



YOUTUBE 

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# **SAFETY IN THE KITCHEN**

**DR. GREG AND LILY DEMONSTRATE HOW TO SAFELY NAVIGATE A KITCHEN!**

## **KITCHEN SAFETY TIPS**

**THE KITCHEN CAN BE A FUN YET DANGEROUS PLACE, SO HERE ARE SOME TIPS TO KEEP IN MIND FOR YOUR SAFETY!**

1. **WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS!!!**
2. **WEAR GLOVES WHEN COOKING FOR PEOPLE OUTSIDE OF YOUR HOUSEHOLD.**
3. **USE PROPER KNIFE SKILLS LIKE THE BRIDGE AND THE CLAW WHEN CUTTING AND CHOPPING YOUR FOOD.**
4. **WHEN CHOPPING UP MEAT AND VEGETABLES, USE SEPARATE CUTTING BOARDS TO PREVENT CROSS CONTAMINATION.**
5. **WHEN TAKING THINGS IN AND OUT OF THE OVEN, MAKE SURE YOU USE OVEN MITTS (WITHOUT HOLES!!!) TO PROTECT YOUR HANDS FROM HOT HANDLES AND POTENTIAL BURNS.**
6. **ON THE STOVE, KEEP POT HANDLES TURNED TO THE SIDE SO YOU DON'T ACCIDENTALLY BRUSH AGAINST THEM AND SPILL HOT FOOD ON YOURSELF OR OTHERS.**
7. **DON'T REACH OVER A HOT ELEMENT TO ANOTHER PAN.**
8. **PUSH YOUR SLEEVES UP WHEN COOKING AND MAKE SURE TO TIE LONG HAIR BACK.**
9. **METALS CONDUCT HEAT! METAL UTENSILS LEFT IN HOT POTS CAN BURN YOU - USE A WOODEN SPOON INSTEAD.**
10. **IN THE EVENT OF FLAMES, NEVER ADD WATER TO THE FIRE. INSTEAD, COVER THE FIRE WITH A LID TO DEPRIVE THE FIRE OF OXYGEN... OR AS LILY LIKES TO SAY, "YOU CAN ALSO USE A FIRE EXTINGUISHER!"**
11. **MAKE SURE TO ALWAYS HAVE ADULT SUPERVISION IN THE KITCHEN.**

**REMEMBER TO HAVE FUN AND DON'T BE AFRAID TO MAKE MISTAKES**







# "VEGETABLE FRITTATA"

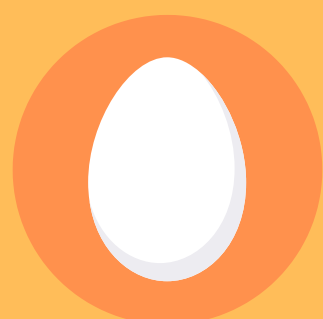
TRAVEL WITH LILY AND DR. GREG TO VENICE, ITALY (SORT OF) TO MAKE A VEGETABLE FRITTATA!

## INGREDIENTS (SERVES 4)

- ½ A HEAD OF BROCCOLI
- ½ WHITE ONION, DICED
- ½ BELL PEPPER, CUT IN STRIPS
- 4-5 MEDIUM WHITE MUSHROOMS
- 2 CLOVES OF GARLIC, MINCED
- 8 EGGS
- 1 TBSP VEGETABLE OIL
- ¼ CUP MILK
- A PINCH OF NUTMEG
- ½ TSP SALT
- ¼ TSP PEPPER
- ½ CUP GRATED MOZZARELLA CHEESE

