

STEWARDSHIP

Week 2

Stewardship

To know that your body is the temple of the Holy Spirit bought by the life of Christ

Objectives

Stewardship Week 2

General Objectives

- To know what foods and exercises are good for your body
- To practice good stewardship of your body

Specific Objectives

- To study fruits and vegetables
- To learn the parts vitamins and minerals contribute to good health
- To cook or make healthy soups, meals, and drinks
- To visit a grocery store and butcher shop

You're Attitude is Contagious

Stewardship Week 2

- If you are troubled, your children will be troubled.
- If you are a complainer, your children will be complainers.
- If you do not try to figure things out . . . your children will not try to figure things out.
- If you are excited about school, your children will be excited about school.
- If you love learning, your children will love learning . . . Ultimately! Luke 6:40

Alert!!!

Stewardship Week 2

Immediate Action!!!

- Set up a butcher shop field trip. bb (p.307)

Supply Alert!!!

- Keep looking for circus props and costumes.
- Do you have materials for Circus Dinner Night invitations?

Weekly Supplies

Stewardship Week 2

- Vegetables for sculpting **ii (p.311)**
- Fruits **nn (p.311)**
- Maps of US and world **nn (p.311)**
- Poster board **g (p.304)**
- Vitamins **ee (p.308)**
- Salad ingredients **ii (p.310)**
- Whole thawed chicken **e (p.318)**
- Round steak **ee (p.308)**
- Butter, margarine, oils
- Fresh tropical fruits **pp (p.311)**
- Classical music **d (p.311)**
- Saved newspaper ads for food target **ggg (p.313)**
- 2 paper towel rolls
- 2 Long balloons
- Large paper clips and masking tape

Bible Verse

Stewardship Week 2

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.

1 Corinthians 6:19-20

Focus Books

Stewardship Week 2

- Y** *Stone Soup, Winnie the Pooh, You Can't Make a Move Without Your Muscles*
- M** *Kid's Fitness, Everybody's a Winner, Pippie Longstockings*
- O** *Kid's Fitness, Everybody's a Winner, Pippie Longstockings*

Writing Assignment

Stewardship Week 2

- **Y** Tell mom the story of Achilles.
- **M** Write out the story of Achilles.
- **O** Write two paragraphs on the story of Achilles.

Vocabulary

Stewardship Week 2

Muscles

muscle

joint

tendon

Achilles tendon

Achilles

atrophied

voluntary vs involuntary

contract vs relax

smooth vs skeletal

Fats

saturated

unsaturated

Vegetables

vitamins

minerals

green vegetables

yellow vegetables

Stop and Go Get What You Are Talking About

Stewardship Week 2

- If you are talking about vitamins, **go and get a bottle of vitamins**
- If you are talking about olive oil, **go and get the bottle of olive oil**
- If you are talking about cabbage, **go and get the cabbage**
- **Leave the items you have talked about out to discuss with your father tonight when he comes home.**

Bleed Activities From One Week to Next

Stewardship Week 2

- **Activities can bleed into the next day.**
- **They can be rearranged from day to day.**
- **They are not fixed on a certain day or even of the week.**

Make KONOS work for you!

Activities

Stewardship Week 2

Monday

ii (p.311) Make a vegetable sculpture.

mm (p.311) Learn above/below ground vegetables

List 5-8 green and 5-8 yellow vegetables.

nn (p.311) Learn about fruits and locate on map.

s (p.320) Begin learning the major muscles of the body. Learn a few each day this week.

kk (p. 310) Make vegetable soup.

Tuesday

Define vitamins and minerals.

ee (p.308) Copy and sort vitamin chart.

hh (p.310) Visit market, identify vegetables, and purchase new vegetables to try. Buy seeds for activity w (p.307) and salad ingredients.

ii (p.310) Make salad including most vitamins and minerals.

Wednesday

bb (p.307) Visit butcher shop to learn about cuts of meat. Buy steak for Thursday.

d (318) Study muscles, identify Achilles tendon, and read about Achilles in mythology.

e (p.318) Dissect chicken and identify joints, muscles, and tendons.

f (p. 318) Do exercises and identify voluntary muscles being used.

Activities (cont'd 2)

Stewardship Week 2

Thursday

i (p.318) Analyze frown and smile muscles.

n (p.319) Make a balloon muscle.

o (p.319) Examine your muscles.

p (p.319) Identify the body's smooth muscles

l (p.318) Examine magnified meat fibers.

Cook beaten round steak.

z (p.307) Define fats; distinguish between saturated and unsaturated.

Use steak's separated grease to identify saturated fat.

List all the sources of oil, where they are grown, and determine which is best for health.

Friday

pp (p.311) Prepare tropical smoothies (lunch).

w (p.307) Define, examine, and taste seeds (lunch).

ggg (p.313) Make food chart with best foods closest to target center.

d (p.331) Listen to Strauss... "Blue Danube Waltz" and Schubert's "Ave Maria" while doing food chart.

m,o,q,r, (p.319) Exercise and relaxation activities.

Field Trips

Stewardship Week 1

Shop at a *whole foods* grocery store if available

Suggestions for Dad

Stewardship Week 1

- Teach Scripture verses.
- Point to major muscles on your body and see if the kids can name them.
- Order your favorite smoothie flavor.
- Take your wife out on a relaxing date.
(fun unit)

Focus of the Week

Stewardship Week 2

- **Connecting** exercise and good eating habits to healthy bodies
- **Focusing** on 6 Food Nutrients
- **Identifying** fruits and vegetables

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Thanks,
Wade and Jessica Hulcy