

STEWARDSHIP

Week 1

Stewardship

To know *God* has given man
dominion over all of the earth.

Objectives

Stewardship Week 1

- **General Objectives**

- To know what God has given us and develop it all to His glory
- To be good stewards of our bodies

- **Specific Objectives**

- To understand what dominion over the earth means
- To know what a steward is
- To know the four food groups
- To know the six food nutrients
- To exercise regularly

Growing Your Planning Skills

Stewardship Week 1

- Look at all the activities in Weeks 1-4 to get an overview.
- Decide how elaborate Circus Night is going to be...only family or inviting others over.
- You may want to kill 2 birds with one stone by rearranging activities to fit your schedule.

Good Unit to Clean Up House

Stewardship Week 1

Be Thinking About:

- What projects need to be done in your home?
- Which of your kids is capable of doing what portion of the project?
- How long the project will take?
- Break the project down into bite size pieces.

Developing a Mature Palate

Stewardship Week 1

- If your daily meals consist of pizza and hot dogs, your children will never develop mature palates.
- Children who are raised on salads, green vegetables and fruits, eat them the rest of their lives.
- Children who are raised health conscience concerning foods, will continue to be health conscience in later life.
- Sadly, it is us, the mothers who set the stage for what our families eat.
- The best news is that fresh is often best. That means minimal preparation for the cook!!!

Alert!!!

Stewardship Week 1

Immediate Action!!!

- Many activities involve going to the grocery store. Look ahead to the next four weeks and combine many of the activity objectives to minimize your trips.
- Look ahead four weeks to the Circus Dinner.
- Decide NOW who you will invite, basic performers, menu, when the invitations should go out, etc.
- Begin thinking about costumes and props.

Alert!!!

Stewardship Week 1

Supply Alert!!!

- A microscope or very good magnifying glass is needed in Week 2.
- Week 5 begins the study of different careers. Begin to contact people of different careers to talk to your children or make appointments to visit their place of business.

Weekly Supplies

Stewardship Week 1

- US and world map **p (p.306)**
- Small rubber ball, 2 plastic milk jugs filled with sand, chalk, rubber band, **x (p.324)**
- Macaroni and paints **i (p.305)**
- Macaroni and ingredients for salad **k (p.305)**
- Grains and carbs in pantry **g (p.304)**
- Beans and nuts **v (p.307)**
- Cloth and small beans **s and t (p.306)**
- Recipe and ingredients for bean soup

Bible Verse

Stewardship Week 1

What is man, that thou art mindful of him? and the son of man, that thou dost care for him?

For thou hast made him a little lower than the angels, and hast crowned him with glory and honor.

Thou madest him to have dominion over the works of thy hands; thou hast put all [things] under his feet:

All sheep and oxen, yea, and the beasts of the field;

The fowl of the air, and the fish of the sea, [and whatsoever] passeth through the paths of the seas.

Psalm 8:4-8

Focus Books

Stewardship Week 1

Read *The Supermarket*

A *The Supermarket*

Y *Nutrition, Let's Make Soup, Good for Me!, All About Food in 32 Bites*

M *Nutrition, Peter Rabbit's Natural Food Cookbook*

O *Nutrition, Bodyworks: The Kid's Guide to Food and Physical Fitness*

Writing Assignment

Stewardship Week 1

- **Y** Tell mom 3 sentences about each food group.
- **M** Write a report on one of the four food groups.
- **O** Write two paragraphs comparing healthy, nutritious foods to unhealthy, non-nutritious foods.

d (p.304)

Vocabulary

Stewardship Week 1

General

steward

stewardship

dominion

domination

domineering

collage

exercise

NERF

privilege

responsibility

4 Food Groups

meats/beans/nuts

dairy

fruits/vegetables

grains/cereals

Vocabulary (cont'd 1)

Stewardship Week 1

6 Food Nutrients

carbohydrates=carbs

sugar=glucose

starch

proteins

fats

vitamins

minerals

water

Food Preserved By:

canned

dried

frozen

fresh

pickled

Vocabulary (cont'd 2)

Stewardship Week 1

General Exercise

conditioning

flexibility

aerobics

jog

Exercise

push-up

jumping-jacks

leg lifts

sit-up

pull-up

deep knee bends

chin-up

windmill

Permission Slip

PERMISSION COUPON

FREE PASS TO SKIP ONE ACTIVITY
OR OTHER ASSIGNMENT
(FEEL FREE TO COPY AS OFTEN AS NEEDED)

