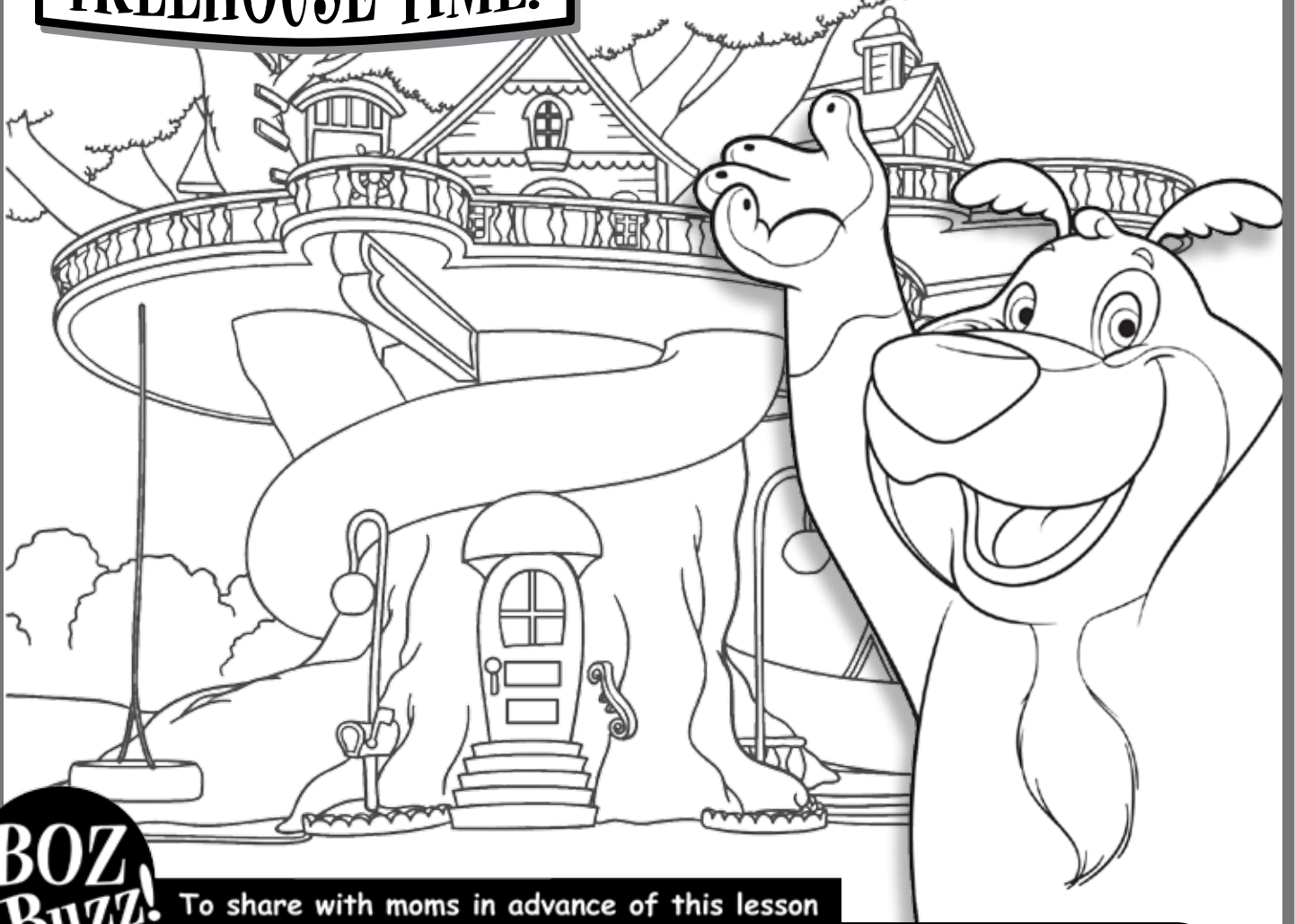


BOZ

TREEHOUSE TIME!

Double Peppy Pizza!



