

Patriot's Day in United States

Patriot's Day (or Patriots' Day) commemorates the battles of Lexington and Concord, which were fought near Boston in 1775. Patriot's Day is annually held on the third Monday of April. It should not be confused with [Patriot Day](#), held on September 11 to mark the anniversary of terrorist attacks in the USA in 2001.



Statue of Paul Revere, one of the patriots of the battles of Lexington and Concord, which took place near Boston. ©iStockphoto.com/Julia

What do people do?

For some people in the states of Massachusetts and Maine, the third Monday of April is a welcome day off work or school. In the area around Lexington and Concord, re-enactments of the battles in 1775 and the events leading up to them are held. A particular highlight is the opportunity to ring the bell that warned the local troops that British soldiers were approaching.

In the state of Wisconsin, April 19 (or alternative date) is a special observance day for schools. On this date, schools are required to educate students about the events and people centered on Patriots' Day.

Background

Prior to 1775, the area that is now the eastern part of the United States mainly consisted of British colonies controlled by the United Kingdom. The American Revolutionary War, also known as the American War of Independence, was a major step in the independence of the

United States. The first battles in this war were fought in the areas of Lexington and Concord, near Boston, Massachusetts, on April 19, 1775. For this reason, the third Monday in April is symbolic for the emerging independence of the new country.

Paul Revere is among the patriots who are remembered on Patriot's Day. The American silversmith is known for spreading the word of the Boston Tea Party to New York and Philadelphia, and for warning the Lexington Minutemen about the British invasion in 1775. The story of his "midnight" ride to Lexington to discuss action plans against the British has been poeticized.

Resources

- Liberty`s Kids #06 The Shot Heard Round the World (animated)
<https://www.youtube.com/watch?v=PxtQXUnOdVA>
- Liberty`s Kids #05 Midnight Ride (animated)
<https://www.youtube.com/watch?v=c1a8xvbl2Eg>
- Check your school's LMC for books about the ride of Paul Revere

Recipes

- Red, White, and Blue Fruit Parfait
- Red, White, and Blue Fruit Smoothies



Red, White, and Blue Fruit Parfait

A parfait is cool and refreshing, layered dessert. Create a healthy red, white, and blue fruit parfait in honor of **Patriot's Day**. Keep it simple by just layering fruit and yogurt in cups. Other parfait ideas are also listed.

Ingredients:

Blueberries
Bananas
Strawberries or raspberries
Vanilla low-fat or Greek yogurt

Other Ideas:

Low-fat instant vanilla pudding
Homemade granola
Jell-O squares
Homemade whipped cream



Red, White, and Blue Fruit Smoothies

(One serving)

1/2 large banana, cut into pieces and frozen

2 large fresh strawberries, rinsed and sliced

1/4 cup blueberries

1/2 cup milk

1 teaspoon vanilla extract

2 tablespoons vanilla yogurt

2 ice cubes (If you freeze all the fruit, you do not need the ice cubes.)

Recipe scaled for one class-will not fit in the blender all at once.

5 large frozen banana chunked

20 fresh, large strawberry sliced

2 1/2 cups blueberries

5 cups milk

3 tbsp. vanilla extract

1 1/4 cups vanilla yogurt

20 ice cubes (If you freeze all the fruit, you do not need the ice cubes.)

Place the banana pieces, strawberries, blueberries, milk, vanilla extract, yogurt, and ice cubes in a blender. Blend until smooth.

Best if served right away or ...



freeze for later.

Nutritional Information

Red, White, and Blue Fruit Smoothie

Serving Size: 1/1 of a recipe

Servings Per Recipe: 1

Amount Per Serving

Calories: 192

Calories from Fat: **29**

• % Daily Value *

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- **Total Fat** 3.2g 5 %
 - **Saturated Fat** 1.9g 9 %
 - **Cholesterol** 11mg 4 %
 - **Sodium** 73mg 3 %
 - **Potassium** 583mg 16 %
 - **Total Carbohydrates** 34g 11 %
 - **Dietary Fiber** 3.4g 13 %
 - **Protein** 6.8g 14 %
 - **Sugars** 24.2g
 - **Vitamin A** 6 %
 - **Vitamin C** 52 %
 - **Calcium** 26 %
 - **Iron** 5 %
 - **** Thiamin** 12 %
 - **Niacin** 15 %
 - **Vitamin B6** 22 %
 - **Magnesium** 16 %

• **Folate** 19

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** Nutrient information is not available for all ingredients. Amount is based on available nutrient data.