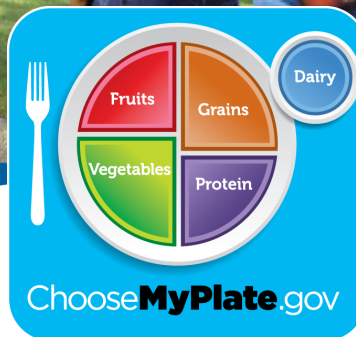


It's Party Time



*We do not stop playing because we grow old.
We grow old because we stop playing.*

Part 3 excerpted from

Create Healthy, Active Celebrations

U.S. Department of Agriculture
Food and Nutrition Service

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Celebrations Made Easy

To make it easier for you to have healthy and active celebrations, this section provides menu ideas, tips, and also games to get guests moving. Pick a party theme to use. Or, just invite your family and friends to Sunday supper.

Offer guests tasty, healthy foods and beverages. Several ideas for quick, easy, and tasty choices are included, but there are many options. Try something new. Use the table below to pair up a new dish with a current favorite.

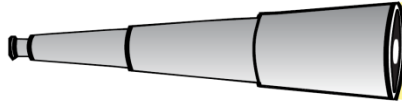
Matchmakers -- Choose Combinations That Suit You* Mix and match foods to go with your main dishes. The foods in the chart below provide ideas to make meals more interesting. Recipes that are **bolded** in the chart below can be found in the Recipes section.

Appetizers	+	Main Dish	+	Side Dish	+	Beverage	+	Dessert
Slices of Fruit Log		Pasta with vegetables and grated cheese		Mixed green salad		Bubbling Pineapple Punch		Frozen Fruit Cups
Colorful Quesadillas		Baked chicken dusted with chili powder		Black beans and corn with low-fat salad dressing		Orange Banana Frosty		Fruited Parfait
Chick Pea Dip and carrot sticks		Brunswick Stew		Crunchy Parmesan Toast		Low-fat or fat-free milk		Fruit 'n cream pops
Whole-wheat crackers and cheese		Vegetarian Chili		Broccoli Stuffed Spuds		Water with a slice of lemon		Pineapple sherbet
Tomato Soup		Baked Chicken Nuggets		Baked Crispy Potatoes		Golden Glow Punch		Peach Apple Crisp
5-Layer Bean Dip with tortilla chips		Colorful Quesadillas		Green salad, purple onions, and orange slices		Apple/grape juice punch		Watermelon Ice
Cucumber slices and carrot coins		Sliced ham and rice casserole		Aloha Coleslaw		Smoothie		Peach Topping on angel food cake
Celery, peanut butter, and raisins		Make Your Own Pizza		Herbed Vegetables		Club soda with frozen juice ice cubes		Apple Crunch

* Choose lean meats, and low-fat or fat-free foods or beverages.

Make it a Pirate Party

Both boys and girls will have a good time and enjoy the adventure of this Pirate Party. Suggest on the invitation that kids and adults “dress up” in pirate attire!



This theme, menu and game ideas work well for kids 8-10 years old.

Food for the Shipmates

You have many healthy options that kids this age will enjoy and find interesting. Try to keep it simple. Include lots of colorful fruits, finger foods, and bubbly drinks. Write the menu in “pirate” language and let kids try to guess what it is! See menu ideas below. Choose lean meats, and low-fat or fat-free foods or beverages.

Menu 1

Fruit Log*

(banana, peanut butter in a tortilla)

Sea Crunch

(Mix cereal, nuts, popcorn seasoned with chili powder)

Bird Leg

(Baked or BBQ chicken legs)

Sea Weed Wrap

(Cucumber and tomato salad with ranch dressing in whole-wheat wrap)

Smoothie*

Dessert

Menu 2

Hardtack with Curds

(Whole-wheat crackers with cheese)

Sea Dogs

(Baked Fish Sticks in hot dog bun)

Blackbeard’s Baked Beans

Sea Goddess Veggie Sticks

(Slices of carrot, celery, and peppers)

Bubbling Pineapple Punch*

Dessert

Checklist

A day or two before the party, check your list of things to do:

- 1 Confirm the number of guests.
- 1 Call helpers; remind them of the time to arrive.
- 1 Outline party schedule; see example below for a Pirate Party.
- 1 Make decorations.
- 1 Buy supplies and food.
- 1 Decide what foods to prepare early, like those that can be refrigerated or frozen; wash vegetables and other ingredients, etc.