**BOZ
BUZZ!**

To share with moms in advance of this lesson

Choosing healthy foods is the first theme for *BOZ Treehouse Time!* this year at MOPPETS. To introduce this topic, invite your child to identify fruits and vegetables in the refrigerator or on the kitchen counter. In the grocery store, see how many items your child can name in the produce department. Perhaps your child can even help you choose healthy options to create a tasty rainbow for supper tonight!

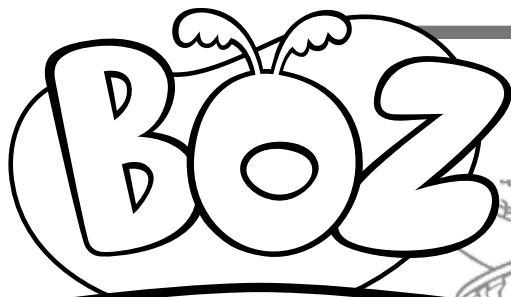
*Dr. Mary Manz Simon - Editor, Contributor
Christy Pitney - Copy Editor*

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TREEHOUSE TIME!™



Double Peppy Pizza!

Introducing *Treehouse Time!*

BOZ Treehouse Time! encourages young children to discover God's world through play-based, faith-focused activities. The interactive learning experiences will help children know and love God.

Because many younger children are not enrolled in a formal program for learning, MOPPETS is their "school." Ideas and activities in *Treehouse Time!* are developmentally appropriate for children under the age of 6. This includes the selective use of interactive media to extend children's active engagement as they explore, create, learn and imagine.

Young children gain a great deal of security from routine, so develop a logical pattern that can be used for each session, even if adult leaders rotate.

The lesson elements are designed to be flexible, so feel free to establish a routine that works best for your group.

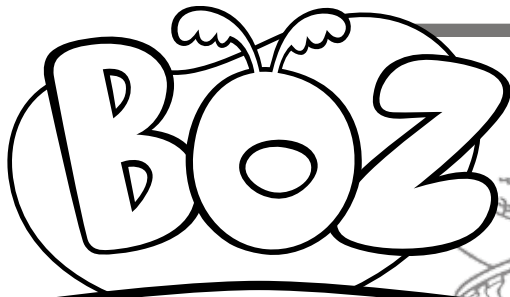
For example, after children are checked in, you might follow this plan:

- * After the children have arrived, say "It's *Treehouse Time!*
Come and sit down in front of me on the rug."
- * Look in the BOZ bag. Use children's responses to extend the conversation about the object or theme. Introduce the memory verse during this opening discussion.
- * Do the activity rhyme.
- * Show the video.
- * Do a craft.
- * Encourage the children to float back into free play after completing the craft.
- * Pray and then serve the snack.
- * Do the activity rhyme.
- * Read a book.
- * Say the closing prayer.
- * End with the *BOZ Treehouse Time!* rhyme.



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TREEHOUSE TIME!™

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Lesson Guide

Lesson Overview

Key points and concepts of your lesson

Let's Get Ready!

Options to help you set the stage for your lesson, including themed coloring/activity sheets!

Gathering Rhyme

Initial callout that *BOZ Treehouse Time!* is beginning

BOZ Bag

A fun group participation guessing game to introduce the lesson's theme

Activities

Options for theme-based activities, including interactive songs, stories and poems

Crafts

Make-and-take crafts that help extend the lesson

Snacks

Simple, easy-to-prepare options that reinforce the lesson theme or season

BOZ Video Presentation

Engaging, theme-based BOZ video episode, along with pre-viewing and follow-up questions to emphasize theme

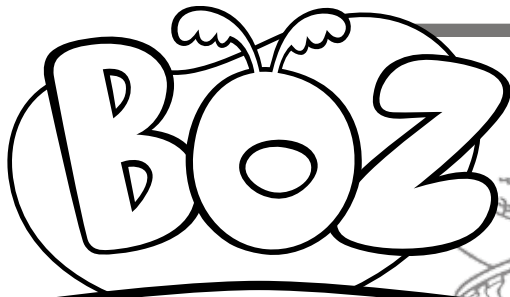
Closing Prayer

Easy-to-learn closing verse and brief prayer for the end of each session



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TREEHOUSE TIME!