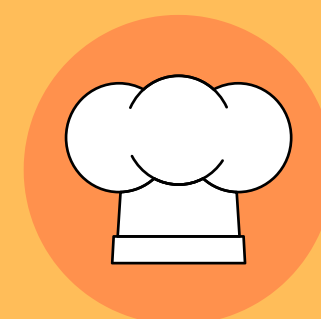
## HELPFUL HINTS

- SAFETY TIP: REMEMBER YOUR KNIFE SKILLS! USE THE CLAW OR THE BRIDGE WHEN CUTTING VEGETABLES.
- SUBSTITUTIONS: YOU CAN USE ANY VEGETABLES YOU LIKE AND YOU CAN EVEN ADD SOME MEAT (HAM, BACON) TO THE RECIPE.
- ADDING MILK AND WHISKING THE EGGS MAKES THE FRITTATA LIGHT & FLUFFY.
- MAKE SURE YOU ARE USING AN OVEN SAFE NON-STICK PAN. IF THE SKILLET HANDLE IS NOT OVENPROOF, WRAP IT IN FOIL BEFORE PLACING IT IN THE OVEN. SINCE THE OVEN DOOR IS OPEN, MOST OF THE HANDLE WILL NOT BE DIRECTLY UNDER THE HEAT.



## METHOD

1. RINSE THE BROCCOLI & PEPPER UNDER COLD WATER AND WIPE THE MUSHROOMS WITH A TOWEL.
2. TRIM THE END OF THE BROCCOLI AND SEPARATE THE STEMS. USING A KNIFE, CUT THE BROCCOLI INTO BITE-SIZED PIECES.
3. CUT THE BELL PEPPER INTO STRIPS.
4. CUT THE MUSHROOMS INTO BITE-SIZED PIECES.
5. PEEL AND DICE THE WHITE ONION.
6. MINCE THE GARLIC.
7. IN A BOWL, WHISK TOGETHER THE EGGS, MILK, SALT, PEPPER AND NUTMEG. THEN SET ASIDE.
8. HEAT THE OIL IN AN OVEN SAFE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT.
9. ADD THE ONIONS AND GARLIC AND COOK FOR 2-3 MINUTES UNTIL THE ONIONS START TO SOFTEN.
10. ADD IN BELL PEPPERS, BROCCOLI, AND MUSHROOMS AND SAUTÉ UNTIL TENDER AND CRISP.
11. ADD THE EGG MIXTURE TO THE SAUTÉED VEGETABLES AND SPRINKLE CHEESE ON TOP.
12. COVER WITH THE LID AND COOK ON MEDIUM-LOW HEAT FOR 5-10 MINUTES OR UNTIL THE EGGS ARE SET BUT SLIGHTLY MOIST ON TOP.
13. PLACE THE SKILLET INTO THE OVEN AND BROIL FOR 2-3 MINUTES TO SLIGHTLY BROWN THE TOP. WHEN BROILING, KEEP THE OVEN DOOR SLIGHTLY OPEN SO YOU CAN KEEP AN EYE ON THE FRITTATA.
14. ONCE COOKED, LOOSEN THE EDGES OF THE FRITTATA WITH A SPATULA AND CUT INTO WEDGES.





# "THAI RED CURRY"

LILY "MAKES" A NEW FRIEND TO HELP WITH DR. GREG'S THAI RED CURRY RECIPE!

## INGREDIENTS (SERVES 4)

1 CUP JASMINE RICE, RINSED  
 1 TABLESPOON OLIVE OIL  
 1 SMALL WHITE ONION, CHOPPED  
 PINCH OF SALT, MORE TO TASTE  
 1 TABLESPOON FINELY GRATED FRESH GINGER  
 2 CLOVES GARLIC, MINCED  
 1 RED BELL PEPPER, JULIENNED  
 1 YELLOW OR ORANGE BELL PEPPER, JULIENNED  
 3 CARROTS, PEELED JULIENNED  
 2 TABLESPOONS THAI RED CURRY PASTE  
 1 CAN (14 OUNCES) REGULAR COCONUT MILK  
 ½ CUP WATER  
 1½ CUPS PACKED SPINACH  
 1 TABLESPOON BROWN SUGAR  
 1 TABLESPOON SOY SAUCE  
 2 TEASPOONS FRESH LIME JUICE  
 HANDFUL OF CHOPPED FRESH BASIL AND CILANTRO

## HELPFUL HINTS

- BEFORE COOKING THE RICE, MAKE SURE TO RINSE IT USING A COLANDER.
- THERE ARE 3 WAYS IN WHICH YOU CAN PREVENT YOUR EYES FROM WATERING WHEN CUTTING AN ONION:
  1. BREATHE THROUGH YOUR MOUTH.
  2. BITE DOWN ON A WOODEN SPOON.
  3. TRY CHEWING GUM - YOUR BREATH WILL SMELL GOOD!
- USE A SPOON RATHER THAN A PEELER TO PEEL THE GINGER.
- ADD THE SPINACH INTO YOUR CURRY SAUCE AT THE END ONCE YOU'VE TURNED OFF THE BURNER.