Supplies Needed:
cardboard box, silver or gold paper, old jewelry, net, shells, paper, glue, marking pens, face paint

* Recipes are provided for **bolded** items.

Make it a Pirate Party continued

Decorations

Deck the galley with pirate gear early on the morning of the party.

- Hang a pirate flag to identify your home.
- Put a picture of a skull or pirate on the door with a sign saying "All who enter here must follow the pirates' code."
- Make a treasure chest from a decorated box. Cover the box and fill it with gold and silver tissue paper, bananas, oranges, and old costume jewelry like pearls and rhinestones. Make the treasure chest in advance.
- Hang a net in the party area. Add shells, skull, and crossbones, and other sea gear to the net.



Pirate Booty

Prepare goody bags ahead of time. Decorate them with crossbones or other pirate symbols. Include tropical fruit, activity sheets, and other items in goody bags that may help kids to eat better and be more active.

Welcome

Provide a mirror, face paint, and pirate costume options (hats, bandanas, vests, jewelry) so kids can turn themselves into pirates. Have each child choose a pirate name (such as: Black-Eye Bob or Scary Carrie). Put the name on a nametag and use it during games. Watch a few minutes of a video of a favorite pirate movie and have a trivia contest.

Schedule of Activities

- 11:00 Welcome Guests and Face Painting
 - 11:15 Clear the Decks
Tick-Tock Find the Clock
 - 12:00 Slow Down: Find the Treasure
 - 12:30 Feed the Shipmates
 - 1:00 Sort the Treasure - Distribute party favors or open birthday presents
- Thank your guests

Make it a Pirate Party continued

Get Them Moving

To add to the fun and to get kids moving, include a couple of these games:

Clear the Decks. Divide into two teams. Both teams play side by side. Two kids sweep their team's 5 ping pong balls* across a floor using brooms. After one set of balls crosses the room, the broom is passed to the next set of teammates who are waiting at the end of the room. Then the balls are swept back across the room. First team to sweep their ping pong balls across the finish line wins.

*Mark two sets of 5 balls with their own color. Make this game more difficult by marking a symbol on one ball out of each set. The other team tries to capture the opposing team's ball with a symbol. Use a bigger ball to make it easier.

Tick-Tock Find the "CLOCK in the Croc."

Kids race to locate a ticking kitchen timer, or alarm clock, before it goes off.



Cannon Ball Fight

Try this on a warm, sunny day. It is good for outdoor play. Fill round balloons with water. Have the kids toss them until the balloons burst. Pick up all broken balloon parts to prevent pets from choking on them.



Other Active Games

Consider the following games and decide what works best for you.

Conga Dance

Turn on the music and have the guests form a dance line by putting their hands on the waist of the person in front of them. The leader moves the group around the dance area.

Limbo

Balance a lightweight crossbar between two upright surfaces, at about chest high. Have each dancer go under the crossbar by bending backward. Repeat this, lowering the bar each time.

Pirate's Tug of War

Have two teams try to pull a ribbon tied to the center of a length of rope over to their own side. They must get the ribbon past a line marked on the ground.

Make it a Pirate Party continued

Slow Down Play

Before the meal, slow the action down so kids are ready to enjoy the food.

