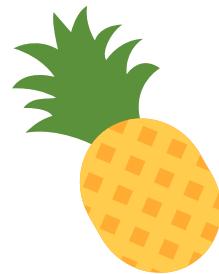


CAMP WIRED TOGETHER NUTRITION



LESSON PLAN

Camp Wired Together:
Congenital Heart
Disease

Date
July 11-14th

Class Size
90 campers

Level
all ages and
understanding levels

Topic

Fueling bodies with a Heart Healthy
Diet

Class Profile

Children and adolescents who struggle with
heart problems (heart transplants, congenital
heart disease, etc.)

Lesson Aims & Objectives

Teach and educate campers and parents on how they can fuel their bodies properly and optimize nutrition for their condition. Our goal is to instill self efficacy and understanding of proper nutrients, and how proper and adequate fuel can benefit our bodies.



Planned Activities



Presentation on a proper heart healthy diet

Trail mix education handout

Homemade trail mix activity

Personalized health assessments and meal plans

One on one education sessions for questions about nutrition

Planned Achieved

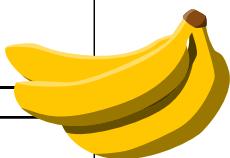
Objectives

Teaching and education on a heart healthy diet

Better understanding of cooking and making food

Collection of resources to participants on healthy recipes

Distribution of personalized meal plans



Materials

Heart Healthy diet presentation

Trail mix handout

Trail mix activity (ingredients for trail mix and containers/baggies to fill)

Instruments to assess height and weight

Personalized meal plans (either printed or emailed to participants after camp)

