

Week 2, July 18th, 2020
7-8 Year old Campers
Jack Allen and Sarina Wilson
Lesson Plan 2

- Welcome back!
- Exercise
- Mindfulness activity
- Food Preparation: Easy Guacamole Faces (RB p. 20)
- Stretch break
- Review of last week's materials
- Eating a Rainbow (LB p. 13)
 - Video
- Talk about nutrients in different foods
- Jeopardy or similar activity to review last week and this week (for points!)

Real Kids Real Food (7 - 8 Year olds)
Week 2 Schedule (July 18th)

- **What we would love for parents to do is bolded! Thanks!**

Introductions: go around and say names, one fun thing you have done since last week, point system (Sarina)

- Ask about their plants, show them if possible (point for showing it)
- **Parents if you could send in a headshot of your child that would be great as we are planning on making a slideshow to help all the kids learn more about each other**

Exercise:

- 10 alternating lifting leg up with opposite arm, 10 lunge with dropping the knee to the floor, and 10 arm circles each direction

Mindfulness: One with the Mountain (Jack)

Recipe: Jack

Ingredients include:

- **Avocado**
- **Cilantro**
- **Lemon or lime juice**
- **Salt**
- **Veggies to make the face such as carrots, sprouts, olives, or peppers**
- **Parents we would love if you could have these ingredients ahead of time and prepare them prior to class starting, so the kids can follow along**
 - **Make sure to buy your avocado as soon as possible, so it is ripe by Saturday!**

Hangman (Sarina), ask kids to give us a word (if there is enough to do, or they could do their own word)

Show video - <https://www.youtube.com/watch?v=QyWGSTPb1Ac>

Review of last week (give overview if there is several new kids)

- Name an example of an organic and processed food (Sarina)
- Name the 4 things a plant needs (Jack)
 - Air, sunlight, water, earth

Draw as many colorful fruits and vegetables as you can, try to draw them as the colors they are, at the end see how many we came up with (Sarina), colorful fruits, one of each color of the rainbow if you can (fruit or vegetable) - including white

Go in order of the rainbow and say a fruit or vegetable that is each color, (jack)

- Red: healthy heart and good memory
- Orange/Yellow: protection from some types of cancer; improve night sight vision,
 - healthy heart, immune system
- Green: good for bones, teeth, eyes, and prevent diseases such as heart diseases and diabetes
- Blue/Purple: improve memory, reduce diseases such as cancer, heart diseases and Alzheimer's
- White: lower cholesterol, heart

Chart with color, purpose, example (Jack)

Show video - <https://www.youtube.com/watch?v=1u5HOURq7kQ>

- Scientific names of what you need in your body, know occasional information about it

Pictionary - wrap up activity, random drawings (5 minutes, Sarina)

- Use the whiteboard

End with questions about what they learned

- Favorite part of the day?
- Lessons learned?
- Specific questions about the significance of each color?

Reminders:

For next week, we will be making almond butter, banana ice cream!

- **Recipe can be found on page 47 of the recipe book**
- **Ingredients include:**
 - **2 frozen bananas**
 - **Almond butter (can use sunflower butter as well)**
 - **Water for blending**
 - **Salt (optional)**

Authorization Forms

- **Please send in these forms to us as soon as possible! Thank you very much!**
- **Please sign the form and email it to Sarina or Jack at your earliest convenience**
- **You are able to have your child's name or face not be shown if you would like**

- **Form is attached below**

Encourage people to come if they weren't there last week, please come