Find the Treasure

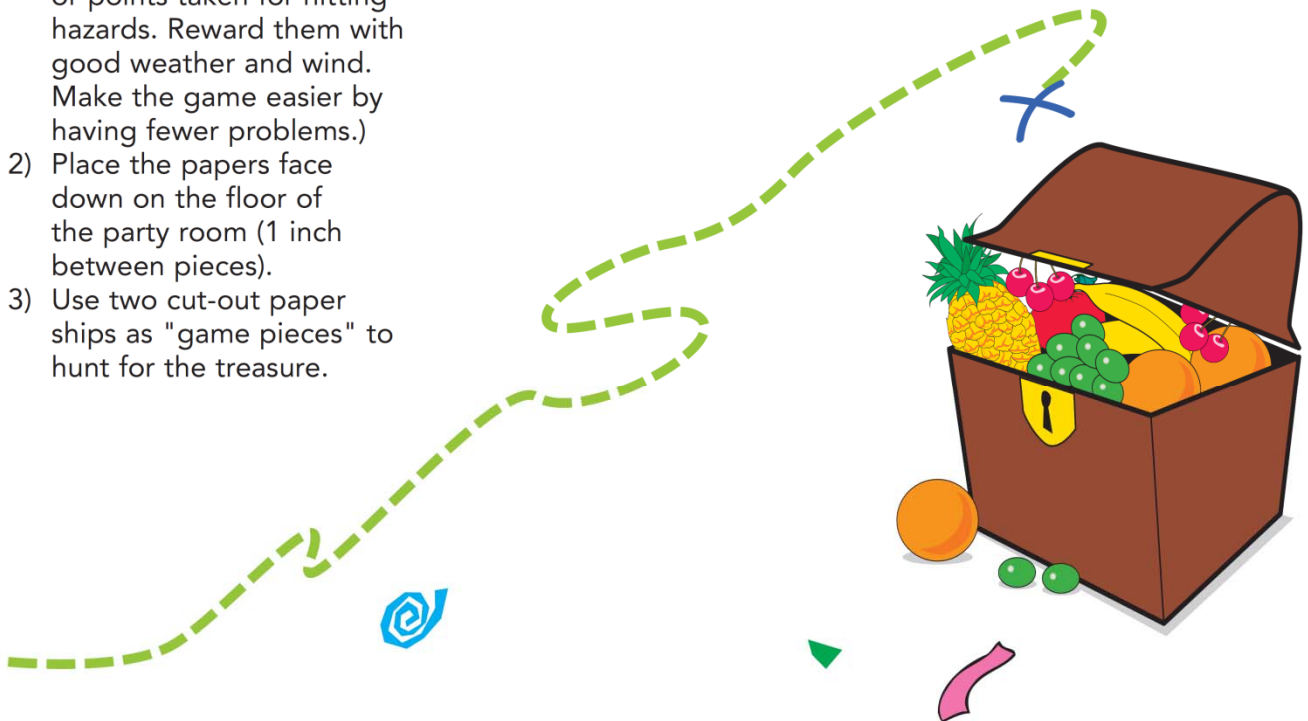
Prepare a Treasure Map

- 1) Use 20 to 25 sheets of heavy paper to make one large "treasure map" with islands, reefs, rocks, angry natives, sharks, sea monsters and - of course - a big red X marking the treasure. (To make the game hard, create "pretend" problems - such as an island reef with only one way through or points taken for hitting hazards. Reward them with good weather and wind. Make the game easier by having fewer problems.)
- 2) Place the papers face down on the floor of the party room (1 inch between pieces).
- 3) Use two cut-out paper ships as "game pieces" to hunt for the treasure.

To play the game, each crew flips a coin and moves its ship an appropriate number of spaces (heads = move 1 space, tails = move 2 spaces). Upon landing on a spot, the paper is turned over to show that part of the map. Taking turns by flipping the coin, the crews race each other to find where the treasure is hidden. The first pirate ship to find the treasure wins.

Sort the Treasure -

Distribute party favors or open birthday presents.



Come Together for Sunday Supper

If your family tunes you out when you talk about eating healthier, this Sunday Supper will change their minds. Family dinners are a great time to catch up on what family members did during the week, share news, and have fun. Plan to include a game of kick ball or soft ball, a Frisbee toss, or jump rope. Both kids and adults will enjoy it.

Hint: Don't tell them it is healthy; just let them try and enjoy these tasty foods.

Foods for family fun time do not need to take a lot of time to prepare. Focus on having fun by planning a menu that can be done ahead.

