



present

Healthy Harvest

**Fun in the
Classroom!**



.....
A guide to implementing a
Healthy Harvest
Celebration.

This brochure is brought to you by the Idaho State Department of Agriculture and the Idaho State Department of Education. The blue and gold Idaho Preferred® label stands as a symbol for fresh, high-quality products grown in Idaho, and buying Idaho Preferred® means you are supporting local growers and producers. Through the Idaho Preferred® and Idaho Child Nutrition Program, the Healthy Harvest Celebration aims to educate children throughout Idaho on the importance of good nutrition and healthy exercise, as well as promote local growers in the community. The Healthy Harvest Celebration is a great approach at helping students understand the connection between the foods they eat and agriculture in Idaho.

We hope you find this resource helpful in your Healthy Harvest festivities!

Idaho Preferred® is a part of the Idaho State Department of Agriculture
The Child Nutrition Program is a part of the Idaho State Department of Education



Healthy Harvest Activities

Use these fun activities to promote healthy eating and physical exercise using fresh, local produce straight from the farm!

Watermelon Bowling

What you'll need:

- 1 small watermelon
- 6 plastic milk bottles (each station)
- Duct tape, chalk or string to form lanes



Set Up:

Use duct tape, chalk or string to form lanes. Set up milk cartons as bowling pins.

Directions:

Each student receives a watermelon for bowling. Instruct the students to knock down all the cartons in one turn.

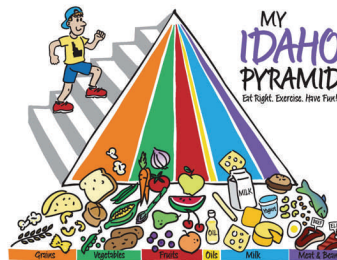


Even more fun:

For a challenge, try bowling from the knees, backwards, or various positions (left leg raised, arms tied together)- get creative!

Check this out!

My Idaho Pyramid Challenge



What you'll need:

- 2 My Idaho Pyramid images
- Duct tape, masking tape or string with stakes
- Variety of foods, products from all food groups
- 6 paper grocery bags
- 3 orange cones

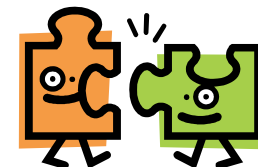
Set Up:

Use duct tape, masking tape or string with stakes to create a food pyramid outline.

Place orange cones approximately 20 feet from the pyramid (starting line).

Place a My Idaho Pyramid poster at each starting point.

Place 4-5 food items, each from a different food group, in paper bags.



Directions:

At the starting line, give each student a bag with food. (Tell students that they can't look inside bag until they reach the Pyramid outline).

Show each students a copy of the My Idaho Pyramid for 5-10 seconds.

On the "Go!" signal, students should run to the pyramid outline and place the food from the bag into the My Idaho Pyramid in the correct place as fast as possible, then race back to the starting line.



Helpful Hint!

You can also have a picture of the My Idaho Pyramid next to each pyramid outline to help students place food correctly.

Potato Tic-Tac-Toe

What you'll need:

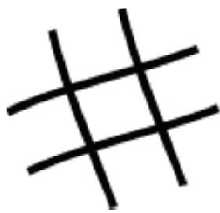
- 12 potatoes, not suitable for eating
- Duct tape, masking tape, or string and stakes
- 3 orange cones



Set Up:

Set up a large tic-tac-toe on ground using duct tape, masking tape or string and stakes (each square should be about a foot wide).

Use orange cones to designate the tossing line.



Directions:

Give each student 4 potatoes.

Tell the students the object of the game is to toss three potatoes in a row: diagonally, horizontally, or vertically.

Make sure the children only throw underhand (the game is best played on soft ground, preferably grass).

The station volunteer can demonstrate.



Helpful Hint!

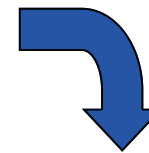
Again, make sure to use potatoes (or any other type of fruit or vegetable) that isn't suitable for eating to ensure kids don't misinterpret the point of the game.

