

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 conscious concerning foods, will continue to be health conscious 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

- Clothing, toys, pets, coins, and bills e (p.303)
- US and world map p (p.306)
- Poster board 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)
- Heavy cloth and small beans 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

Four Food Groups

meats/beans/nuts

dairy

fruits/vegetables

grains/nuts

Vocabulary (cont'd 1)

Stewardship Week 1

Food Nutrients

carbohydrates=car
bs

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)

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Activities

Stewardship Week 1

Monday

- a (p.301) Distinguish between privilege and responsibility
- 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.
- a (p.303) Compare privilege to responsibility. List your privileges and responsibilities.
- 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, dairy, fruits/vegetables, and grain.

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.

Make a list of green vegetables and another list of yellow vegetables.

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.

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 chicken (thawed)**

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**

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.
- Watch the kids do exercises and give pointers and encouragement.

Focus of the Week

Stewardship Week 1

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

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Thanks,
Wade and Jessica Hulcy