

Week 5, August 8
3-6 Year old Campers
Asanya Wawlagala and Maunika Reddy
Lesson Plan 5

**** 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 (Simon Says)
3. Mindfulness/Meditation led activity
 - a. To begin, make yourself comfortable. Adjust your clothing as needed and assume a comfortable position. Feel your body begin to relax slightly, as your shoulders drop a little lower your jaw loosens so your teeth are not touching, and your eyelids start to feel heavy. Take a deep breath in. Hold it, and slowly breathe out. Create a picture in your mind of the color red. Imagine red of all shades. You might picture red objects, a red landscape, or just a solid color. Imagine all of the different tones of red, roses, bricks, apples, sunset, Enjoy the color red. Now allow the color you are imagining to change to orange. Picture the color orange, so many shades of orange, flowers, pumpkins, and carrots. Fill your mind with the color orange. Enjoy the color orange. Now allow your attention to return to your breathing and notice how calm and regular your breathing is now. Breathe in and then out, now open your eyes. Okay now we will show our food presentation of the week
4. Food Preparation: Ants on a Log (recipe p. 44) and Italian Ice (recipe p.52) both in Real Kids Real Food Lesson Plans Book
 - a. Ingredients
 - i. Ants on a Log
 1. 4-5 Stalks of Celery
 2. ½ cup of almond butter
 3. ¼ of raisins
 - ii. Lemon Italian Ice
 1. 4 tablespoons of Lemon (or other fruit juice)
 2. 1 cup of ice
 3. 1-2 teaspoons of your choice of sweetener (honey, sugar, stevia)
 4. Mint to Garnish

- 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. **One student with the help of the parent will create these dishes for the class!**
5. Review what we learned last week - How many teaspoons of sugar should we have in a day?
 6. Lesson of the day: Good, Bad and Ugly Fat (p. 43 RKRF Lesson Plan book)
 - a. Good fats vs. bad fats
 - i. Where can we find good fats vs bad fats
 - b. Guessing activity to identify good fats and bad fats
 - c. Exercise (Arm stretches)
 - d. Drawing activity
 - i. Draw on good fat, identify color and food, and draw bad fat, identify color and food
 - ii. **Parents please make sure that you have paper and coloring materials available for them!**
 - e. Let's talk about how we can reduce fats in our daily diets
 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: Lesson Plan: Fabulous Fiber (Lesson Plans p. 50)
 10. Next week Food Preparation: Raisin Walnut Truffles (Recipes p. 54)