

5 Great Holiday Projects for Kids

by Sue Gilbert, M.S., Nutritionist

The following ideas nourish the creative spirit that often takes hold during the holidays. Try some of these food or food-related activities with your kids and enjoy not only the results, but also the time you spend doing it.

Frozen Yogurt Snowmen

Materials:

frozen non-fat vanilla yogurt
flaked coconut
raisins
peanuts

chocolate chips
plates (heavy paper or plastic will work well)

Directions:

A couple of hours ahead of time prepare two round scoops of non-fat vanilla frozen yogurt for each person, one slightly smaller than the other. Place them on a tray in the freezer to harden. To make the snowmen, give each person a plate. Have kids roll their "snowballs" in the coconut. Create snowmen by putting the smaller scoop on top of the bigger one and decorate with the additional items.

Bird Seed Ornaments

Materials:

stale bread
peanut butter
birdseeds

spoon and table knife
yarn
cookie ornaments (optional)

Directions:

Cut out holiday shapes from stale slices of bread. You can use holiday cookie cutters for patterns. Simple shapes like bells, stockings or dreidels work best. Spread peanut butter on one side of the bread. Sprinkle on some birdseed and gently press into the peanut butter using the back of a spoon. Poke a small hole in the top and thread a red or green piece of yarn through. Hang your ornament where the birds will find it.

Broccoli Tree

Materials:

broccoli crowns
a variety of vegetables
favorite low-fat dip

tray or cookie sheet
aluminum foil

Directions:

Line a cookie sheet or tray with foil. Spread your favorite low-fat or non-fat dressing or dip on the foil in the shape of a large triangle (Christmas Tree). Arrange cut broccoli tops (florets) over the dip in the shape of the tree. Add other vegetable pieces -- such as cherry tomatoes, red pepper strips, carrot coins, cauliflower pieces or radish slices -- as "ornaments." A large mushroom makes a good trunk or base for the tree and a piece of cheese cut in the shape of a star makes a good tree-topper. The broccoli "sits" in the dip, so the appetizer is an all-in-one treat.



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Christmas Cubes

Materials:

green food coloring

maraschino cherries

water

ice cube tray

Directions:

Add green food coloring to water and fill up your ice cube trays. Add a maraschino cherry to each well and freeze. Use to dress up holiday drinks, like the kids' juice or sodas or adults' sparkling water.

Holiday Place Mats

Materials:

old holiday magazines or greeting

adhesive paper

cards

glue

sturdy paper or cardboard

Directions:

Kids can make special place mats to use during the holiday. Cut out holiday pictures from magazines or use last year's cards. Glue them like a collage onto a sturdy piece of paper or cardboard. Cover with clear adhesive paper.