



## Summer Nutrition Club 2020 Lesson 3 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 3, and let us know how we can best support you in teaching this material!*

### Lesson Overview

- [Garden Update](#)
  - Weekly update with Lydia to see what is growing in the family garden
  - This week also includes how to properly pull a weed so that the weeds are less likely to grow back, as well as harvesting raspberries for the Frozen Yogurt Bark recipe.
  - Our goal is to get kids excited about how vegetables (and fruits) grow and change over time, and maybe even inspire them to grow their own food at home!
  
- [Frozen Yogurt Bark](#)
  - Key nutrition messages:
    - Dairy foods, like yogurt, have lots of calcium and vitamin D, which help your bones and teeth grow properly and stay strong.
  - Cooking skills demonstrated:
    - Using a spatula/scrapper to get as much food out of a container as possible and using the spatula to spread yogurt into a thin layer on the parchment paper.
    - Using a paring knife to remove strawberry stems and thinly slicing strawberries keeping hand in a C-shape while holding the strawberries in place.
  
- [Fruit & Veggie Musical Chairs](#)
  - Key nutrition messages:
    - Fruits and vegetables give you energy to move your body.
    - There are many different colors, shapes, and sizes of fruits and vegetables, and it's important to get a variety.

- Moving your body is just as important as eating nutritious foods to stay healthy.
- 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/wHwfzQdVZcmkAsnC7>
    - 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 Frozen Yogurt Bark 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 3 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 fruit
- Freezer for freezing Yogurt Bark
- Baking sheet(s) or a large, flat dinner plate(s)
- Parchment paper
- Rubber spatula/scrapper(s) (small)
- Paring knife/knives
- Cutting board(s)
- Optional: kid-safe knives for practicing cutting skills (see below)



- 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 about 6 rectangles of Frozen Yogurt Bark

- 5.3 oz container of yogurt for 6 servings (recommend purchasing large container(s) of yogurt to make bark for a larger number of children)
- Fresh or frozen fruit, like raspberries, blackberries, strawberries, and blueberries
- Other optional toppings: mini chocolate chips, coconut flakes, granola, or nut/seed butter

## 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 & frozen yogurt bark videos together (exclude Fruit & Veggie Musical Chairs game video for now)
  - 10:20-10:35 am
    - Group A - Make Frozen Yogurt Bark: Choose toppings, practice safe knife skills will slicing the strawberries, spread the yogurt in a thin layer, top the bark, and freeze.
    - Group B - Play the Fruit & Veggie Musical Chairs Game: instructed by the video, then led by an adult helper.
  - 10:35-10:50 am
    - Group A - Fruit & Veggie Musical Chairs
    - Group B - Make Frozen Yogurt Bark
  - 10:50-11:10 am - all groups come back together to share what they learned from today's lesson, including tasting a sample of the finished Frozen Yogurt Bark!

- 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/>