

YOU ARE INVITED TO OUR

HEALTHY THANKSGIVING IN THE CLASSROOM

DAYS LEADING UP TO THANKSGIVING:

- Increase physical activity all week
- Educate students on fresh fruits and vegetables that are in season
- Focus on history of Thanksgiving rather than food



EDUCATIONAL ACTIVITIES:



What's in Season?: The Pilgrims and Native Americans had to harvest most of their food. Use this opportunity to educate students on unique fruits and vegetables in season that they can learn about and add to their Thanksgiving Dinner plate! *Examples include: Artichokes, beets, collards, kiwi, okra, pomegranates, squash and yams.*

PHYSICAL ACTIVITIES:

Turkey Tails: Give the children flags to put in their pockets and hop around like turkeys. Turkeys hop on one foot and flap one arm like a turkey wing, trying to steal the other flags. The turkey with the most flags wins.