



Zen Chefs

5th & 6th Grade

Here at Red Butte Garden, we believe learning is fun and can happen anytime, anywhere. To help continue the fun at home, we've included an outline of the topics we'll study this week at camp as well as a list of additional activities, books, and other resources related to this week's theme. We hope you'll use this to engage with your camper and keep the learning process happening all summer long! Thanks for coming to Summer Camp, and we'll see you soon at the Garden!

CAMP THEME

Campers will spend an hour each day learning and practicing yoga with Sarah from Kidding Around Yoga. We will also focus on different food groups each day and how to prepare healthy snacks from that food.

- **Monday** – Legumes
- **Tuesday** – Veggies
- **Wednesday** – Grains
- **Thursday** – Herbs
- **Friday** – Fruit

ACTIVITY IDEAS

- Try one of these garden grow kits!
<https://tinyurl.com/yb6e9mle>
- Make these veggies nuggets for your family!
<https://www.youtube.com/watch?v=nMf920BFmr0>

ADDITIONAL RESOURCES

- *The Family Food Garden* by Isis Loran
- *The Complete Cookbook For Young Chefs* by America's Test Kitchen Kids