



# Healthy Kids Club JANUARY SNACK & ACTIVITY IDEAS

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

## PEPPER PARTY



Students can stack circles of pepper, cucumber, tomato, avocado, zucchini, carrot and olive to make a savory snack tree to be served with hummus or dip of choice.

## QUICK KALE SALAD



Mix kale, cranberries, lemon juice, olive oil, and honey in a large bowl with a lid. Have students take turns shaking the bowl then serve! Optional: include other veggies such as avocado, red onion, or pumpkin seeds!

## CLEMENTINE FLOWERS



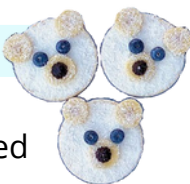
Have students arrange clementine or orange segments into a flower shape and use a celery stick for the stem and spinach leaves for the leaves. Can include a raspberry or blueberry as center of flower.

## CAULIFLOWER SNOW



Students receive plate with a circle of hummus spread on it and they arrange cauliflower florets to create a layer of fresh "snow". Students can use hummus to stick cauliflowers into a small bite sized "snowball"!

## RICE CAKE POLAR BEAR



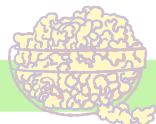
Put spread of choice on a rice cake and then place unsweetened shredded coconut on top of the spread. Use blueberries as eyes, banana slices as ears, and a banana slice with a blueberry on top as the nose.

## NO BAKE PIZZA MUFFINS



Create a yummy balanced snack with whole grain English muffins, pizza sauce, mozzarella cheese, and additional toppings of pepperoni, pepper slices, banana peppers, olives, and onions for a healthy take on Lunchables!

## TACO POPCORN



2 Tbsp chili powder	Combine spices in a small bowl. Have students sprinkle seasoning on their 2 cups of popcorn to taste!
3 tsp ground cumin	
2 tsp black pepper	
1 tsp ground paprika	
1/2 tsp garlic powder	
1/2 tsp onion powder	
1/2 tsp crushed red pepper flakes	
1/2 tsp dried oregano	
1/2 tsp nutritional yeast	

## HOMEMADE HOT COCOA



# 50

**1/2 cup servings**

25 cups milk of choice  
 1.5 cups cocoa powder  
 1.5 cups maple syrup  
 6 tsp vanilla extract

Combine ingredients in a crockpot and heat until warm, stirring often. Serve hot!

# January Activity Ideas

## PUZZLING PAIRS

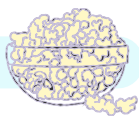


### How to Play:

Using the puzzle provided below, print and cut out as many puzzles necessary so each student starts with at least one puzzle piece. To make the puzzle pieces thicker, glue construction paper to the back and cut it out with the piece. This game is played by having the students start by finding another student with a matching piece. That pair then finds another pair and continually builds on each other's pieces until the puzzle is complete. This game can be made a competition to see which team can complete their puzzle first if multiple puzzles are used in one group.

**Equipment required:** Printed BHC puzzle, scissors, construction paper.

## STICKY POPCORN GAME



### How to Play:

Each student starts the game by "popping" around the room. Each student has to "pop" to another student and "stick to them." Once stuck together, the pair has to find other "popcorn" to stick to. The game ends when the class has formed a giant sticky popcorn ball.

**Equipment required:** None.

## BALLOON WORD SEARCH



### How to Play:

Divide the students into teams of 3. Write any 6-letter word onto 6 different balloons, one letter on each. Make enough sets of balloons for the number of teams there are. Scatter the balloons and some blank balloons around the room and have the teams race to find and form their 6-letter balloon word first.

**Equipment required:** Balloons and markers.

## MEMORY SCAVENGER HUNT



### How to Play:

To celebrate the new year, have each student draw or write out their favorite memory from the past year on a piece of construction paper. Then hide all the memories around the room and have students find them all. After each memory is found, have students guess which memory is with who.

**Equipment required:** Construction paper and writing utensils.

## FEET BALLOON PASS



### How to Play:

Students start the game by sitting in a circle. The objective of the game is to pass the balloon around the circle only using their feet. If the balloon drops to the ground, the group loses that round, but can restart instantly. Set a goal for the number of completed rounds to try to get to.

**Equipment required:** Inflated balloons.

## POPCORN RELAY RACE



### How to Play:

Have small bowls of popcorn on one side of the room. Divide the students into as many teams as there are bowls of popcorn. One student from each team races to fill the empty bowl on the opposite side of the room with the popcorn. This can be done by using spoons or straws folded to make makeshift "chopsticks."

**Equipment required:** Popcorn, small bowls, spoons or plastic straws.



[BHC Printable Puzzle](#)



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