PERMISSION COUPON

FREE PASS TO SKIP ONE ACTIVITY
OR OTHER ASSIGNMENT
(FEEL FREE TO COPY AS OFTEN AS NEEDED)

PERMISSION COUPON

FREE PASS TO SKIP ONE ACTIVITY
OR OTHER ASSIGNMENT
(FEEL FREE TO COPY AS OFTEN AS NEEDED)

PERMISSION COUPON

FREE PASS TO SKIP ONE ACTIVITY
OR OTHER ASSIGNMENT
(FEEL FREE TO COPY AS OFTEN AS NEEDED)

Activities

Stewardship Week 1

Monday

- a (p.301) Distinguish between privilege/responsibility. List your privileges and responsibilities.
- b (p.301) Contrast dominion, domination, domineering.
- c (p.301) Define steward and stewardship.
- f (p.301) Read and discuss Daniel as a good steward of his body.
- x (p.324) Exercise daily for the next four weeks. Make a chart and record exercises day by day.
- e (p.303) Practice being a good steward rather than dramatize.

Practice Being a Good Steward

Stewardship Week 1

- Wash your bike, mom's car, your clothing.
- Clean or organize your room.
- Mend a toy, shirt, or broken item.
- Weed the flower bed.
- Paint an item that needs painting.
- Take care of a pet or plant.

Activities (cont'd 1)

Stewardship Week 1

Tuesday

Discuss the acronym NERF.

Introduce 4 Food Groups: meat/beans/nuts, dairy, fruits/vegetables, and grains/cereals.

a (p.303) Define food. Pantomime eating various foods while others guess.

b (p.303) Research food origins.

hhh (p.314) Make a Nutrition Target on the kitchen floor. Sort groceries into categories.

Activities (cont'd 2)

Stewardship Week 1

Wednesday

d (p.304) Decide which foods should be eaten and which ones avoided.

e (p.304) Learn the 6 Food Nutrients and give examples.

f (p.304) Dramatize a carb, fat, protein, and vitamin.

g (p.304) Study grains and carbs. Find them in pantry.

k (p.305) Make macaroni salad.

l or m (p.305) Make a macaroni collage or jewelry.

Activities (cont'd 3)

Stewardship Week 1

Thursday

Talk about beans, nuts, and proteins.

o (p.305) Name and identify as many nuts as possible according to sight and taste-test.

t (p.306) Play bean bag games.

p (p.306) Place a real nut or a picture of the nut on a map where the nut is grown.

v (p.307) Start growing bean sprouts.

Make bean soup.

Activities (cont'd 4)

Stewardship Week 1

Friday

q (p.306) Take a field trip to a whole foods grocery. Buy an assortment of beans and nuts.

n (p.305) Sample grains foods different cultures. Mexico, Italy, Finland, North Africa, China, Arabia.

h (p.304) Buy grains and seeds.

mm (p.311) Learn about above and below ground vegetables.

ddd (p.313) Learn how to read labels at the store.

u (p.320) Make a "How Am I?" chart and take the test.

nn (p.328) Make "wellness excuse" cards and draw out of hat.

Grocery List Suggestions

Stewardship Week 1

- Different grains, nuts, and beans
- Macaroni
- Macaroni salad ingredients
- Bean soup ingredients
- Round steak
- Tortillia, pasta, rye bread, rice, pita bread, and couscous
- Vegetables for vegetable sculpture
- Vegetable soup ingredients
- Fruits for smoothies
- Whole thawed chicken

Make a List of Grocery Store Activities

Stewardship Week 1

- Ask the name of the food.
- Ask what food group it belongs to.
- Ask where the food comes from.
- Ask how the food grows.
- Ask how the food can be preserved.
- Ask if the food is mostly fat, protein, or carbohydrate.
- Ask if the food is close to the bull's eye.

Field Trips

Stewardship Week 1

- **Friday** - *Shop at a whole foods grocery store if available.*

Suggestions for Dad

Stewardship Week 1

- Teach **Scripture verses**.
- Give out **vocabulary words**.
- Help **with designated projects**.
- Watch the kids do exercises and give **pointers and encouragement**.
- Pick up **forgotten grocery items**

Focus of the Week

Stewardship Week 1

- **Practicing good stewardship**
- **Understanding 4 Food Groups**
- **Knowing the 6 Food Nutrients**
- **Exercising daily**

Copyright

- The information contained herein is for the use of the KONOS Co-op members and their families.
- Sharing this information with other families, groups, or on the world wide web without express permission of the staff at Homeschool Mentor is prohibited.

Thanks,
Wade and Jessica Hulcy