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Lesson Overview

Just for You

Children today are blessed with almost limitless food choices. We might incorrectly assume that because children accompany parents to the grocery store, 3-year-olds can correctly identify everything in the produce department. However, they are often isolated from the food chain. Some MOPPETS might touch a pineapple or smell a stalk of celery for the first time during this lesson!

Memory Verse

God gives me food.
(from Psalm 111:5)

Biblical Concept

God cares for His people.

Concept in Action

I can enjoy the food God gives me.



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Let's Get Ready!

Suggestions and ideas to help get your room, space or table ready.

Set up a grocery corner with play food, a variety of empty dry food boxes and containers, small paper or cloth shopping bags with handles, and children's grocery carts. Also include some real, fairly indestructible produce, such as onions, potatoes, radishes, carrots, oranges, cabbage heads, cucumbers, celery stalks, grapefruits and pineapples.

Encourage children to touch and smell the produce. Help them separate the props into real and pretend food categories. Sort by color, size and shape.

As children enter, play "At the Grocery Store" (1:41) and "Veggies Make Me Big and Strong" (1:52), both from BOZ's *Treehouse Tunes #2*.



The following coloring/activity pages can be printed and copied for your MOPPETS.



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Name: _____

Yum, Yum!



God gives me food.
(from Psalm 111:5)



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Name: _____

Draw your favorite foods.



God gives me food.
(from Psalm 111:5)



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Gathering Rhyme

It's *Treehouse Time!* for you and me
So jump up high, count 1, 2, 3
Next clap your hands, then spin around
(whisper) Now please sit down without a sound

BOZ Bag

Use a color printer to reproduce the BOZ bag image available online at www.BozTheBear.com/moppets. Attach the image to a pillowcase or cloth bag.

Instead of using the BOZ bag for this session, use a brown grocery bag.

Say: "I'm going to put one thing at a time in the bag.
I'll give you clues about what's in here.
See if you can guess before we pull it out.
Here's the first clue."

Give clues for the first item (a carrot). After the group guesses, invite a child to reach into the bag for the carrot. Follow the same pattern for the cucumber and green bean.

I'm thinking of an orange vegetable.
It is long and grows under the ground.
Bunnies like to eat it.
It crunches when you bite it.
What is it? (answer: carrot)



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BOZ Bag

I'm thinking of another long vegetable.
It grows above the ground.
It is green on the outside and white on the inside.
There are many little white seeds inside.
What is it? (answer: cucumber)

I'm thinking of another long vegetable.
It grows above the ground.
It rhymes with green.
You have several of these on your plate at the same time.
It's not another cucumber, although it's usually the same color.
What is it? (answer: green bean)

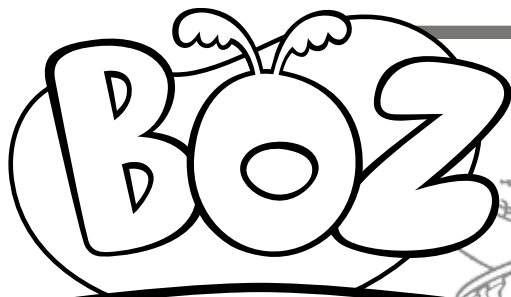
Then ask, "What is the same about all of these?" (Correct answers include: They're all long, they all grow outside, we eat them, they're healthy foods, we buy them at the grocery store, God gives them to us.) After the conversation, ask the children to stand up, and transition into this verse:

God loves me, I love him too (hand over heart)
He made veggies good for you (point to someone)
God made veggies good for me (point to self)
One is bushy like a tree (stretch arms in a circle)
One grows deep inside the ground (pull carrot from the ground)
I like peas that roll around (roll hands round and round)
Some are long like a string bean (stretch arms wide)
Others yellow, orange, green
Spinach, lettuce, broccoli (count on three fingers)
I eat more than just these three (hold out three fingers)
Peppers, avocados, too
All are good for me and you (point)



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Activities

Option 1: Did You Ever See a Farmer? (Song)

Walk around in a circle, swinging your arms as you sing this verse to the tune of "Did You Ever See a Lassie?" At the third line of each verse, stop and do the action.

