



Summer Nutrition Club 2020 Lesson 1 Guide for Site Coordinators

Research shows that children are more likely to try new foods and eat a more nutritious diet if they are involved in growing, choosing, and/or preparing their food. Summer Nutrition Club is designed to give kids the opportunity to do just that. Our hope is that participating children will develop lifelong skills and an interest in nutrition and cooking that they can share with their families, peers, and neighbors for years to come. Because our program is virtual this year, your site plays a crucial role in engaging children and their families in the SNC lessons. Please use this guide to aid in planning and preparing for Lesson 1, and let us know how we can best support you in teaching this material!*

Lesson Overview

- [Welcome to Summer Nutrition Club](#)
 - Introduction of Lydia Conner, Summer Nutrition Intern
 - Overview of SNC virtual program

- Rainbow Pasta Salad
 - [Whole grains/pasta](#)
 - Key nutrition messages:
 - Whole grains contain more nutrients and fiber than refined grains, so it is best to choose them more often
 - Look for the whole grain stamp or read the first ingredient on a food package to know if it is a whole grain
 - Make at least half your grains whole grains
 - Cooking skills demonstrated:
 - Measuring out pasta
 - Boiling water safely - with adult supervision
 - Checking to see if pasta is done
 - Draining noodles
 - [Vegetables](#)
 - Key nutrition messages:
 - Eating every color of the rainbow helps you get all the nutrients your body needs to stay strong and healthy
 - Each color of fruit and vegetable helps your body in a different way
 - Cooking skills demonstrated:
 - Safely chopping and peeling vegetables - with adult supervision

- [Simple dressing](#)
 - Key nutrition messages:
 - Try to eat all five food groups every day by adding different ingredients to each meal or snack
 - Cooking skills demonstrated:
 - Making a simple salad dressing
 - Improvising with ingredients/using what you have on hand

- [Garden Tour](#)
 - Weekly update with Farmer Lucian on what is growing in the family garden
 - Our goal is to get kids excited about how vegetables grow and change over time, and maybe even inspire them to grow their own vegetables at home!

- Quick Quiz
 - This brief assessment will help us see if kids are understanding the material so we can adjust the content/format as needed. It will also help us get an approximate count of how many kids are participating in the program, which we are required to report to our funder. Therefore, it is very important that you have the children fill out these quick and simple questions!
 - Online version: <https://forms.gle/S1U1gXpgGsQwLPga9>
 - If you are able to have each child fill out the quiz on a computer or tablet, use the link above.
 - Printable version:
 - If it would be better for your site to print the questions, you can find the PDF on the [Site Coordinator Portal](#). You can either scan and email the completed quizzes to us, email us a summary of the congregate answers, or arrange a time for us to pick up the completed quizzes.

- Activity sheet
 - Overview of key lesson points and rainbow pasta salad recipe - we recommend printing the activity sheet and sending one home with each child so they can share what they learned with their families. If printing cost/capacity is a concern for your site, please let us know and we can work out a plan to assist you!
 - Vegetable crossword puzzle - printable and online version are both available at the bottom of the [Lesson 1 page](#)

Supplies Needed

The exact supplies needed will vary based on the number of children participating and your site's capacity to do hands-on participation. Please let us know if you need assistance in supplying any of these materials.

- Equipment for streaming videos - computer, projector/screen or monitor, HDMI cable, speakers for audio, extension cords, etc.
- Hand washing sink with soap, paper towels, and trash can
- Prep sink for draining pasta and washing vegetables
- Heat source for cooking pasta - stovetop, hot plate, etc. - even a microwave could work!
- Cooking pot(s)
- Large bowl(s)
- Slotted spoon(s)
- Serving spoon(s)
- Jar(s) with lid(s)
- Colander(s)
- Cutting board(s)
- Serrated knife
- Chef's knife
- Optional: kid-safe knives for practicing cutting skills (see below)



- Vegetable peeler(s)
- Quick Quiz (1 copy per child)
- Activity Sheet (1 copy per child)
- Writing utensils (1 per child)
- Gloves
- Paper plates
- Plastic forks
- Napkins or paper towels

Ingredients Needed

Adjust the amount of each ingredient based on the number of kids who will be participating. As a reference, the recipe included on the activity sheet makes 8 full-sized servings, or about 32 sample-sized servings.

- Whole wheat pasta
- Water
- Variety of colorful vegetables
- Olive, canola, or vegetable oil
- Red wine vinegar, balsamic vinegar, lemon juice, or lime juice
- Fresh or dried herbs or spices
- Additional flavors for the dressing: minced garlic, honey, Dijon mustard, salt, pepper, etc.

Tips for Engaging Children and Staff/Volunteers in On-Site SNC Lessons

- Watch the videos together, then split large groups of children into smaller groups of about 5-10 to put the skills demonstrated into practice. Assign at least one adult helper per small group. Set up stations in different areas, and then rotate the small groups of children through each station. For example, the schedule could look something like this:
 - 10:00-10:20 am - all groups watch welcome video and 3 pasta salad videos together
 - 10:20-10:35 am
 - Group A - Practice cooking pasta and checking packages to see if they are whole grains - emphasize food and kitchen safety (washing hands, avoiding touching hot surfaces, etc.)
 - Group B - Practice safely chopping vegetables - emphasize food safety (washing produce first, keeping it away from raw meats, etc.) as well as general kitchen safety (knife skills)
 - Group C - Practice making a simple dressing - emphasize getting creative with the exact ratio and combination of ingredients!
 - 10:35-10:50 am
 - Group A - Vegetables
 - Group B - Dressing
 - Group C - Pasta/whole grains
 - 10:50-11:05 am
 - Group A - Dressing
 - Group B - Pasta/whole grains
 - Group C - Vegetables
 - 11:05-11:20 am - all groups watch garden video together and share what they learned from today's lesson, including tasting a sample of the finished pasta salad!
- If you are limited in the number of adult helpers available, consider doing a large-group demonstration of each part of the SNC lesson. Ask 1-2 children to help with each step, and be sure to allow plenty of time for questions and comments.
- If you don't have time to do all 3 steps of the pasta salad in one day, consider splitting the activities up into multiple days of the week. You could also assign the kids to try one or more steps at home with their families.
- Print the activity sheets and send them home with the children so they can share what they learned with their families. Encourage families to involve their children in food preparation at home so the kids can continue practicing new nutrition and cooking skills.

- Get creative in supplementing the lessons! Bring in produce from your own garden, plant seeds with the kids so they can learn more about where food comes from, spark conversations throughout the summer to keep kids thinking about nutrition and cooking - the sky's the limit!

Questions, Comments, Concerns?

If you have any questions, additional ideas, or feedback, please don't hesitate to reach out to Lydia Conner, Summer Nutrition Intern at Gleaners Food Bank of Indiana.

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**Supporting research:*

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6016610/>
- <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/toddler-and-preschooler-tasks-in-the-kitchen>
- <https://blog.jumpinforhealthykids.org/get-kids-cooking-to-encourage-healthy-eating/>