Menu 1

Brunswick Stew*
Crunchy Parmesan Toast
Leafy Green Salad
Frozen Fruit Pops
Cold Water with Lemon Slices

OR

Menu 2

Vegetable Tray & Dip
Family's Favorite Chili
Cornbread
Broccoli Stuffed Spuds
Frozen Fruit Cups
Apple and Grape Juice Punch

Checklist

A day or two before the dinner, check your list of things to do:

- 1 Check on who agreed to be there. Remind them when to arrive.
- 1 Plan out the seating.
- 1 Think through dinner events (see ideas given below).
- 1 Decide on the table setting -- Find your favorite tablecloth.
- 1 Make sure food, ingredients, and other items needed are in the house.
- 1 Prepare foods that can be frozen or refrigerated early. Wash and chop ingredients like vegetables.

* Recipes are provided for **bolded** items.

Come Together for Sunday Supper continued

Make It Easy on Yourself

Keep meal preparation simple and easy.

- ▲ Prepare foods in advance and reheat.
- ▲ Ask someone to bring a salad, beverage, or side dish.
- ▲ Serve a variety of foods from several of the food groups.
- ▲ Let everyone contribute by helping to prepare and clean up.
- ▲ Think about the types of foods and way you offer them to children.

Enjoyable time spent together helps children eat better.

- ▲ Children try and learn to like the same foods adults eat.
- ▲ Children learn table manners, how to share and take turns.
- ▲ Children learn how to participate in polite conversation.

Other family activities:

- ▲ Take a walk after dinner. Play a favorite family game, or hold a scavenger hunt.
- ▲ Create memories. Take pictures of different people in the same pose.
- ▲ Talk about your family history and how you are related to others.



Schedule of Activities

Sunday Morning

Set the table. Use your favorite dishes on a colorful tablecloth. Add flowers, music, candles, or decorations.

Welcome

Get children involved. Have children serve beverages to the “company.”

Before Dinner

Try something new. For example, add a new vegetable to a tray with other favorites and invite guests to try them with a low-fat dressing.

Plan for Dinner Conversation

Use the Let’s Talk About Cards. Or play cards or a favorite game.

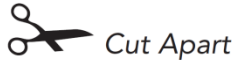
Get Them Moving

Show children how to dance, or play an outdoor game. Go for a walk.

Come Together for Sunday Supper continued

Create “Let’s Talk About” Cards

Use some of the ideas below to make your own cards. Use them to start discussions. Cut them apart and give one or more to each person at the table. Or, use one card and have everyone talk about that topic.



What did you do today that made you happy (at school, work, or home)?	If I had a garden, I'd plant...	What would you like to learn how to cook?	My favorite food is....	What's a funny thing that happened recently?
What books or magazines do you like?	What was the best thing that happened today?	Where would you like to go for an afternoon?	What did you like about ... (an event like camping)?	What used to be your least favorite foods?
How often do you eat?	What game do you like to play the most?	What is a favorite song or piece of music?	How long can you jump rope?	What's the furthest (time or distance) you have ever walked?
What's a new skill you would like to learn (braiding, sewing, making a _____)?	When was the last time that you played... (name an odd kid's game).	Next week we should all.... (visit... make... find... picnic).	What's your favorite hot drink? And cold drink?	How tall were you when you were (age 2, 5, or 8)? How tall will you be when full-grown?
What is your favorite activity at family gatherings?	Name two different things you do at school that make you happy.	What or where is your favorite place?	Describe the perfect family vacation.	If you could invite anyone to dinner, who would it be?

Have a Blast From the Past

Music themes from the past are fun for larger groups. Everyone will have a good time and enjoy an adult and child dance party. Have friends, both kids and adults, "dress up" in dance attire! The food, music, and decorations set the theme for any dance event.

Foods and Beverages for Dancers

Keep it simple. Include lots of colorful fruits, finger foods, and some bubbly drinks.

Celebrate the 1950s with a Sock Hop

Make decorations in advance by cutting out vinyl record shapes, images of old-time musicians, and singers. Also cut out large and small silhouettes of cats and poodles.

Menu 1

Baked Chicken Nuggets*
Baked Crispy Potatoes
Tossed Greens Salad
Peach Apple Crisp
Beverage

Menu 2

Toasted Cheese Sandwich
Cream of Tomato Soup
Mini Banana Splits
Beverage

**This theme, menu,
and game ideas
work well for both
adults and kids.**

Checklist

A day or two before the party, check your list of things to do:

- 1 Check to see who's agreed to come.
- 1 Call helpers; remind them of the time to arrive.
- 1 Prepare party schedule - see example below.
- 1 Make decorations.
- 1 Buy supplies and food.
- 1 Decide what foods to prepare early, like those that can be frozen or refrigerated; wash and chop ingredients like vegetables, etc.

