

## Summer 2022 Under Construction Fit Kids Camp Itinerary



### Monday, July 18, 2022

Foods that will be supplied: strawberries, blueberries, grapes, watermelon, low fat whip cream

8:30-9:15: Morning yoga and workout

9:15-9:30: Water break and hand washing

9:30-10:30: Learn about carbohydrates: prepare then eat the snack of fruit salad, why each ingredient is important, micronutrients and phytonutrients of different fruits, the fruit game, wash hands again

10:30-11:30: kickball, water break, prepare to return either the day camp or with parents.

### Tuesday, July 19, 2022

Foods that will be supplied: ham lunch meat, turkey lunch meat, low fat Swiss cheese, low fat mozzarella cheese, lettuce, tomato, mustard and miracle whip

8:30-9:15: Morning yoga and workout

9:15-9:30: Water break and hand washing

9:30-10:30: Learn about protein: prepare, then eat meat and cheese roll up, discuss why protein is important, several types, how much to consume, protein game, wash hands again

10:30-11:30: hula hoop contest, outdoor games, water break, prepare to return either the day camp or with parents.

### Wednesday, July 20, 2022

Foods that will be supplied: celery, almond butter, raisins

8:30-9:15: Morning yoga and workout

9:15-9:30: Water break and hand washing

9:30-10:30: Learn about fats: prepare, then eat ants on a log, discuss why fat is important, several types, how much to consume, nutrition coloring sheets, wash hands again

10:30-11:30: outdoor games, water break, prepare to return either the day camp or with parents

### Thursday, July 21, 2022

Foods that will be supplied: celery, cucumber, light fat ranch, hummus, strawberry, watermelon, cucumber water

8:30-9:15: Morning yoga and workout

9:15-9:30: Water break and hand washing

9:30-10:30: Learn about the importance of water: high water vegetables, fruits and light fat ranch dip or hummus, learn why water is important, how much we should drink, nutrition game, wash hands again

10:30-11:30: outdoor water fun games, water break, prepare to return either the day camp or with parents

### Friday, July 22, 2022

Foods that will be supplied: blueberries, strawberries, grapes, low fat whip cream, chocolate syrup sliced almonds

8:30-9:15: Morning yoga and workout

9:15-9:30: Water break and hand washing

9:30-10:30: Learn about why physical activity is important and how to be mindful of sugar intake: prepare and eat fruit snack, nutrition game, wash hands again

10:30-11:30: outdoor game, water break, prepare to return either the day camp or with parents