

# ★ Halloween Traditions

And Foods!

# ★ History

Halloween is a holiday celebrated on the night of **October 31**.

It came about because people used to celebrate New Year's day on November 1st. They believed that the night before the New Year (October 31) was a time when the living and the dead came together.

Now Halloween is a holiday for which people wear costumes, eat sweets, and do scary and/or silly things.



# ★ Traditions

## Trick-or-Treat!

**Trick-or-treating** is an activity for children on Halloween in which they walk from house to house in costumes, asking for treats such as candy or sweets with the question, "Trick or treat?"

The "trick" part of "trick or treat" is a threat to play a trick on the homeowner or his property if no treat is given.



# ★ Traditions

## Costumes

For Halloween, children wear costumes to go trick-or-treating. Sometimes adults wear costumes, too.

Some people even put a costume on their pet!

Costumes can be scary, silly, or fancy.



What are some ideas you have for a Halloween costume?

- \*Ghost
- \*Vampire
- \*Princess

# ★ Traditions



## Jack-O'-Lantern

A **jack-o'-lantern** (sometimes also spelled Jack O'Lantern) is typically a carved pumpkin.

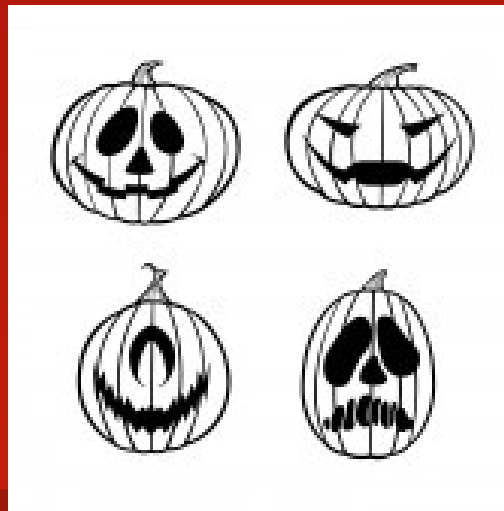
To make one, the top is cut off, and the inside flesh is then scooped out.

An image, usually a monstrous face, is carved onto the pumpkin, and the lid is replaced.

# ★ Traditions

In your copy book, draw your own Jack-O'-Lantern.

The pupil with the best Jack-O'-Lantern will win a prize!





# ★ Treats

Match the treat to the picture

1. Caramel Apple

2. Candy Corn

3. Ghost Peeps

1.



Hannah Kaminsky



2.

3.



# ★ Treats

1. A Caramel Apple is a green apple dipped in caramel and covered with chocolate or candies.



2. Candy corn is a sweet candy made in the shape of corn and coloured using Halloween colours.



3. Ghost Peeps are marshmallows dipped in sugar and cut into the shape of a ghost.





# ★ Treats

## Spider Brownies

### *Ingredients:*

- 1 box of Ding Dongs
- 1 package of black licorice sticks
- 1 box of toothpicks
- 1 package of Nestle white chocolate chips
- 1 package of mini Nestle chocolate chips
- Chocolate frosting in a tube (any kind)
- 



# ★ Treats

## Spider Brownies Continued

### *Directions:*

For this Halloween spider recipe, the spider is made with the Ding Dongs for the spider bodies, black licorice for the legs, and chocolate chips and frosting for the eyes and eye balls.

1. To start, take two licorice sticks and cut each stick into three, 1½ inch parts to make six legs.
2. Take a toothpick and break it in half. Repeat this step three times to make six mini toothpicks.
3. Stick one side of the toothpick into the hole in the center of the licorice stick. Repeat six times.
4. Stick the other side of the toothpick into the Ding Dong. Secure licorice sticks to each side to resemble spider legs.
5. Press two white chocolate morsels upside down into the top of the cake to resemble eyes.
6. Attach the miniature chocolate chip on top of the white chocolate morsels by using a dab of chocolate frosting.

★ So?

So what do you think? Does the Halloween celebration encourage healthy eating habits?

Give an example, using what you've learned, to prove your answer.



**HAPPY  
HALLOWEEN**