



Summer Nutrition Club 2020 Lesson 2 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 2, and let us know how we can best support you in teaching this material!*

Lesson Overview

- [Garden Update](#)
 - Weekly update with Lydia and Farmer Lucian to see what is growing in the family garden
 - This week also covers basic garden care, including weeding, watering, ensuring plants have proper sunlight, etc.
 - 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!

- [Carrot Zucchini Mini Muffins: Part 1](#)
 - Key nutrition messages:
 - Vegetables can be included in many different kinds of recipes - if you are willing to try veggies in different forms, you might find that you like a lot more veggies than you think!
 - Cooking skills demonstrated:
 - Measuring dry ingredients (like flour) to get a level scoop
 - Safely grating vegetables (with adult supervision)
 - “Folding” ingredients into a recipe
 - Safely using an oven (with adult supervision)

- [Plant & Animal Protein Activity](#)
 - Key nutrition messages:
 - Protein can come from both plant and animal sources
 - Protein helps your body move and grow
 - Moving your body is just as important as eating nutritious foods to stay healthy

- [Carrot & Zucchini Mini Muffins: Part 2](#)
 - Key nutrition messages:
 - Try to eat all five food groups every day by adding different ingredients to each meal or snack
 - Cooking skills demonstrated:
 - Checking to see if baked goods are done
 - Safely using an oven (with adult supervision)

- 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/4qFKCdCXmDjFBx646>
 - 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 carrot zucchini mini muffin 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!
 - Download and/or print the activity sheet at the bottom of the [Lesson 2](#) webpage.

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 washing vegetables
- Oven for baking muffins

- Muffin tin(s) or silicone baking cups and baking sheet(s)
- Oven mitts/pot holders
- Small heat-resistant bowl for melting butter
- Large bowl(s)
- Scraper(s)
- Fork(s) or whisk(s)
- Measuring spoons
- Dry measuring cups
- Butter knife
- Cutting board(s)
- Grater(s)
- Chef's knife

- Optional: kid-safe knives for practicing cutting skills (see below)



- Toothpicks
- Quick Quiz (1 copy per child)
- Activity Sheet (1 copy per child)
- Writing utensils (1 per child)
- Gloves
- Paper plates
- 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 24-36 mini muffins (depending on muffin tin size) or 12 full-sized muffins.

- Flour (whole wheat, all purpose, or a mix of both)
- Cinnamon
- Salt
- Baking soda
- Whole zucchini
- Whole carrot(s)
- Egg(s)
- Butter
- Honey or maple syrup
- Vanilla extract
- Other optional mix-ins: dried fruit, chopped nuts, mini chocolate chips
- Other optional food groups to add to the muffins to make a balanced snack (fruit, yogurt, milk, cheese stick, nut butter, 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 garden & muffin videos together (exclude plant & animal protein game video for now)
 - 10:20-10:35 am
 - Group A - Mini Muffins Part 1: Practice measuring dry ingredients, folding in ingredients, filling muffin cups - emphasize food and kitchen safety (washing hands, avoiding touching hot surfaces, etc.)
 - Group B - Play the Plant & Animal Protein Game (follow along with video) - discuss how both protein and physical activity benefit the body
 - Group C - Mini Muffins Part 2: Practice checking muffins for doneness and building a balanced meal/snack by incorporating multiple food groups from MyPlate - emphasize food and kitchen safety (washing hands, avoiding touching hot surfaces, etc.)
 - 10:35-10:50 am
 - Group A - Plant & Animal Protein Game
 - Group B - Mini Muffins Part 2
 - Group C - Mini Muffins Part 1
 - 10:50-11:05 am
 - Group A - Mini Muffins Part 2
 - Group B - Mini Muffins Part 1
 - Group C - Plant & Animal Protein Game
 - 11:05-11:20 am - all groups come back together to share what they learned from today's lesson, including tasting a sample of the finished muffins!
- 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 of the videos/activities in one day, consider splitting them 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/>