Did you ever see a farmer, a farmer, a farmer?
Did you ever see a farmer outside in a field?
He'd dig in his bag, and he'd drop in a seed (dig into pocket, lean over to plant)
Did you ever see a farmer outside in a field?

Did you ever see a farmer, a farmer, a farmer?
Did you ever see a farmer outside in a field?
He'd cover the seed, and he'd pat the dirt down (crouch down and pat the ground)
Did you ever see a farmer outside in a field?

Did you ever see a farmer, a farmer, a farmer?
Did you ever see a farmer outside in a field?
He'd watch the plants grow when God sent some big rain (make raindrops fall with fingers)
Did you ever see a farmer outside in a field?

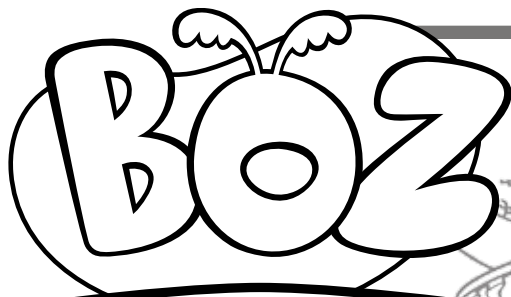
Did you ever see a farmer, a farmer, a farmer?
Did you ever see a farmer outside in a field?
He'd watch the plants grow when God made the sun shine (make big circle with arms)
Did you ever see a farmer outside in a field?

Did you ever see a farmer, a farmer, a farmer?
Did you ever see a farmer outside in a field?
He'd pick up the veggies and thank God for food (squat down to harvest plant)
Did you ever see a farmer outside in a field?



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TREEHOUSE TIME!

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Activities

Option 2: Poke the Produce (Game)

Place a cutting board and the real produce from the food corner on a low table or sturdy box. Use masking tape to make a semicircle around the area, indicating the line behind which children should sit. Cut open each of the foods one by one. As you slice into the produce, use descriptive terminology, such as *stalk* of celery, *head* of cabbage and *bunch* of radishes. Peel and slice the onion last, after cutting the other produce.



This is a "see what's inside" activity. Often, children see vegetables at the grocery store but don't know what the raw veggies look like when they're cut open. Children can taste the food (except for the onion!) after it's cut open.

Option 3: Food Fun (Game)

Pantomime different actions used in the kitchen and then show the actual utensil used in the action. Talk about how the utensil is used.

- stir, mix (mixing bowl, large spoon)
- pour (measuring cup, funnel)
- whisk (whisk)
- roll (rolling pin)
- sift (sifter)
- cut (dull table knife)
- peel (peeler; do not let children touch this)
- open can (can opener; do not let children touch this)
- wash (vegetable brush, scrubber)
- serve salad (salad tongs)



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Activities

Option 4: Jumpy Answers (Game)

Ask the children to line up side by side. Explain that you're going to ask some questions. Tell children to jump forward once if their answer is "yes" and jump backward once if their answer is "no."

- Should you exercise?
- Do you eat candy at breakfast?
- Should you wipe your mouth with a napkin after you eat?
- Does the dentist check your ears?
- Do you drink cabbage?
- Should you wash your hands before you eat?
- Do you wear gloves to eat breakfast?
- Should you tell your mom, "I love you"?
- Do you brush your teeth before you eat?
- Should you pray before you eat?
- Is BOZ a purple giraffe?



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Activities

Option 5: Where Is Cherry? (Interactive Song)

Line up these five types of fruit in a row: a cherry, an orange, a yellow apple, a blueberry and a kiwi. Ask children to identify the color and type of fruit. Then, each child can use a washable marker to put a colored dot on the tip of their fingers on both hands:

thumb: red
pointer: orange
tall man: yellow
ring man: blue
pinkie: green

Sing to the tune of "Where Is Thumbkin?"

