

Tuesday, July 23rd & Thursday, July 25th

LEADER GUIDE OUTDOOR ACTIVITIES

Overview

This week continues the four-part series entitled “Growing a Pizza” where kids will learn about growing ingredients for pizza crust (wheat), pizza sauce (tomatoes), cheese (dairy and cows), and seasoning (herbs and their uses both culinary and medicinal). The focus for this week is herbs.

Schedule

1. Opening: 10:15 – 10:30
2. Activity time (Inside and Outside groups): 10:30 – 11:15
3. Closing time: 11:15 – 11:30

Opening

As each inside/outside group arrives, distribute nametags and water bottles, and then discuss the overview information and remind kids of the theme for the next three weeks. Ask kids if they know what is used to flavor food. Allow all answers. Encourage them to think of a variety of foods such as baked goods (vanilla, cinnamon) as well as sauces (pizza sauce has basil, oregano, garlic) and discuss the use of herbs to flavor foods. Next, divide the larger group into three smaller groups for activities.

Activity Time

Outside group

Copies of pages 19-22 from “A Kid’s Herb Book: For Children of All Ages” by Lesley Tierra; 1 set of copies/group, magnifying glasses

To begin the session, divide outside group into three smaller groups. Using the information on the copies of pages 19-22 review the information for herbs, weeds, and spices. Try to identify in the garden or surrounding area any of the plants listed on these sheets. Reinforce the concept that all plants have purpose, even if they are considered weeds. As you read through the list of plants in each category, note that each plant has a different part that is useful such as the leaf, seed, flower, or root.

Allow kids time to use the magnifying glasses to look more closely at the plant parts of any plants you identify. Allow kids to pick herbs to smell and taste if desired.

Finish the session by working in the garden to weed, water, and harvest.

LEADER GUIDE INDOOR ACTIVITIES

Overview

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Inside Group Tuesday

Note: Prior to activity set up the following: Preheat oven to 375 degrees. Line three baking sheets with foil. Have two types of pizza sauce in separate bowls, plain and seasoned, with a tray of pita chips.

At each station have fresh parsley, chives, and thyme (enough to make 2 tsp chopped of each) black pepper, 7-8 oz log of goat cheese, mixing bowl, scissors 2-3 pairs, fresh basil leaves, tortillas, spoons 1/kid.

To begin, tell kids that they will be using herbs this week to season a few dishes. Ask kids if they can tell if something has seasoning or not. Allow them to taste each type of sauce, without revealing which sauce has seasoning. Ask which one tastes better and to tell why they prefer that sauce. ***Be sure that there is no double dipping as this sauce will be used for the pizzas.***

Next, have kids wash hands and divide into three groups. At each station kids will make herbed goat cheese, then add this to a tortilla pizza.

Herbed Goat Cheese

Have kids take turns chopping/cutting herbs using scissors and place into mixing bowl.

2 tsp. parsley

2 tsp chives

1 tsp thyme

Next, add ½ tsp fresh ground black pepper

Mix all ingredients with the goat cheese until thoroughly combined

Place in refrigerator while assembling tortilla pizzas

Tortilla Pizzas

Place two tortillas onto a foil lined baking sheet. Using spoons, have kids spread a small amount of sauce (from tasting activity) onto each tortilla. Remove herbed goat cheese from refrigerator and add small dollops to sauce. Tear basil leaves and place onto pizza.

Bake at 375 for 8-10 minutes or until cheese is bubbly. Cut each pizza into 6 wedges.

DO GARDEN BINGO – NEED “PRIZES”

Closing

Gather all kids outside. Have inside group explain the snack for the day and serve it to the outside group. Inside group may then be served. During snack time have kids share discoveries they made in the garden, or any things they have learned/experienced over the past year.

Inside Group Thursday

Note: Prior to activity set up the following at each station – the following lists the amount of food items that will be chopped/sliced:

½ C. crumbled feta cheese, ½ C Black Greek olives, 1 c radishes, ¼ C. green onions, 2 small cucumbers, ½ C. extra virgin olive oil, 2 T. lemon juice, 2 T each fresh

parsley & oregano, 1 tsp. fresh basil, ½ tsp fresh thyme, 1-2 tsp garlic, salt & pepper to taste, one large and one small mixing bowl, measuring spoons, chopper, scissors
1-2 prs.

To begin, have kids wash hands and divide into three stations. Have kids slice olives, radishes, garlic, and cucumbers using a chopper. Using scissors, have kids cut/chop green onions, parsley, oregano, basil, and thyme.

Place olives, radishes, green onions, and cucumbers into large mixing bowl. Crumble feta and add to vegetable mixture.

Have kids measure olive oil, lemon juice, herbs, and garlic into a smaller bowl and mix well to make a dressing. Pour dressing over vegetables.

DO GARDEN BINGO/ NEED PRIZES

Closing

Gather all kids outside. Have inside group explain the snack for the day and serve it to the outside group. Inside group may then be served. During snack time have kids share discoveries they made in the garden, or any things they have learned/experienced over the past year.