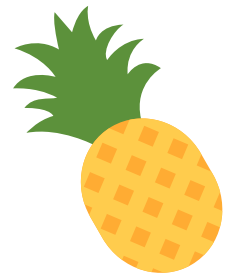


# CAMP WIRED TOGETHER NUTRITION LESSON PLAN



*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)

