Celebrate Dia de los Muertos with Carlos!

Dia de los Muertos, or Day of the Dead, is one of Carlos’s favorite holidays. He loves celebrating the lives of family members. Like Halloween, Dia de los Muertos starts on October 31. Unlike Halloween, it is a two-day holiday packed with colorful celebrations of song, dance, costumes, and food!

Carlos’s home has an ofrenda (alter) to welcome home the returning spirits with pictures, candles, water, and food. Some of Carlos’ favorites are pan de Muertos (bread), marigold tortillas, tamales, enchiladas, and sugar skulls.

Help Carlos Honor His Family!

Fill in the blanks to reveal a surprise word. Hint: everyone will be wearing one this year!

1. Name of the holiday in Spanish.
2. The alter in Spanish.
3. Carlos’ favorite bread.
4. Carlo’s favorite “sweet treat.”

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The Super Crew’s Celebration Plans

Dia de Los Muertos isn’t just about eating, but also about celebrating with movement. Here are some fun ways to celebrate with the Super Crew! Check off each activity once you’ve done it!

- Dance to your favorite music.
- Dress up in costumes and parade around your house or neighborhood.
- Prepare a meal celebrating your family members’ favorite foods.
- What other active ways can you think of celebrating?

Kira’s Sweet Treat Popcorn

The Super Crew loves munching on air-popped popcorn. Popcorn is a whole grain that’s fiber-packed and vitamin-rich to give long lasting energy. Making Kira’s recipe as a sweet treat with your family and friends is a tasty way to celebrate the holiday!

Makes 7 ½ cups.

Directions:
1. Mix brown sugar and cinnamon until well combined.
2. Lightly spray popcorn with cooking spray.
3. Sprinkle cinnamon sugar over popcorn.
4. Repeat steps 2-3 until all the mixture sticks to the popcorn.

Ingredients:
- 7 cups air popped popcorn
- 1 tablespoon brown sugar
- ¼ teaspoon cinnamon
- Cooking Spray