

*Week 1, July 11th, 2020*  
*3-6 Year old Campers*  
*Asanya Wawlagala and Maunika Reddy*  
*Lesson Plan 1*

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\*\* what parents need to do is highlighted in blue, thank you for your help and cooperation

1. Welcome
2. Introductions
3. Exercise 1- Spin the exercise wheel or ask kids what exercise they want to do and pick another kid to pick another exercise to do 5 times.
4. Mindfulness activity
5. Food Preparation: Banana-Raspberry-Spinach Smoothie (recipe p. 20 in Real Kids Real Food Kids Tested Recipes)
  - a. **Parents please make sure to refer to this recipe before class and prepare the items before class starts so the students can follow along and do the recipe with the video with your help**
  - b. **Make sure to have your blender ready near your computer and the fruit and spinach cut up on separate plates so kids can put the items in the blender right after the demonstration. Then serve them so they can drink it right away!**
6. Exercise 2 - Spin the exercise wheel or ask kids what exercise they want to do and pick another kid to pick another exercise to do 5 times.
7. Introduce the Point System
  - a. How kids can win points to earn prizes at the end of the program (on August 22)
  - b. The prizes will be Amazon Gift Cards of various monetary values
8. What is “Real Kids, Real Food?”
  - a. Real food is anything that’s grown, as opposed to processed: in the ground, above the ground and in trees -
    - i. Ask them questions about what fruits and vegetables grow on trees and they pick the next kid to name a fruit or vegetable that grows on a tree
    - ii. What veggies grow under the ground? And then kid picks another kid to answer
    - iii. What fruits grow above the ground?
    - iv. What veggies grow above the ground?
  - b. Talk about the benefits of fruits and vegetables
    - i. Why are fruits and vegetables so good for you?
    - c. **Scavenger Hunt of a healthy fruit or vegetable and an unhealthy food to share with class**

9. Organic vs. Processed food
  - a. Identifying real vs. processed foods - slideshow identification
  - b. Why are processed foods bad for your body? Give examples
  - c. Talk about organic foods
    - i. Organic Foods are Real Foods so they are grown in the ground, or in the tree or under the ground. They help you feel strong!
    - ii. Ask children for examples of organic foods, ask if they have any organic foods in their house?
10. Exercise 3 - Spin the exercise wheel or ask kids what exercise they want to do and pick another kid to pick another exercise to do 5 times.
11. Plants Cycle and Water Cycle
  - a. Life cycle of a plant (lesson book [LB] p. 56)
    - i. Talk about how a plant is like a kid and how it grows
  - b. Sing the Plant Cycle Song
  - c. Drawing out the life cycle of a plant and drawing out the water cycle
    - i. **Parents please make sure your kid has paper, pencils, crayons, colored pencils, pens etc so they can draw during this activity**
12. Show the point chart at the end to show the kids how many points they earned this week
13. Reflection of what we did this week and any answer questions kids or parents may have
14. Next Week we'll be making: Food Preparation: Easy Guacamole Faces (recipe p. 20 in Real Kids Real Food Kids Tested Recipes) The Lesson Plan next week "Eating a Rainbow" is on page 13 (Lesson Book)
- 15. Please electronically sign the attached authorization form and email it back. Make sure to email it to [asanyawawlagala@brandeis.edu](mailto:asanyawawlagala@brandeis.edu) and [maunikar@bu.edu](mailto:maunikar@bu.edu)**