Need Ideas for Back to School Night?

Include all members of the family in the Healthy Harvest Celebration by adding fun, festive Healthy Harvest ideas to your Back to School orientation.

Try Guessing...

- ... The number of grapes in a cluster
- ... The number of kernels on a corn cob
- ... The number of seeds in a pumpkin
- ... The weight of a pumpkin or watermelon
- ... The number of beans in a jar



Set up a Mr. Potato Head Station

Kids love the creative aspect of the classic Mr. Potato Head game, so why not add an Idaho agricultural twist? Supply toothpicks and sliced cucumbers, peppers, onions, various berries, spinach, peas, grapes, carrots, etc. and let the parents and children experience this great project together.



Helpful Hint!

Have several different pre-made Mr. Potato Heads on display to inspire even more creativity.

Guess the Food Activity

This is sure to challenge young and old alike! Set up several boxes with hand-sized holes featuring well known fruits (such as onions, potatoes, carrots) and a few challenging items as well (cucumbers, zucchinis, melons, raspberries, beans and peas).

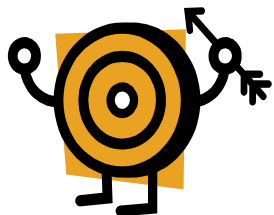
Apple Toss

What you'll need:

- 3 large (4'x6') pieces of foam core
- 12 small red and green apples
- 4 orange cones
- 3 milk crates (or other object heavy enough to prop targets up against)



Set Up:



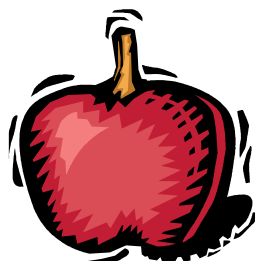
Use a scissor or knife to cut each foam board into the shape of an apple. Cut four holes in each apple (these will be the targets).

Place targets 10 feet apart.

Place cones approximately 5 feet from target as starting point.

Directions:

Have students line up behind orange cones. Give the first student 3 apples and instruct student to toss apples underhand at the targets. The object is to toss apples through the holes in the targets.



Helpful Hint!

To ensure students don't misinterpret this game as "playing with their food", use leftover apples from the cafeteria or those that aren't suitable for eating.

Fun, Easy Idaho Recipes

Try these healthy recipes featuring fresh Idaho products.

The "Great" Idaho Cookie

- 1 cup great white northern Idaho beans partially drained
- 1/4 cup shortening
- 2 tsp vanilla
- 3 eggs
- 1 cup sugar
- 2 cups brown sugar
- 3 cups flour
- 3 cups oatmeal
- 1 1/2 tsp baking soda
- 1 tsp salt
- 2 cups dried cherries

Blend beans until smooth. Add shortening, vanilla and eggs and mix well. Set aside. Mix sugar, brown sugar, flour, oatmeal, baking soda and salt. Add dry ingredients to bean mixture, stirring just until blended. Stir in dried cherries.

Bake at 375 for 8-10 minutes. Makes about 3 dozen cookies.



Many additional recipes using Idaho fruits and vegetables are available upon request. Contact Kim Polzin at the Idaho State Department of Agriculture via email: kpolz@agri.idaho.gov. for more information.

Ice Cream in a Can

What you'll need:

- 2 clean metal cans, both with lids (make one can larger than the second)
- 2 quarts Idaho dairy milk
- 2 cans sweetened-condensed milk
- 1 (4 oz) package instant pudding
- 1 cup sugar
- 3 cups rock salt
- 5 pound bag of ice
- 1 cup fresh Idaho berries

Mix pudding with milk. Add sugar, berries and condensed milk and place in smaller can (one recipe fills three one-pound cans). Place small can in large can and center. Add rock salt and ice around edges (you may want to seal with duct tape). Once tightly sealed, have kids take turns kicking or rolling can for about half an hour or until mixture hardens.



