

## WEEK ONE

TUESDAY, JUNE 25

### **Materials**

Opening: Blank nametags, yarn cut into lengths (extra long ) scissors, markers, stickers, name tag stickers with each child's name printed in their group color (purple/orange). Group members will be decided prior to the first day.

Activity time:

Inside: measuring spoons and cups, water, bowls, Measuring and Cutting guideline (see below), knives, chopping tool, string cheese, cutting boards.

Ingredients for edible fruit flower basket: 3 wicker baskets, 3 heads of tightly packed lettuce/cabbage to fit snugly in basket, 3 melon ballers, assorted fruit like strawberries, grapes, blueberries, pineapple, cantaloupe, kiwi, etc., knives (1/group) flower shaped cookie cutters, skewers, toothpicks. (See photo from "Special Effects Cookbook" by Micheal E. Samonek, pg. 42)

Outside: Garden tools, watering cans, garden maps (1/group)

### **Other Resources**

Respectful behavior guideline for kids (see end of lesson)

### **Overview**

This first week kids will review/learn about respect guidelines. Inside groups will be introduced to measuring and using knives in the kitchen and cooking a simple snack. Outside groups will tour the garden and learn about how plants grow, proper watering techniques, weeding, use of tools, and harvesting. A tour of the raised bed area with introduction to the plants will be offered.

The concept of respect will be discussed along with guidelines for respectful behavior and how the actions of one person affect the whole group. Like plants, each person has a part to play that helps the whole group work to make the garden grow.

## 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**

Kids arrive and gather in a circle under tree near picnic table. If kids arrive in two separate groups, the first group may start making nametags. Leaders will create nametags also. If extra time, gather first group to stand into a circle. Ask each kid to stand in the center of circle and say their name as they make an expressive move. (eg., turn in a circle, wave arms, etc.) The whole group will then imitate that move and repeat the name. The second group will also make nametags when they arrive and repeat the name game.

Once all have made nametags, gather all kids into one group

Welcome all, review respect guidelines, announce/explain two groups (PURPLE & ORANGE).

Introduce theme/ ideas for summer: We will learn about weather, how to grow a pizza (wheat for dough, tomatoes for sauce, herbs for seasoning, cheese for topping), and make scarecrows.

Gather each team (purple/orange) and introduce kids to volunteers for each activity area.  
**Purple team will be outside on Tuesday and inside on Thursday. Orange team will be inside on Tuesday and outside on Thursday.**

## **Activity Time**

### **Outside group**

Gather the outside group and have one leader name and show each of the tools. Have one child demonstrate proper use of each tool to the whole group with any needed direction from the leader. Repeat this with the watering can demonstrating how to water at the base of the plant to avoid wetting leaves that might burn in the sun.

Next, show the plants that are to in the raised beds. If available, a leader will give the groups a tour and explanation of the plants in the raised beds. Divide the larger group into three smaller groups with leaders.

For the remainder of the time, groups take a tour of the garden and then will weed, water, and harvest as needed. Garden maps will be available for use by each group.

### **Inside group**

Divide the inside group into three smaller groups. Have kids remove shoes to go inside to kitchen and wash hands. The first activity will be to learn how to measure liquids and solids, how to add/subtract measurements and use cutting tools and a knife safely.

For the measuring activity, each group will have a set of dry measuring cups, one liquid measure cup, measuring spoons, dried peas and salt. Also one small knife/group.

Each group will have a set of ingredients: 3 wicker baskets, 3 heads of tightly packed lettuce/cabbage to fit snugly in basket, 3 melon ballers, assorted fruit like strawberries, grapes, blueberries, pineapple, cantaloupe, kiwi, etc., knives (1/group) flower shaped cookie cutters, skewers, toothpicks.

Using the ingredients, each group will make an edible fruit flower basket. (See photo from “Special Effects Cookbook” by Micheal E. Samonek pg. 42) Place head of lettuce/cabbage in basket. Cut pineapple rounds into flowers and place on skewer, add a melon ball or berry flower center. Place “flowers” and skewered fruit into a bowl of cold water until ready to assemble the bouquet. Place skewered “flowers” into the head of cabbage/lettuce to make a bouquet.

Make enough for kids and adults to all share in snack.