*Recipes are provided for **bolded** items.

Have a Blast From the Past continued

Schedule of Activities

3:00

Welcome

Help your guests "go back in time" by providing a mirror and:

- Hair-jell to 'grease' up hair for the boys
- Rubber bands and hairclips to make ponytails for the girls.
- Have white T-shirts and white socks on hand for the guys who forget to dress for this event. Have them roll up their pants and cuff their sleeves. Offer a small scarf for the girls to wear around their necks, or a silhouette of a poodle or cat to attach to their shirts.

3:15

Time To Munch on a Snack

3:40

Get Them Moving

- Demonstrate how to Swing Dance.
- Have a Twist and Limbo contest.

4:10

Slow-Down Time

- Lip-sync to some old songs
- Pass out sugar-free gum. Have a bubble blowing contest.

4:20

Start Dance Session Two

4:40

Take a Cool-Down Break

Check out your local library for dance instruction on video or DVDs. Or, borrow copies of old televised dance programs like the "Arthur Murray Party," "Hullabaloo," or "Shindig."

- **Favorite Dances of the 1950s and 1960s**
Swing, Stroll, Madison, Bunny Hop, Conga, Hand Jive, Twist, Jerk, Monkey, Pony, Swim, Mashed Potato, Skate, Shimmy, and Locomotion
- **Favorite Dances of the 1970s**
Street Hustle, Latin Hustle, Night Fever Line Dance, Bus Stop, Four Corners, and Bump

Supplies Needed

- 1 **Mirror and hair supplies**, scarves or other accessories
- 1 **Paint** or felt-tip pens
- 1 **Poster board** to make:
1950s vinyl record shapes and silhouettes of cats and poodles or
1960s peace signs, smiley faces, ying-yang signs
- 1 **Scissors**
- 1 **Posters** with photos of by-gone musicians
- 1 **Old-time music**
- 1 **Fabric dye** and rubber bands if making tie-dyed items
- 1 **Food**



Have a Blast From the Past continued

Celebrate the 1960s/1970s “Dance Fever”

Menu 1

Broiled Mini Kabobs
Pineapple Cheeseball
Several Types of Crackers
Decorated Mini Cupcakes
Golden Glow Punch*

Menu 2

Individual Vegetable Pizzas
Tossed Green Salad
Dessert
Bubbling Pineapple Punch

*Recipes are provided for **bolded** items.

Decorate the room and the food with smiley faces, peace signs, and ying-yang signs, a lava lamp, peace symbols, old rock 'n roll group posters, tie-dyed tablecloth, colored light bulbs in small lamps. Hang curtains of beads in doorways.

Make tie-dyed head scarves, bandanas, or head bands in advance. Use rubber bands to “tie” your material or fabric and soak it in fabric dye. Pinch the cloth, and wrap a rubber band several times around the piece you pinched to form a small “bump.” The more rubber bands you use, the more tiny circles you will have. Prepare the fabric dye as directed on the package. Wear rubber gloves when dipping cloth into the prepared fabric dye. Dry dyed fabric on a surface covered by a large plastic trash bag.

Follow a Schedule

Switch between active and calm activities: dance, then sing.

Welcome

- Hand out bead necklaces to wear.
- Provide tie-dyed head scarves, bandanas, or head bands for guests.

Get Them Moving

- Show them a line dance or the Hustle.

Slow-Down Play

- Karaoke singing or face painting



Celebrate With a Fiesta

Celebrate With a Fiesta

Learn the celebration traditions and culture of Mexico by holding a fiesta. Provide your guests with the chance to taste new foods and learn a new dance or game.



Menu 1

Colorful Quesadillas*
5-Layer Bean Dip
Sliced Crunchy Veggies
(carrots, celery, jicama, sweet peppers)
Watermelon Ice

Menu 2

Build-Your-Own Taco Bar
Lemon-Chili Veggies
Guacamole
Baked Tortilla Chips
Beverage

* **Bold** items have recipes provided.

