

BOKS Bits for Child Care Celebrations

BOKS Bits for child care settings were made to help young children learn about healthy eating throughout their day. Young children are ready to learn about food and why healthy eating is important. Child care providers can build these “bits” of information or quick activities into the children’s day. They can be used as teaching opportunities during transition times, play or circle times, or at meal and snack times.

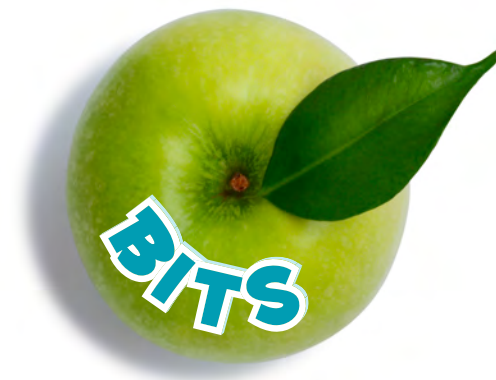
Active Kids = Active Minds

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For more information, or for resource materials to support the promotion of healthy eating and physical activity, call the Ottawa Public Health Information Line at 613-580-6744 or call toll-free at 1-866-426-8885, TTY 613-580-9656. Visit us online at OttawaPublicHealth.ca or e-mail us at healthsante@ottawa.ca

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You and those you engage to implement the program assume all risk of liability associated with implementing the BOKS program at your child care setting or early learning facility.

BOKS Bits Celebrations

BOKS Bits Celebrations provide healthy ideas and fun activities for special events, birthdays and seasonal or culture celebrations.



Fruit face birthday smile!

Objective

Healthy birthday celebration

Materials

Cut up fruit

Optional: special birthday plate and/or happy birthday sign

BIT

1. Cut fruit into bite-sized shapes.
2. Arrange the fruit on a plate to make a face.
3. Sing Happy Birthday together.
4. Take a picture to send home with the child.
5. Get creative!

Variation: Serve the fruit face on a special birthday plate and/or top it with a small happy birthday sign.



Birthday badge

Objective

Healthy birthday celebration

Materials

Construction paper; scissors; tape

BIT

1. Pre-make a cut-out of a badge.
2. On the child's birthday, write their name on the badge.
3. Use the tape to stick it to the child's shirt.
4. Announce that it is the child's birthday and have the children sing Happy Birthday.
5. Consider giving the child a special privilege that day like choosing an active game to play or what story to read at circle time.



Birthday crown

Objective

Healthy birthday celebration

Materials

Construction paper; scissors; glue (or a stapler)

BIT

1. Cut-out the shape of a crown from a band of construction paper.
2. Make the precut crown into a circle and fit it to the child's head and glue (or staple) the ends together.
3. Announce that it is the child's birthday and give them the crown.
4. Have the children sing Happy Birthday.
5. The child can wear the special crown all day if they wish.
6. Give the child a special privilege that day like choosing an active game to play or what story to read at circle time.
7. Take a photo of the child to put on the wall and send home to parent.

Variation: Make the crown out of real food like asparagus.



Birthday pancakes

Objective

Healthy birthday celebration

Materials

Pancake batter

Optional: special birthday plate

BIT

1. Make three pancakes, each one smaller than the other.
2. Stack them biggest to smallest on a special birthday plate.
3. Put fruit on top for decoration.
4. Serve to the birthday child and sing Happy Birthday!

Variation: Serve on a special birthday plate and/or top it with a small happy birthday sign.



Pear puppy

Objective

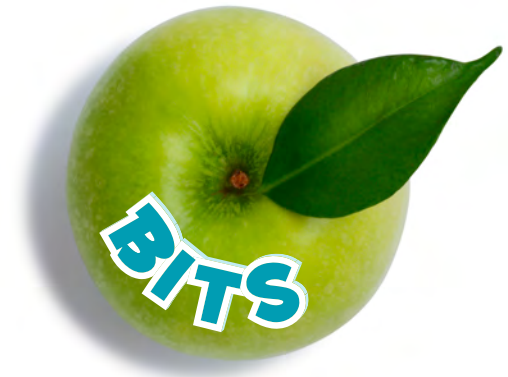
Healthy birthday celebration

Materials

Pears; prunes; grape; orange

BIT

1. Cut pear in half lengthwise. Place 1 pear half cut- side down on a plate.
2. Cut the prune in half lengthwise. Place one of the prune halves at the large end of the pear half for the ear. (Let children eat the other prune half!)
3. Cut the grape in half and place at the narrow end of the pear for the nose.
4. With a teaspoon, scoop out a tiny hole in the pear half for the eye. Cut remaining half of grape into quarters and place one into the eye.
5. Use the orange segments for the collar.



Valentine's Day snack

Objective

Healthy Valentine's celebration

Materials

Strawberries; yogurt

BIT

1. Slice the strawberries in half.
2. Make a large heart shape to serve the fruit to the children.
3. Serve the strawberry hearts along with yogurt for dipping as a special Valentine's Day snack.



Rabbits' carrot hunt

Objective

Healthy Easter or Spring-time celebration

Materials

Orange construction paper for the carrots; construction paper (any colour); glue or stapler; scissors; buckets (one per child)

BIT

1. Cut bands of construction paper large enough to fit around a child's head.
2. Cut out long ovals with pointy ends to be bunny ears, two per child.
3. Cut triangles from orange construction paper to be the carrots.
4. Fit a band of construction paper around each child's head and attach two bunny ears to the side of the band with glue or tape.
5. Hide the carrots around the room or play yard.
6. Give each child a bucket.
7. Tell the children that they are bunnies going on an Easter carrot hunt.
8. Ask the children to move around the space and collect as many carrots as they can.
9. Once all of the children have collected some carrots, talk to them about how rabbits and children need to eat a lot of different vegetables to stay healthy and strong.