## **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.

THURSDAY, JUNE 27

## **Materials**

Opening: Extra nametag materials for any new participants

Activity time:

Inside: measuring spoons and cups, water, bowls, Measuring and Cutting guideline (see above), knives, chopping tool, string cheese, cutting boards. Ingredients for Carrot Caterpillars: carrots, zucchini, cucumbers, radishes, whole cloves, toothpicks, ranch dressing, serving trays and bowl for dressing. (See photo from “Special Effects Cookbook” by Micheal E. Samonek pg. 29)

Outside: Garden tools, watering cans, plants for raised beds (to be determined), plant markers, garden maps (1/group)

## **Other Resources**

None

## **Overview**

This first week kids will review/learn about respect guidelines. Inside groups will be introduced to measuring and using knives in the kitchen and cooking a simple snack. Outside groups will tour the garden and learn about how plants grow, proper watering techniques, weeding, use of tools, and harvesting. A tour of the raised bed area with introduction to the plants will be offered.

The concept of respect will be discussed along with guidelines for respectful behavior and how the actions of one person affect the whole group. Like plants, each person has a part to play that helps the whole group work to make the garden grow.

## **Opening**

Distribute nametags and water bottles as kids arrive. Have new kids make a nametag if needed. If groups arrive separately, review respect guidelines with kids. Discuss outside/inside activity for each group.

## **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

## **Activity Time**

### **Outside group**

Gather the outside group and have one leader name and show each of the tools. Have one child demonstrate proper use of each tool to the whole group with any needed direction from the leader. Repeat this with the watering can demonstrating how to water at the base of the plant to avoid wetting leaves that might burn in the sun.

Next, show the plants that are to in the raised beds. If available, a leader will give the groups a tour and explanation of the plants in the raised beds. Divide the larger group into three smaller groups with leaders.

For the remainder of the time, groups take a tour of the garden and then will weed, water, and harvest as needed. Garden maps will be available for use by each group

### **Inside group**

Divide the inside group into three smaller groups. Have kids remove shoes to go inside to kitchen and wash hands. The first activity will be to learn how to measure liquids and solids, how to add/subtract measurements and use cutting tools and a knife safely.

For the measuring activity, each group will have a set of dry measuring cups, one liquid measure cup, measuring spoons, dried peas and salt. Also one small knife/group.

Each group will have a set of ingredients: carrots, zucchini, cucumbers, radishes, whole cloves, toothpicks, ranch dressing, serving trays and bowl for dressing. Using the ingredients, each group will make edible caterpillars. Cut vegetables into 1 inch sections and connect with toothpicks to make a caterpillar. Each “bug” can be made of all one vegetable, or a mixture. Use the radish to make a head and add clove eyes/antenna. Place on trays and add a bowl of ranch dip for serving. (See photo from “Special Effects Cookbook” by Micheal E. Samonek pg. 29)

## **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.

## RESPECTFUL GUIDELINES FOR KIDS

EVERYONE HAS A NAME, SO PLEASE USE THAT NAME INSTEAD OF ONE THAT MIGHT BE HURTFUL

LISTEN WHEN LEADERS ARE SPEAKING OR GIVING INSTRUCTIONS

USE WALKING FEET IN THE GARDEN AND RESPECT THE PLANTS

RESPECT THE EARTH AND USE LEFTOVER DRINKING WATER TO WATER THE TREES

PUT TRASH IN TRASH BAGS, RECYCLE ITEMS IF POSSIBLE

STAY WITH YOUR GROUP AND HELP LEADERS WITH ACTIVITIES

NO ONE IS ALLOWED TO HURT ANOTHER PERSON EITHER WITH WORDS OR BY HITTING THEM

REMOVE YOUR SHOES WHEN INSIDE THE CHURCH

LIKE PLANTS, EACH PERSON HAS A PART TO PLAY THAT HELPS THE WHOLE GROUP WORK TO MAKE THE GARDEN GROW.

### **MEASURING GUIDELINE**

Show 1,  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ , cup measures. Using dried peas to measure into a bowl, demonstrate how two  $\frac{1}{2}$  cups equal a whole cup by adding two  $\frac{1}{2}$  cups to bowl, then place whole quantity into a one cup measure to show equal amounts. Allow kids to try this technique. Repeat with  $\frac{1}{4}$  cup measuring four times and then back into 1 whole cup. Repeat with  $\frac{1}{3}$  cup.

Use this same technique with the teaspoons and salt (over a bowl!) making sure to note that three teaspoons equals one Tablespoon.

Next, show a liquid measure cup and note that liquids and solids (flour/sugar, etc.) are measured differently.

### **CUTTING GUIDELINE**

Using a knife on the cutting board show how to hold the handle properly and keep fingers (on both hands!) away from the cutting edge. If using the new chopping tool, demonstrate how to use safely. Demonstrate how to cut the string cheese safely with a regular kitchen knife. Allow each child, with supervision, to try to cut the string cheese. If cheese is too soft, place in refrigerator briefly until firm.