

## Summer Time Daily Schedule

Time***	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	See the Dairy/Protein/Grains & Veggies & Fruits list*						
	See the Activities list below**						
<b>30 minutes</b>	Physical Activity	Language Activity	Physical Activity	Language Activity	Physical Activity	Language Activity	Physical Activity
<b>30 minutes</b>	Language Activity	Physical Activity	Language Activity	Physical Activity	Language Activity	Physical Activity	Language Activity
<b>30 minutes</b>	Educational Activity						
<b>Snack</b>	See the Snacks list*						
<b>1 hours</b>	Kitchen Activity						
<b>Lunch</b>	See the Meats list*						
<b>1 hour</b>	Research Activity	Musical Activity	Research Activity	Musical Activity	Research Activity	Musical Activity	Research Activity
<b>1 hour</b>	Musical Activity	Research Activity	Musical Activity	Research Activity	Musical Activity	Research Activity	Musical Activity
<b>2 hours</b>	Electronics Time						
<b>Dinner</b>	See the Dairy/Protein/Grains & Veggies list*						

\* See our recommended list of dairy / protein / grains / fruits and veggies to include in each meal

\*\* See our recommended list of activities for each category of activities

\*\*\* Time is just recommended you can set up the schedule how it works best in your family

## Dairy/Protein/Grains & Veggies & Fruits List

<u>Fruits</u>	<u>Veggies</u>	<u>Meats</u>	<u>Dairy/Protein/Grains</u>	<u>Snacks</u>
Apples Pineapples Bananas Mixed fruits Strawberries Grapes Oranges / tangerines Raisons	Cucumbers Tomatoes Carrots Pickles Peas Mushrooms Spinach Cousa Eggplants	Chicken Hamburgers Steak Shnitzels Beef pieces Stuffed Chicken Chicken pieces Shishtawuk Shawarma Kafta Bologna Sausages	Cheese Yogurt Milk Hummus Cereal Oatmeal Bread Labna Eggs Falafel	Pop cakes Pretzels Chips Oreos Ice cream Barni Biscuits (lotus) Nutella Mixed nuts Seeds

## Activities List

EduKitchen – Recipes for Learning - Downloadable Summer Daily Schedule Guide

<b><u>Musical Activity</u></b>	<b><u>Physical Activity</u></b>	<b><u>Educational Activity</u></b>	<b><u>Language Activity</u></b>	<b><u>Research Activity</u></b>
Play an instrument Sing Play an instrument online	Bowling Ball toss Skipping rope Basketball Ping pong Football Soccer Swim	Poem Narration (non-fiction) How-to (make things) Stories Play Comics Board games	DUOLINGO lessons Write stories Write Plays Listen to a Podcast Act out a play	History Space Ocean Countries Computers Covid-19