Consider offering themed Fall Festival Foods

- Haystack Hotdogs
- Pumpkin Patch Pancakes
- Chilly Weather Chicken
- Bushel Baked Beans
- Golden Field French Fries
- Flannel Fireside Fajitas
- Autumn Apple Muffins
- Scarecrow Spaghetti
- Corn Maze Casserole

Harvest a Fun Fall Book

- *From Seed to Pumpkin* by Wendy Pfeffer
- *How Big Could Your Pumpkin Grow?* by Wendell Minor
- *How do Apples Grow?* by Betsy Maestro
- *Applesauce Season* by Eden Ross Lipson
- *Fall Harvests: Bringing in Foods* by Martha E. H. Rustad
- *Time for Cranberries* by Lisl H. Detlefsen *


List menu items and/or tips on leaf shaped paper.
- Lunch LEAVES You Smiling
- FALL into Good Nutrition

Look WHOOO’s Making Healthy Choices
- Create an owl with feathers showing different healthy habits.
- HARVEST Healthy Habits
- Write healthy habits on “pumpkins” (orange paper plates with brown paper stem).

FEAST your Eyes on these A-MAZE-ing Fall Activities

**Pumpkin Seed Scooping**

Have students wear gloves and help scoop the seeds out of pumpkins. The pumpkins can be used for decorating or carving. Explain to the students that the seeds inside of the pumpkin can be eaten and contain healthy nutrients such as magnesium, zinc, and iron.

Roast the seeds tossed in oil, salt, pepper, and whatever spices desired for the students to try.

**Fall Colored Food Game**

For this activity, students may work individually or in groups. Give each student a red, yellow, and orange sheet of paper. Have the student list or draw as many fruits and vegetables of that color on the corresponding sheet.

**Fall Mystery Box**

Put fall foods (apples, corn, pumpkins, sweet potatoes, butternut squash, etc.) in the mystery box and have students guess what’s inside. Switch the mystery fall food out to keep the students guessing. Use fall foods served on school menus including Harvest of the Month features: apples, winter squash, and sweet potatoes.