

# Being healthy



# for



# Halloween



# Safe and Fun Fall Family Activities!

- Get your family all together and dance to the

## MONSTER MASH



- Carve or paint pumpkins together!!



- Roast the seeds from your pumpkin in your oven!



- Decorate your house together by cutting bats out of construction paper, then put them on your wall.



- Blow up green or orange balloons and draw faces on them!



- Have everyone dress up in a costume for dinner!



# A Healthy Halloween Snack!

## Banana Ghosts

Supplies:

- 3 bananas (each 1 makes 2 ghosts)
- Dried currants
- Popsicle sticks



1. First, peel your bananas. After doing that, slice them in half.
2. Insert a popsicle stick into the end that has been cut.
3. At the curved end, press in dried currants - they create the eyes and mouth.

Enjoy!



Use these pictures as your references!!



# Draw your own Jack-O'-Lantern!



# Healthy Halloween Snacks!

## Veggie Jack O' Lantern

### Supplies:

- Platter
- Baby carrots
- Small cups of hummus (2)
- Olives
- Cucumber, sliced
- Celery sticks (3-5)

1. Arrange the baby carrots in a circle on the platter. This will be the “pumpkin”. Place the two cups of hummus next to each other at the top, these will be the pumpkin’s “eyes”. If you would rather not use hummus, you can arrange cucumber slices as the eyes instead.

2. Place the olives in a triangle shape just below the hummus cups, to form the “nose”. Then arrange cucumber slices in a semicircle at the bottom of the pumpkin, forming the smile.

3. Place the celery sticks at the top of the platter, making the pumpkin’s stem.

Enjoy!



Use these pictures as your references!!



# Fun Facts about Pumpkins!!



- Pumpkins are technically fruits, not vegetables.
- Pumpkins are part of the gourd family. Cucumbers, watermelons, zucchini, cantaloupe, and honeydew melons are also gourds.
- The largest pumpkin ever grown was 1,502 pounds!
- Usually, pumpkins are orange, but they can also be green, yellow, white, or red!



- Pumpkins are 90% water!
- The pumpkin capital of the world is Morton, Illinois - right here in the U.S.!



# Healthy Halloween Treats!

## Fruity “Candy Corn” Cup

Supplies:

- Clear cups
- Pre-sliced pineapples
- Peeled mini mandarins (like Cuties or Halos)
- Plain Greek yogurt

1. Place a thick layer of the pineapple slices at the bottom of the cup.
2. Place a layer of the peeled mandarin slices on top of the pineapple. The two layers of fruit should be taking up the majority of the space.
3. Place a scoop of Greek yogurt on top of the mandarins.

If you want to make it more like a parfait, you can also start with the Greek yogurt on the bottom!

Enjoy!



Use these pictures as your references!!



# Help the Spider Get to Its Web!

