

1. Use a wooden skewer to poke holes in center of each piece of food.
2. Thread pieces onto pretzel stick.
3. Serve leftover pieces of fruit.

Witch's Brew

Ingredients:

- 1 gallon cranberry juice
- 1 gallon apple cider
- 12 oz. frozen orange juice, unprepared

Preparation (5 minutes):

1. Mix all ingredients together in large pitcher

Lemon-Chili Veggies

1. Chop any favorite veggies (try cucumber and jicama) into chunks.
2. Squeeze fresh lemon juice onto each piece.
3. Lightly sprinkle with chili powder and salt.

Cereal Holiday Trees

Ingredients:

- 16 cups Oat "O" type cereal
- 12 cups mini marshmallows
- 8 tablespoons butter
- 2 teaspoons green food coloring
- 2 teaspoons vanilla

Preparation (10 minutes):

1. Prior to class, melt butter and marshmallows in saucepan, add food coloring, add cereal.
2. Have students mold mixture into a triangle tree shape.

Cherry Tomato Fillers (serving size: 2 tomatoes)

Ingredients:

- 64 (large) cherry tomatoes
- 1 1/2 cups low-fat cottage cheese
- 1 cup sunflower seeds

Preparation (15 minutes)

1. Cut tops and scoop seeds and the pulp out of each tomato.
2. Fill with 1 teaspoon of cottage cheese.
3. Sprinkle with sunflower seeds.

Fresh Fudgy Fruit (serving size: 1/2 banana, 1 strawberry)

Ingredients:

- 16 bananas, peeled, cut in half
- 5 cups lowfat granola
- 32 strawberries, tops removed
- 64 wooden craft sticks
- 3 cups light hot fudge at room temp.

Preparation (15 minutes):

1. Insert wooden stick into the cut end of each fruit.
2. Place granola into plastic bag and use a spoon to crush the granola, and place in a shallow bowl.
3. Pour fudge into shallow bowl.
4. Place fruit in fudge and spread the sauce around.
5. Place fruit on top of the granola. Turn to coat lightly.

Sparkling Grapes (serving size: 2 glittery grape clusters)

Ingredients:

- 3-3 oz. packages of gelatin
- 1 1/2 cups boiling water
- 64 small clusters of grapes
- 1 1/2 cups ice cubes

Preparation (15 minutes)

1. Pour gelatin powder into measuring cup. Pour half of powder into a bowl and place the other half on the side.
2. Add boiling water to the bowl of gelatin. Stir until powder is dissolved. Add ice cubes and stir until ice melts.
3. Dip grape clusters in liquid gelatin mixture & shake off excess.
4. Sprinkle extra powder over grapes and serve.

Celery Wagons

Ingredients:

- 2 stalks celery, cut into 3 inch pieces
- 2 cups lowfat dip
- 4 large carrots, sliced
- 64 toothpicks

Preparation (15 minutes):

1. Cut veggies ahead of time.
2. Have students put a carrot piece at each end of 2 toothpicks.
3. Place a celery stick on top of the toothpicks.
4. Fill with 1 tablespoon of dip.

Mini Banana Splits

Ingredients:

- 16 small bananas, peeled
- 16 cups lowfat vanilla yogurt
- 8 cups fresh berries
- 2 cups lowfat granola

Preparation:

1. Cut banana in half, share between 2 students.
2. Scoop a 1/2 cup of yogurt onto banana.
3. Top with berries and granola.

Hooray for the Red, White, and Blue!

Ingredients:

- 5 baskets of strawberries (about 64 strawberries)
- 4 containers of blueberries
- 1-12oz. container of lowfat whipped topping

Preparation (10 minutes):

1. Wash fruit. Remove tops from strawberries.
2. In small cup, place 2 strawberries, a dollop of whipped topping and sprinkle with about 5 blueberries.