Halloween pumpkins and ghost snacks

Objective

Healthy Halloween celebration

Materials

Tangerines; cucumbers; bananas; “O” shaped cereal

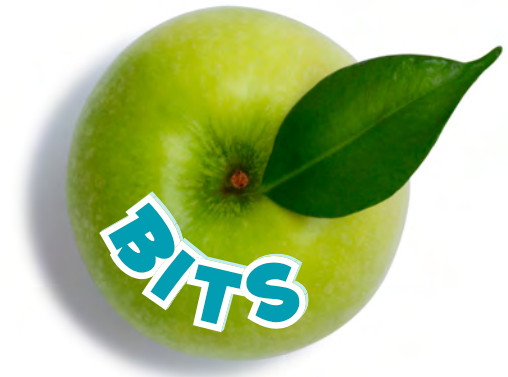
BIT

For the ghosts:

1. Cut bananas in half.
2. Press O shaped cereal into the banana to make eyes and a mouth.

For the pumpkins:

1. Peel and cut cucumber into short sticks.
2. Peel tangerines.
3. Put a cucumber stick into the top of the tangerine to make a pumpkin.



Trick or treat

Objective

Healthy Halloween celebration

Materials

Buckets or cloth grocery bags (one per child)

Ask parents to supply: stickers; markers; mini containers of play dough; mini containers of bubbles; pencils; colouring books

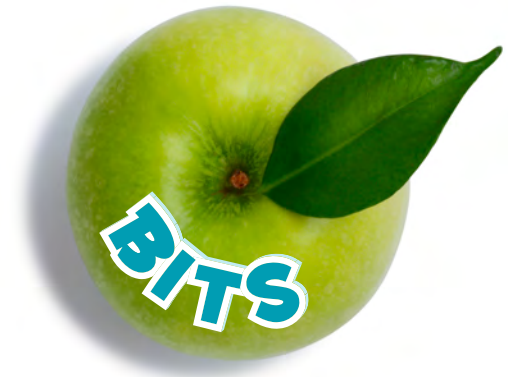
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Before Halloween:

1. One week before, ask parents to contribute fun, non-food items for trick or treating.
2. Parents should bring in enough of that item for each child in the class to get one.
3. Prepare a sign-up sheet for parents to indicate what they will provide so you can keep track.

On Halloween:

1. Set up stations in your room for the children to visit to get their treats.
2. Walk around the room with the children and stop at each station.
3. Ask the children to do a trick for their treat at each station. Some ideas are:
 - Do a dance
 - Jump up and down
 - Name their favorite vegetable or fruit
 - Sing a song



Strawberry banana canes

Objective

Healthy Christmas celebration

Materials

Bananas; strawberries

BIT

1. Slice strawberries and bananas.
2. Arrange on a plate in the shape of a candy cane by alternating between pieces of strawberry and pieces of banana.
3. Enjoy!



Fruit and fortune

Objective

Healthy Chinese New Year celebration

Materials

Apples; tangerines; oranges; grapes

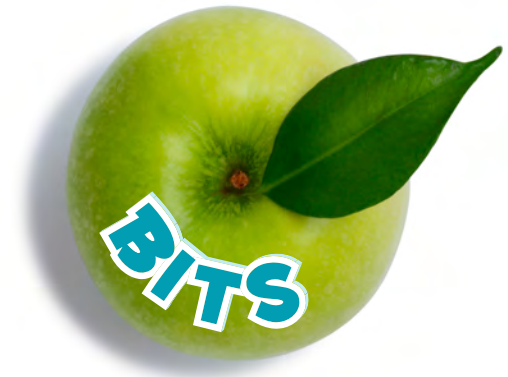
BIT

1. Place fruit in a bag
2. Ask children to sit down in a circle
3. Explain what the each fruit means for Chinese New Year:
 - An apple means peace and safety
 - A tangerine means good luck
 - An orange means wealth and success
 - Grapes means the blessing of family and descendants
4. Cut the fruit into pieces and give to each child for snack.

Special notes:

1. A fruit basket may be given as a gift during Chinese New Year.
2. Displaying and eating special fruits brings wealth and good luck, such as apples, tangerines, oranges and grapes.

Special notes: The colour orange also represents gold, and it brings good fortune and wealth too.



Red envelopes

Objective

Healthy Chinese New Year celebration

Materials

Red construction paper for envelopes; scissors; glue; coloured pencils or markers; paper for drawings and messages (do not use white and black colours as they are considered unlucky during celebrations).

BIT

1. Explain the significance of the red envelopes during Chinese New Year.
2. Give each child a piece of red paper and show them how to fold it to make a red envelope.
3. Ask the children to draw a picture of their favorite fruit or vegetable to share with a friend to celebrate Chinese New Year.
4. Ask each child to place their message or drawing into the red envelope.
5. Collect the red envelopes and redistribute them amongst the children.
6. Ask each child to show what they received.

Special notes:

1. Red is a lucky colour in China and it represents good fortune.
2. During Chinese New Year, children are given red envelopes (called hong paos) with money inside from family and friends. Each child is wished a safe and peaceful year.



Moon and stars

Objective

Eid celebration during Ramadan

Materials

Cantaloupes; peaches; serving plate; star shape cookie cutter; circle or half-moon cookie cutter

BIT

1. Cut the cantaloupe using the cookie cutter.
2. Cut star shapes out of peach slices to make stars.
3. Give each child a plate to layout the moon and stars to look like the night sky.
4. Serve with yogurt for dipping.

Special notes:

1. When the new crescent moon appears in the sky, the month of Ramadan begins.
2. Ramadan ends as the old moon's crescent disappears.
3. Muslims celebrate the end of Ramadan by visiting family and friends.

