

Week 2, July 18th
3-6 Year old Campers
Asanya Wawlagala and Maunika Reddy
Lesson Plan 1

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

1. Welcome Back and Get to Know You activity
 - a. Parents please send in a picture of your child because we are going to make a slideshow so all of the kids can get to know each other.**
2. Exercise 1- 15 Jumping Jacks
3. Mindfulness/Meditation led activity - hiking a mountain and becoming a mountain
4. Food Preparation: Easy Guacamole Faces (recipe p. 28 in Real Kids Real Food Kids Tested Recipes)
 - a. Ingredients needed
 - i. Avocados,
 - ii. Cilantro
 - iii. lemon/lime juice
 - iv. Seasalt
 - v. Veggies such as olives, carrots, peppers, sprouts to make the face of the avocado
 - b. 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**
 - c. Buy an avocado as soon as possible (so it is ripe by Saturday) and the other veggies such as carrots, peppers, tomatoes, olives to decorate the avocado faces**
5. Review what we learned last week
 - a. What is an example of healthy food? What are the five things a plant needs to grow?
 - b. What fruits and vegetables grow on trees and what veggies grow under the ground?
6. Lesson of the day: Eating a Rainbow (Lesson Book p. 13)
 - a. Flashcards with colors of veggies and fruits
 - b. Drawing Fruits and veggies in a rainbow.
7. Exercise 2 - Choose your own
8. Show the point chart at the end to show the kids how many points they earned this week
9. Reflection of what we did this week and any answer questions kids or parents may have

10. Next Week we'll be making: Food Preparation: Almond butter, banana ice-cream (recipe p. 47 in Real Kids Real Food Kids Tested Recipes) The Lesson Plan next week: How to destress (lesson p. 37) (If allergic to nuts, buy Sunflower Seed Butter at Trader Joes)

11. Please electronically sign the attached authorization form and email it back. Make sure to email it to asanyawawlagala@brandeis.edu and maunikar@bu.edu Your authorization will give us permission to post the recordings on our www.RealKidsRealFood.org to encourage others to launch Real Kids Real Food in their communities. If you don't want your child to show their face, we will blur it out to insure your privacy. If you prefer not to use your child's name, please give the child a pseudo name such as Peter Pan or Butterfly.