Where is cherry, where is cherry (hide hands behind your back)
Here I am, here I am (hold up thumb on left hand, then on right hand)
How are you today, sir (left thumb wiggles at right thumb)
Very well, I thank you (right thumb wiggles at left thumb)
Yum, yum, yum (rub tummy)
Yum, yum, yum (rub tummy)

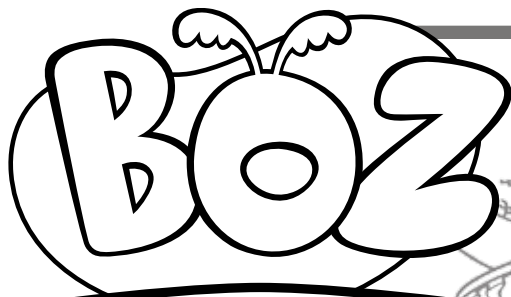
Repeat the verse with orange, apple, berry and kiwi, or substitute fruits you introduced earlier in the session. Adjust fingertip colors to match the types of produce.



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Crafts

Option 1: Pasta Painting

In advance, cook, drain and cool several types of long pasta noodles with different widths (such as lasagne, fusilli, reginette and spaghetti). Pour washable liquid paint into shallow disposable pans. Demonstrate how to use the pasta as a paintbrush, dipping it into the paint and dragging it across a piece of construction paper.

Option 2: Pasta Jewelry

In advance, purchase several varieties of tubed (hollow) pasta, like ruote, rigatoni, penne and ditalini. Put 10 drops of food coloring and 1/2 cup of rubbing alcohol in a bag. Shake. Add pasta. Squeeze air from the bag and seal. Use a double bag to avoid leakage. (Food coloring is a dye, so it stains.)

Skip coloring the pasta for an easier version of this craft. Simply purchase regular tubed pasta and whole wheat pasta for variation.

Shake or move the bag so all pasta is dyed. Then lay the bag flat so the liquid covers the pasta. Leave the bag closed until the desired color is reached; the longer the pasta soaks in the liquid, the stronger the color will be. Repeat the process using other pasta shapes and colors.

Empty the liquid directly into the drain. Dump the pasta onto newsprint or paper towels to dry overnight. Use disposable gloves if you plan to touch the wet pasta. Transport the pasta to MOPPS in airtight containers, with each color in a separate container.

At MOPPETS, cut yarn or string into appropriate lengths for necklaces. Twist a bag tie at one end of the yarn or wrap a bit of tape around the end for easy stringing. Have children string one piece of pasta all the way down to the other end. Tie a knot around that piece of pasta to prevent other "beads" from falling off. Tape this knotted end to a table. Encourage older children to make a pattern with alternating colors or varieties of pasta.

Store extra pasta in airtight containers for use in future crafts.



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Snack

Individual Fruit Pizzas

Give each child a plastic knife or craft stick and a large cookie on a small plate. Children can spread whipped cream cheese on the cookie and then add a dollop of apricot or peach jam. They can decorate their cookies with strawberries, blackberries, raspberries and blueberries; kiwi; drained mandarin oranges; and red, green or black grape halves.

*For a healthier option,
use an oatmeal cookie as
the pizza "crust."*



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TREEHOUSE TIME!™

Double Peppy Pizza!

BOZ Video Presentation

You will need: BOZ Treehouse Time! DVD #2, a television and a DVD player.



Select and play
**Double Peppy
Pizza!**

Running Time: 14:11

?

pre-viewing question

BOZ and his friends shop for healthy food at the grocery store.

What do you think they buy?

?

post-viewing questions

What did BOZ and his friends buy at the store?

Talk about the vegetables BOZ used to create a scene on the pizza. Then ask,

“Which topping did you like best on BOZ’s pizza?”

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BOZ Books & Music CDs

Additional BOZ resources

Good Morning BOZ

(In this book, BOZ and his friends begin the day with thankful hearts and a healthy breakfast.)



?

pre-reading question

Before BOZ gets going in the morning, he stops in the kitchen. What do you think he does there?

?

post-reading questions

Why did BOZ stop in the kitchen?
What did BOZ and the Baxters eat for breakfast?
What did you eat for breakfast this morning?

Play "The Colors You Can Eat" (1:15) from
BOZ's Treehouse Tunes #1



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Closing Prayer

BOZ Treehouse Time! is done today
But now before we end our play
We fold our hands and then we say
"Thank you, dear God, for this great day"

Thank you, God, for all the things you give us to eat.
I feel so good when I eat healthy food.
Amen.



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