Healthy Harvest Trivia

Here are some fun facts about Idaho fruits for you to use during your school's Healthy Harvest Celebration. Use them in morning announcements, a school-wide trivia contest or any other opportunity you have to communicate with your students and faculty about Idaho fruits and agriculture.

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1. Apples grow on every continent except Antarctica.
2. Idaho farmers grow enough apples for each person in Idaho to eat 25 apples a month – nearly 1 a day for the whole year!
3. It takes 36 apples to create one gallon of apple cider.
4. The world record for the heaviest apple is 3 pounds 1 ounce.
5. A watermelon is 92% water – hence its name.
6. A watermelon is actually a vegetable and is related to the cucumber, pumpkin and squash.
7. Early explorers used watermelons as canteens.
8. The peach came to the New World on Spanish explorers' ships. Several tribes of Native American Indians were particularly fond of peaches, and cultivated them carefully. It is probable that the spread of peaches was due to the Native Americans.
9. A pluot is a fruit that was developed by crossing a plum and an apricot.
10. In the United States, Idaho ranks first in potato and trout production, second in barley and sugar beets, and third in mint, onion, and cheese production.
11. One American farmer produces food for 144 people.
12. 25% of an apple's volume is air – that's why apples float!
13. In 2004, Idaho produced 90 million pounds of apples worth over \$10.6 million.
14. Idaho watermelon, usually harvested in September- but available until mid-October, are very sweet due to cool nighttime temperatures and warm days.

Potato Sack Race



What you'll need:

- 3 burlap Idaho potato sacks or old pillowcases (use rope to tie feet together if these aren't available)
- 6 orange cones
- 3 large potatoes

Set Up:

Place 3 cones approximately 10 feet apart, marking the starting point. Place a burlap sack at each cone.

Place another 3 cones approximately 20 feet from the starting point. Place a potato at each of these 3 cones



Directions:

Have one student at each cone.

On the signal "Go!", students step into their burlap sacks and hop to the second set of cones, pick up a potato, and hop back to the starting line. Make sure to bring extra sacks/cases in case any rip.

Even more fun:

Modify this classic activity by having students carry potatoes under their chin, arm, or between the knees for a challenge.

Raspberry Relays

What you'll need:

- 3 small tables
- 3 place mats
- 6 bowls
- 1 box of "healthy cereal" (Cheerios, Shredded Wheaties)
- 3 spoons
- 3 orange cones
- 9 firm raspberries/blueberries

Set Up:

Place 3 cones, 10 feet apart to mark the starting point.

Put a place mat and bowl at each table.

Fill bowls with cereal.



Directions:

On the "Go!" signal, students will pick up the spoon and scoop one raspberry from the bowl. Students carry the berry on the spoon to the table and put berry on cereal. Then, student runs back to starting line with their spoons to pick up one berry and again place it on the cereal. Students repeat this a third time until all three strawberries are on their cereal and spoons are in the empty bowls at the starting line.



Did You Know??

Eating delicious berries can help improve a children's learning capability, lowers the risk of some cancers, promotes healthy aging, and improves memory function. Some great Idaho examples include: blueberries, plums, purple grapes, and huckleberries. Incorporate this great food group in your lesson plan today!

Hay Bale Hurdles



What you'll need:

- Several small-medium size bales of hay (depending on course length)
- 4 orange cones

Set Up:

Set two cones at either end of the hay bale course to designate start/end area.

Place hay bales approximately six to eight feet apart as hurdles.



Directions:

Line students up in two teams at beginning of course and instruct the first student to "hurdle" over hay bales without touching the bale. Once students can easily finish course, set up two teams as relays and encourage loud cheering!



Want more hay bale ideas?

Straw bales are a great alternative to the popular corn mazes featured throughout Idaho and are much easier to create. Use several parent and staff volunteers to stack 2,3, or 4 bales to create a challenging and fun maze for students of all ages. Spice this activity up by timing students to see who can complete the maze in the fastest time, add hidden prizes to different corners of the maze, or create a treasure map with various pictures or items that the students have to collect before completing the maze.