

LET'S HAVE A PICNIC

SUMMER LESSON #10

Opportunities For Learning Children will prepare the food for a picnic.



DAKOTA DOG'S TIPS TO KEEP FOOD SAFE!

- ◆ Use insulated coolers packed with ice cubes/blocks to transport food.
- ◆ Foods should not be left out of coolers more than 1 hour.

Things To Do Before The Lesson Prepare most of the food the day before and refrigerate overnight.

PREPARE FOOD



Things You'll Need Possibilities are: • peanut butter and jelly sandwich • cheese sandwich • hard-cooked eggs • fresh sliced vegetables from the garden or fresh fruit in sealed sandwich bags • cereal, nut, and raisin mixture (Make that morning or the day before.) • food containers • paper bag for each child • drinking cups • water • milk



Things You'll Do • Talk with children about what they would like to prepare and eat at their picnic. • Guide children in planning the kind of sandwich, vegetable or fresh fruit snacks, and cereal and raisin mixture they would like. • The day of the picnic, each child packs his own bag with lunch fixings that do not have to be kept cold in the cooler or ice chest, such as the cereal and raisin mixtures. • Cheese slices, hard-cooked eggs, and vegetable, etc.,

can be bagged in individual servings and added to each lunch bag when it is time to eat. • Bring plenty of water and if the picnic is to meet the lunch or supper meal requirements, be sure to bring milk. • Take beach balls for the GET MOVIN' activity below.



GET MOVIN!

Take Beach Balls

Children imagine they are at the beach. One group of children can pretend to be sand and lay in a line, head to toe. Another group can pretend to be the waves and log-roll across the ground to meet the sand. Have children switch roles and repeat. Children pretend to swim by laying on ground and vigorously kicking feet and moving arms in a paddling motion. Pretend to be clams by lying on backs, placing hands behind heads, and bringing elbows to touch knees several times (modified sit-up). Tossing a beach ball is another way to have beach fun.

Jones, Barbara Stewart, *Hello World, Creative Development in Early Childhood Through Movement and Art*, Pitman Learning, Inc., Belmont, CA, 1982

Liebler, Scott, *Funsical Fitness: A Comprehensive Movement and Health Education Experience for Ages 2 3/4ths to 7 5/6ths*, Front Row Experience, 1-800-524-9091, www.frontrowexperience.com Byron, CA, 1996.



BOOKS TO READ

Ernest and Celestine's Picnic

by Vincent Gabrielle

Having a Picnic

by Sara Garland

Eating the Alphabet

by Lois Ehlert

Friends in the Park

by Rochelle Bunnett



SONGS TO SING

"It's A Beautiful Day For A Picnic"



WHAT PARENTS CAN DO

Ask parents to help plan and join the children on the picnic outing.

Q. What kind of fish would you put on a peanut butter sandwich?
A. Jelly fish!!

