



kids kitchen inc

Week 2: April 14, 2020

Hello "KIDS KITCHEN" Friends and Family!

Welcome to the "at home" edition of Kids Kitchen: Food, Fitness, Fun! Join with us as we connect, engage and share food and fitness activities to eat, think and be active at home for youth and families that promote health and wellness.

We are happy to offer our Excel Beyond the Bell (EBB) program in an online format. We encourage you to experience and enjoy these activities that have been planned for you. There are a variety of activities to explore each day of the week. Stay well, healthy and safe!

This week's activities:

1. "RISE AND SHINE"

Online Fitness Session

<https://www.youtube.com/watch?v=-vajpyuFNx4&t=3s>

2. "BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY"

OATMEAL BREAKFAST BAKE VIDEO

Bonus Feature: Breakfast Recipe, Breakfast Worksheet

3. "TIME TO TAKE A BREAK"

Online Fitness Session

<https://www.youtube.com/watch?v=EdFXMISYx94&t=8s>

"LET'S LUNCH"

GRILLED CHEESE AND TOMATO SOUP LUNCH VIDEO

4. "SAY PLEASE"

SOCIAL ETIQUETTE AND TABLE MANNERS

Part A - social etiquette (lesson) Part

B - social etiquette (worksheet)

Part C - social etiquette (answersheet)



kids kitchen inc

Week 1: April 7, 2020

Hello "KIDS KITCHEN" Friends and Family!

Welcome to the "at home" edition of Kids Kitchen: Food, Fitness, Fun! Join with us as we connect, engage and share food and fitness activities to eat, think and be active at home for youth and families that promote health and wellness.

We are happy to offer our Excel Beyond the Bell (EBB) program in an online format. We encourage you to experience and enjoy these activities that have been planned for you. There are a variety of activities to explore each day of the week. Stay well, healthy and safe!

This week's activities:

1. **"RISE AND SHINE"**
Online Fitness Session
<https://www.youtube.com/watch?v=rHXS8HV3G2k&t=350s>
2. **"LET'S COOK" - Healthy Cooking**
Demonstration POWER BALLS SNACK VIDEO
<https://drive.google.com/file/d/1TvaCxcZRNHrR1Uk2VyGLZYqIbObtQBL2/view>
3. **"TIME TO TAKE A BREAK"**
Online Fitness Session
<https://www.youtube.com/watch?v=gaXC0tjeQKM>
4. **"LET'S COOK" - Healthy Cooking**
Demonstration HEALTHY TACOS DINNER VIDEO
<https://drive.google.com/file/d/1Y26BnG01Kd8vW2HRVmg5VPi5fhX0yULz/view?usp=sharing>
5. **"LET'S PLAY"**
[ONLINE NUTRITION JEOPARDY GAME](#)
Part A - Nutrition Jeopardy
Lesson Part B - Nutrition Jeopardy Game