

Healthy At-Home Activities!

Birdseed Sandwiches (indoor or outdoor activity)

You Need:

Bread slices, peanut butter, honey, birdseed, cookie cutters, pencil/string

Set Up:

1. Gather all materials and place them on a clean work surface such as a countertop or picnic table.

How to Play:

1. Use a cookie cutter to cut a shape from two slices of bread.
2. Spread one piece with peanut butter, the other with honey.
3. Sprinkle birdseed on both sides of the sandwich and press the two slices, sticky sides together.
4. Drill a hole with the pencil near the top of the sandwich.
5. Thread the string through the hole. Hang from the branches of a tree.



Source: *Go Outside*, Nancy Blakey

FitBits™ Fun!

Try this FitBits™ Activity! “Musical Food Groups”

It's important to eat from all the five food groups! The more variety, the more likely you are to get the nutrients, vitamins and minerals you need to be healthy. In this activity, music will be playing. You will do a movement until the music stops. When the music stops, you will freeze. Someone will name a food group and you will name a food from that group. Once you've gone through all the food groups, go again with a different movement!

1. Hop on one foot. When the music stops, name a fruit.
2. Hop on the other foot. When the music stops, name a vegetable.
3. Sway like a tree, bending and stretching side to side. When the music stops, name a grain.
4. Wave your arms back and forth or do “The Wave”. When the music stops, name a protein food.
5. Dangle arms low to the ground. When the music stops, name a dairy food.

Healthy Snack Idea

People Seed Sandwiches

Make the same thing you made above, except use sunflower or pumpkin seeds instead of birdseed. Skip the hole and string. You've just made a people seed sandwich! Eat it for a meal or snack.