Schedule of Activities

- 2:00** **Welcome**
- Make a fiesta banner or paper flowers
- 2:15** **Get Them Moving**
- Mexican Hat Dance or the Macarena
- 2:30** **Serve Something Mexican To Eat**
- 3:00** **Get Them Moving**
- Break the Piñata
- 3:30** **Slow-Down Play**
- Play Bingo

Checklist

A day or two before the party, check your list of things to do:

- 1 Check to see who's agreed to come.
- 1 Call helpers; remind them of the time to arrive.
- 1 Prepare Party Schedule - see example given below.
- 1 Make decorations.
- 1 Buy supplies and food.
- 1 Decide what foods to prepare early, like those that can be frozen or refrigerated; wash and chop ingredients like vegetables, etc.

Supplies Needed

- 1 Piñata
 - 1 Party favors to put in the piñata
- Craft Project
- 1 Two packages of colored tissue paper
 - 1 String and glue
 - 1 Package of green pipe cleaners
 - 1 Scissors
 - 1 Mexican style hats, shawls, or blankets or fiesta lights
 - 1 Bingo cards
 - 1 Food

Celebrate With a Fiesta continued

Decorate

Use bright colors to decorate. Make a few paper desert flowers or a banner made from paper cut-outs. Display a wide-brimmed sombrero hat, colorful-striped poncho or shawl, chili peppers, or fiesta lights (also called luminarias) using flash-lights to light them. Make or buy a piñata to use both as decoration and an active game.

Papel Picado

"Cut Paper Art" is a type of Mexican art used to create colorful banners or little flags. Use scissors to cut designs in stacks of layered tissue paper. Connect the pieces of paper side by side, to decorate everything from dining rooms to outdoor spaces.

Las Flores or "Flowers"

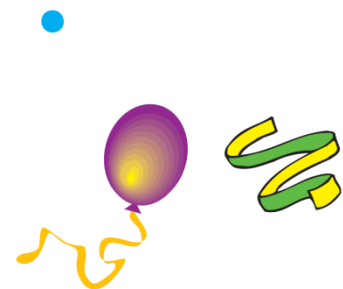
Simple accordion folding can create paper flowers to add color to a table centerpiece or room. **Directions:** Take four to five sheets of the tissue paper and layer them. Cut into 8-inch squares. Keep the sheets layered, and fold it like an accordion so it looks like a thin rectangle. Cut a small v-shaped notch on both sides of the center of the rectangle. Twist a green pipe cleaner around the notch. With the green "stem" pointing straight down, pull gently at the first layer of tissue in the center.

Pull up the other layers, one by one. Repeat for the other side of the flower. When all the layers are pulled up, fluff them in place to look natural. Continue making more flowers.

Breaking a Piñata

This activity is usually done outdoors to allow the piñata to be hung so it can be raised and lowered. For safety, clearly mark a large space for the player to stand under the piñata. All others must stand far behind the marked space.

Each player is blindfolded and is allowed to make a number of swings using a pole, or stick, to break the piñata. Rotate through the players until the piñata is broken. The tradition is the piñata is filled with candy. For your party, fill the piñata with small bags containing nonfood items. Each player gets a bag.



Celebrate With a Fiesta continued

The Mexican Hat Dance

In the Hat Dance, partners face each other and hold hands. The dance movements are as follows:

- 1) Jump and tap right heel in front and Make arms into an "L" shape across your body.
- 2) Jump and tap left heel in front and Reverse the "L" by switching the arm crossing your body.
- 3) Jump and tap right heel in front and Make arms into an "L" shape across your body.
- 4) Clap twice.

Repeat above actions 1-4, seven times.

Hook right elbows with partner and swing partner in a circle with eight small running steps. Reverse and swing your partner the other way. Repeat from beginning.

The Hat Dance music changes again to the beginning melody. Repeat the beginning motions four times. Then, the music becomes fast and swirling. You are to hold hands with your partner or group and move quickly around in a circle. The song starts over. So repeat all of the hand motions, steps, and claps from the beginning. The dance ends with everyone moving quickly in a circle.

Libraries may have copies of Mexican music, including music for the Mexican Hat Dance.

