

Week 4, July 25th
3-6 Year old Campers
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Lesson Plan 4

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

1. Welcome Back
 - a. Plan for the day
 - b. Point Chart
2. Exercise (Lounges and leg stretches)
3. Mindfulness/Meditation led activity
 - a. Take a moment to relax your body. Get comfortable. Take a deep breath in. Hold it... and breathe out. Imagine yourself walking outdoors. You are walking through the trees, their leaves moving in a slight breeze. The sun shines down warmly. You walk toward an opening in the trees. As you come closer, you see that it is a meadow. You walk out of the trees, into the meadow. Tall green grass blows gently. You are probably feeling a bit tired. It would be so nice to sit down in the grass. Feel the breeze touch your skin as you sit up straight in the sun. It is a pleasant day...warm, but not hot...quiet and peaceful.
4. Food Preparation: Zucchini linguini with marinara sauce (recipe p. 15 in Real Kids Real Food Lesson Plans Book)
 - a. Equipment
 - i. Spiralizer (or use a peeler)
<https://www.youtube.com/watch?v=LQxopG92bpE&t=6s>
 - ii. Measuring cups
 - iii. Measuring spoons
 - iv. Blender
 - b. Ingredients needed for the noodles
 - i. 6 zucchini peeled
 - ii. 3 tablespoons olive oil
 - iii. 3 teaspoon dried basil
 - iv. 1 teaspoon dried oregano
 - v. 1/2 teaspoon thyme
 - c. Ingredients for marinara sauce
 - i. 8 Roma tomatoes (chopped)
 - ii. 1 cup sun dried (non-oil if possible) tomatoes (soaked for 2 hrs., save soaked
 - iii. water)

- iv. 3 teaspoon dried basil
- v. 1 teaspoon dried oregano
- vi. 1/2 teaspoon thyme
- vii. 2 tablespoons olive oil
- viii. 3 Medjool dates (pitted)
- ix. 1 tablespoon lemon juice
- x. Salt to taste

d. 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

5. Review what we learned last week - What are some ways to get rid of stress?
6. Lesson of the day: Sugar Shock (lesson p. 37)
 - a. What is your favorite drink?
 - b. How much sugar should children have in a day? 3 Teaspoons
 - c. Effects of eating too much sugar
 - d. Drinking even one sugary drink a day often leads to
 - i. Unhealthy weight gain
 - ii. Obesity
 - iii. Diabetes
 - iv. Chronic heart diseases
 - v. Tooth decay/ Cavities
 - e. Good sugar vs. bad sugar
 - i. Sugar in fruits vs. sugar in processed food
 - ii. What is the difference between them?
 - f. Sugar in drinks
 - i. Guessing activity
 - ii. Parents please have a sugar container and sugar and a bowl to show them what a teaspoon of sugar, 5 teaspoons of sugar etc looks like**
 - g. How do you know how much sugar is in what you eat?
 - i. Parents please have any snack or food with a nutrition label, so we can show them where they can find how much sugar is in their food**
7. Show the point chart at the end to show the kids how many points they earned this week
8. Reflection of what we did this week and any answer questions kids or parents may have
9. Next Week: Food Preparation: Ants on a log (p. 44 RKRF Tested Recipes book) and Italian Ice (p. 52 RKRF Recipe book) Lesson Plan: Good, Bad and Ugly Fat (p. 43 RKRF Lesson Plan book)