



Celebrate Health!

During the busy holiday season don't forget to continue promoting healthy messages to your students and families, with an emphasis on healthy holidays and traditional foods. Try new celebration foods and keep moving!

For Yourself: Cook an old holiday favorite with a healthy twist or find a new favorite recipe to share with family and friends!

➤ Visit <http://www.mayoclinic.com/health/holiday-recipes/NU00645> for:

- Healthy Holiday Appetizers
- Healthy Holiday Side Dishes
- Healthy Holiday Main Dishes
- Healthy Holiday Desserts

For Your Students: Develop a classroom healthy snack and celebrations policy!

➤ Engage your students in the process of developing a classroom policy to foster buy-in and ownership:

- Visit http://www.healthiersf.org/nutrition/Action6/1-Teach_Students/classroom.html for a lesson plan for writing a Classroom Snack Policy

➤ Celebrate and enjoy December's *Harvest of the Month* (HOTM) with your students:

DECEMBER'S HARVEST OF THE MONTH: KIWI

TASTING TRIO!

Try this easy classroom activity with only 3 ingredients...

Kool Kiwi Kabob

Makes 35 servings, Prep time: 10 minutes

INGREDIENTS:

- 6 gold kiwis, each cut into six pieces
- 6 green kiwis, each cut into six pieces
- 6 mozzarella sticks cut into 6 chunks per stick
- 35 coffee stir sticks



PREPARATION:

1. Pass out 1 wooden stick to each student.
2. Have students assemble their kabobs, slide 1 green kiwi, 1 cheese piece, and 1 gold kiwi onto a coffee stick.
3. Eat and enjoy!

Serve Kiwi at Holiday Celebrations!

Physical Activity Tips

Check out this month's new Physical Activity Tip:

- *Shape of Yoga!*

Shape of Yoga is a fun way for you and your students to exercise and learn about healthy food choices. The format is simple and shows how to teach basic yoga. There are 10 poses and the booklet is available in Spanish and English. Use the calendar at the back of the booklet to track your students' progress.

Check out the website below for:

- A PDF of the *Shape of Yoga* booklet

http://www.networkforahealthycalifornia.net/2009Conference/ConfDownloads/CDPH_ShapeofYoga_7.pdf

For more HOTM resources, including grade level talking points, activity sheets & materials for pre-school and special education... visit:

http://lapublichealth.org/nut/LACOLLAB_Files/documents/HOTM/HOTM%20Resources.htm