

# LEADER GUIDE OUTDOOR ACTIVITIES

## **Overview**

This week outside groups will each create 3 scarecrows for a total of 6 scarecrows to be placed in the garden. Lindy Wilson will lead the group and collect clothing items for scarecrows from MCC. Inside groups will make PB & J with Fruit Roll Ups (Tues.) and Zucchini Bakes (Thurs.).

## 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**

Gather each team (purple/orange) and introduce kids to each activity for the day. Distribute nametags and water bottles to each kid. **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**

Note: Prior to activity collect clothing and accessory items, stakes for placing scarecrows, raffia, glue guns (may need to do this near the door and run an outdoor-safe extension cord) and other decorative items into three stations.

Gather the outside group to hear instructions for making scarecrows. Divide the larger group into three smaller groups and have leaders assist kids in making one scarecrow per group.

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## Inside group Tuesday

Divide the inside group into three smaller groups. Have kids remove shoes to go inside to kitchen and wash hands.

At each of three stations have 7 tortillas, 14 strawberries, 4 bananas, ½ C granola, ¼ C peanut butter, ¼ C jam, table knives with serrated edge (1/kid), spoons (1/kid), 1 serving tray.

## **PB&J with Fruit Wrap**

Ingredients for one PB & J Fruit Wrap :

1 tortilla

1 T peanut butter

1 T jam

2 strawberries sliced

¼ banana sliced

2 T granola

Instructions:

Have kids wash strawberries and demonstrate how to remove stem from each berry. Help kids slice each berry into four slices, set aside. Have kids peel bananas and slice each banana into approximately 12 slices. For each wrap, spread 1 T peanut butter evenly over entire tortilla. On one rounded end, spread 1 T jam. Layer 8 strawberry slices, 4 banana slices and 2 T granola. Roll each tortilla, being careful not to push ingredients out of wrap. Slice each wrap in half and place onto serving tray.

When kids are finished cooking, have kids complete Food Choice Activity as listed below.

### **Inside group Thursday**

Divide the inside group into three smaller groups. Have kids remove shoes to go inside to kitchen and wash hands.

Prior to activity, slice the zucchini, onions, and carrots into 2 -3" sections. At each of three stations place the following (see below for quantity): Zucchini, Carrots, Onion, Self Raising Flour, Cheddar Cheese, 3 eggs & 1 small can of corn kernels (1/2 C), salt (1 tsp), measuring cups, grater, chopper for veggies, large mixing bowl, mixing spoons, can opener, container for compost scraps, and preheat oven to 350 degrees.

### **Zucchini bakes**

**Ingredients to make 16 bakes for each station:** 3 Zucchini (2 C chopped), 2 Carrots (1 C chopped), 1 Onion (1/2 c chopped), ½ cup Self Raising Flour, 1 1/2 cups grated Cheddar Cheese, 3 eggs, 1 small can of Corn Kernels, 1 tsp salt, muffin/cupcake liners, muffin tins, large mixing bowl, chopper, mixing spoons, forks for beating eggs, smaller bowl for eggs.

To begin baking session, have all kids gather for a safety demonstration on how to use the chopper. Preheat oven to 350.

To make Zucchini bakes:

Have kids chop the zucchini, onion, and carrots and set aside.

Have kids break eggs and add to small mixing bowl. Lightly beat eggs using a fork.

Have kids grate cheese and set aside.

Have kids measure flour and place in large mixing bowl. Have adult open can of corn and drain. Add veggies (zucchini, onion, carrot), beaten eggs, corn, and cheese to bowl and mix thoroughly. Carefully pour mixture into muffin cups, filling 2/3 full

Bake 20 mins. Makes 16 muffins

While Zucchini Bakes are cooking, have kids complete Food Choice Activity as listed below.

## **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.

## **FOOD CHOICE ACTIVITY**

For this activity you will need one “Food Choice Guide” and one set of nutrition cards (cut apart) for each group participating in activity (To be provided). Be sure to mix up cards so they are in random order. (See Food Choice Guide Below and printed nutrition cards).

To begin the activity, show kids the Food Choice Guide with the picture of the plate and sections of each food group. Talk about the importance of having food from some of each food group as well as the appropriate quantities needed for each group. Note that there are sections with sweets, candy, etc. (It is ok to have once in awhile, but not on a regular basis). Talk about the nutrition in each food that our body needs: proteins build muscle; dairy makes strong bones and teeth; fruit, veggies, and grains are needed for vitamins to keep us healthy and help us grow.

Next, ask kids to name foods that might fit into each category. Give each group a set of cards and have them compete to see who can put them into the correct category first. When the first team finishes, have them help other teams sort their cards.

When all are done, review the foods in each category and have kids share what they like the best/least.

If time, have kids pick cards to create a plate, or meal, filling each category as demonstrated on the Food Choice Guide.

FOOD CHOICE GUIDE

