



# Healthy Kids Club NOVEMBER SNACK & ACTIVITY IDEAS

Snacks can be prepared beforehand or can be an activity to do with students!

## FALL COLORS PARFAIT

Add yogurt and/or granola in between layers for a fun snack!



### ORANGE LAYER:

Mandarin Orange  
Peaches  
Mango

### YELLOW LAYER:

Pineapple  
Apricot  
Bananas

### GREEN LAYER:

Kiwi  
Grapes  
Pears

### RED LAYER:

Apple  
Strawberries  
Cherries

**Alternative:** Color the yogurt with food dye instead of using different fruits.

## APPLE WRAPS WITH YOGURT HONEY DIP



Use whole grain bread or wrap of choice and spread with apple butter or nut butter of choice. Add in apple slices, wrap and serve with Yogurt Honey Dip.

### Directions:

1. Combine ingredients in bowl.
2. Serve as 2 Tbsp. servings

### Ingredients:

- 2 quarts plain yogurt
- 1 cup honey
- 1 ½ Tbsp. cinnamon

Serves:

50

## VEGGIES OF CHANGE



Have students arrange slices of carrots, peppers, celery, cucumbers, beans, pea pods into the shape of fall leaves and then eat with dip of choice.



## APPLE BUTTER & TURKEY WRAP

Use whole grain wrap of choice and spread apple butter, layer turkey (or protein of choice), cheese, and lettuce to make the wrap.

## VEGGIE ACORN



Have students put together cucumber slices with strawberries for a makeshift acorn snack! *Option:* dip a strawberry in cocoa powder to get acorn color.



## APPLE OWLS

Spread nut butter onto a rice cake or slice of bread. Add two apple slices for wings. For eyes use banana slices and blueberries. For feathers use raisins or cheerios. For beaks use a small piece of carrot or pepper.

## FALL TRAIL MIX



Combine rice Chex, pretzels, dried apple chips, dried cranberries, pumpkin seeds, sunflower seeds, and popcorn for a crunchy fall snack!

# November Activity Ideas

## COIN FOOTBALL



### How to Play:

Students form two equal teams. One player on the offensive team will secretly start with a coin (or paper clip) in his or her hand. The game begins with the offensive team trying to make it from one end zone to the next. The defensive team has to try to lightly tag all of the players on offense. Once all players are tagged, the team reveals who has the coin. The offensive team then gets three more tries to reach the end zone, starting from where the last person with the coin was tagged.

**Equipment required:** Small objects like coins or paper clip and cones to mark end zones.



## TURKEY RACE

### How to Play:

Students make their own turkey feathers out of construction paper and attach them to a paper belt. Once the students have their turkey belts on, they have to race like turkeys! Have each student start with their hand on their hips to make turkey wings and then hobble and gobble across the finish line. Increase the difficulty of this game by having students race while balancing ping pong balls on plastic spoons using only their mouths.

**Equipment required:** Fall-colored construction paper, children's scissors, tape, plastic spoon, and ping pong ball.

## PUMPKIN TENNIS

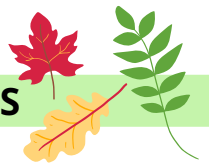


### How to Play:

Students pair up to work together to volley a balloon across the room to a plastic pumpkin basket. Whichever team makes their balloon into the basket first wins!

**Equipment required:** Balloons and plastic pumpkin baskets.

## CATCH THE LEAVES



### How to Play:

Students create fall leaves out of construction paper. Once every student has made a few leaves, collect them, and gather the students into a bunch. Then release the leaves into the air and have each student try to catch as many as they can!

**Equipment required:** Fall-colored construction paper, scissors, coloring materials.

## FLAG FOOTBALL



### How to Play:

Form a circle with cones and have four students start within the cones with a streamer tied around each of their waists. The students play the game by trying to steal other players' streamers. Remember that they are not allowed to defend their streamer or go outside the cones. The last one with a streamer wins!

**Equipment required:** Cones and fall-colored streamers.

