



Healthy Kids Club FEBRUARY SNACK & ACTIVITY IDEAS

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



CHOCOLATE TASTE TEST

Have students taste dark chocolate pieces with different percentages to see which they like best. Pair tasting with fruits as a palate cleanser in between!

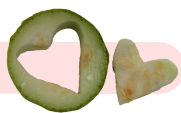


PLATE OF RED



Students can choose a new red fruit or vegetable of choice to taste and enjoy by itself or with a dip of choice! (Peppers, strawberries, tomatoes, etc.)

VEGGIE HEARTS



Have students cut cucumber and carrot slices into hearts with a small heart shaped cookie cutter.



GROUNDHOG PROTEIN CHECK

Have students form protein balls into groundhogs and set on top of rice cakes to have a high protein check for the end of winter!

Groundhog Protein Ball

Ingredients:

- 1 cup Dry Rolled Oats
- 1/4 cup Sunflower Butter (or nut butter of choice)
- 1/4 cup honey

Directions:

Mix the nut butter and honey in a bowl until smooth. Add in the dry oats and mix thoroughly. Form into balls and refrigerate for 30 minutes. Decorate with dried berries and coconut shavings.



STRAWBERRY LEMON WATER

Add lemon slices and frozen strawberries to a jug of water and let the water infuse for a few minutes.

SUPERBOWL SALSA AND CHIPS

Black Bean Salsa

Ingredients:

- 1 Can of Corn
- 1 Can of Black Beans
- 1 Jar of salsa



Directions:

Mix together and serve with tortilla chips.

PEPPERY HEARTS

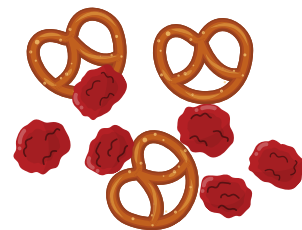


Slice peppers into strips and have students arrange slices into a heart shape. Serve with dip of choice (hummus, low-fat ranch, etc).

MAKE YOUR OWN TRAIL MIX

Use any combination of the below ingredients and let students create their own mix:

- Cereal
- Goldfish
- Dried Fruit
- Pretzels
- Marshmallows
- Chocolate chips



February Activity Ideas

GROUNDHOG TAG



How to Play:

Set enough hula hoops and jump ropes in a circle around the room for at least 2 to 3 students to fit in each. The game starts with 2 students being 'it' or the taggers. The rest of the students are the groundhogs. Have the groundhogs start on one side of the room. When the game starts, each groundhog has to try to make it to a 'hole' or circle without getting tagged. If tagged, that student is out. Each student can only stay in a 'hole' for less than 30 seconds before having to move to another one. By the end of the game, each groundhog needs to be in a 'hole'. The last two remaining groundhogs will be the taggers in the next round.

Equipment required: Hula hoops and jump ropes.

WHO'S YOUR VALENTINE?



How to Play:

This game resembles musical chairs but does not exclude players for long periods of time. Have enough chairs or spot on the floor for everyone besides one person. Play a round of "musical chairs" and whoever is left without a spot is "it." The seated players then ask that person "Who's your valentine?" and the person who is "it" responds with "My valentine is..." and calls out a characteristic of a group of people such as "people with striped shirts!" In that instance, people with striped shirts must get up and move seats (at least two seats away) and the person was "it" also takes a seat too. The person who did not get a seat this round is the next person to be "it."

Equipment required: Chairs, hula hoops, or spots on the floor.

BALL TAG



How to Play:

Start the game by having the students scatter across the room. When the HKC advisor calls freeze, the students stop where they are. The advisor then chooses one student to be the "flee" and another to be the "chaser." The flee gets a handheld ball or frisbee which will be used to pass to another frozen student to assume their role. If the "chaser" tags the "flee" then the two students switch roles. The roles get passed on when a student gets tired and wants to tag or pass the handheld ball off to another frozen student.

Equipment required: Smaller balls (tennis balls, etc...) or frisbees.

COLOR TAG



How to Play:

Mark the boundaries of where students can run and place the colorful items outside of the boundaries. Make sure students understand the concept of "butterfly" tags and that they should lightly tag others. Also address appropriate tagging areas, such as arms, shoulders and back. Choose 1 to 3 players to start as the taggers depending on the size of the group. The game begins by having students run around the designated area trying to not be tagged. When tagged, the tagger needs to give the student a color. That student then needs to run to an item of that color and spell that color out loud while doing jumping jacks. They can then return to the designated area.

Equipment required: Colorful items (Balls, cones, hula hoops, etc...)

