

# **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