## METHOD

1. IN A COLANDER, THOROUGHLY RINSE AND DRAIN THE RICE.
2. ADD THE RINSED RICE TO A MEDIUM POT WITH 1½ CUPS OF WATER AND A PINCH OF SALT AND BRING TO A BOIL.
3. ONCE THE RICE BOILS, PLACE THE LID ON THE POT, REDUCE IT TO A SIMMER ON MEDIUM-LOW HEAT AND COOK UNTIL THE WATER IS ABSORBED AND THE RICE IS FULLY COOKED.  
 FLUFF WITH A FORK.
4. PEEL AND DICE THE WHITE ONION, MINCE THE GARLIC, REMOVE THE SEEDS AND JULIENNE THE BELL PEPPERS, PEEL AND JULIENNE THE CARROTS, PEEL AND GRATE THE GINGER.
5. SLICE UP THE CILANTRO LEAVES AND CHIFFONADE THE BASIL.
6. HEAT A LARGE SKILLET OVER MEDIUM HEAT. ONCE THE SKILLET IS HOT, ADD THE OIL.
7. ADD THE ONION AND A PINCH OF SALT AND STIR, COOKING UNTIL THE ONIONS ARE TRANSLUCENT.
8. ADD THE GARLIC AND GINGER AND COOK UNTIL THEY ARE FRAGRANT. APPROXIMATELY 1 MINUTE.
9. ADD THE CARROTS AND BELL PEPPERS AND COOK UNTIL THEY ARE TENDER AND CRISP.
10. ADD THE THAI RED CURRY PASTE AND COOK FOR ABOUT 2 MINUTES.
11. ADD THE COCONUT MILK, WATER, AND BROWN SUGAR AND STIR TO COMBINE. BRING THE MIXTURE TO A SIMMER AND COOK FOR ABOUT 5 TO 10 MINUTES, UNTIL THE PEPPERS AND CARROTS ARE SOFT.
12. REMOVE THE SKILLET FROM THE HEAT AND STIR IN THE SOY SAUCE, LIME JUICE, AND THE SPINACH.
13. SERVE WITH RICE AND GARNISH WITH CHOPPED THAI BASIL AND CILANTRO AND A SLICE OF LIME.





# "STUFFED BELL PEPPERS"

LILY USES DR. GREG'S STUFFED BELL PEPPERS RECIPE TO CREATE HER OWN CITY, PEPPEROPOLIS!

## INGREDIENTS (SERVES 4)

4 BELL PEPPERS  
1/3 CUP OLIVE OIL  
1 MEDIUM YELLOW ONION, DICED  
1 MEDIUM SIZED CARROT  
1 CELERY STALK  
2 CLOVES OF GARLIC  
2 TBSP CHOPPED FLAT LEAF PARSLEY  
2 TBSP CHOPPED FRESH DILL  
SALT AND PEPPER TO TASTE  
2 TBSP TOMATO PASTE  
1/2 CUP WHITE RICE  
1 CUP WATER  
3 TBSP CRUMBLed FETA CHEESE  
340 GRAMS VEGGIE GROUND MEAT OR 1/2 LBS GROUND BEEF  
14 OZ CAN OF PUREED TOMATOES  
3 SMALL YELLOW OR WHITE POTATOS

## HELPFUL HINTS

- SAFETY TIP: REMEMBER YOUR KNIFE SKILLS! USE THE CLAW OR THE BRIDGE WHEN CUTTING VEGETABLES.
- DON'T WORRY IF YOUR RICE ISN'T FULLY COOKED IN THE SKILLET AS IT WILL CONTINUE TO COOK IN THE OVEN.
- ANOTHER SAFETY TIP! RAW MEAT NEEDS TO BE COOKED ALL THE WAY THROUGH, OTHERWISE IT CAN MAKE YOU SICK. MAKE SURE TO WASH YOUR HANDS AFTER HANDLING RAW MEAT.
- USE BELL PEPPERS THAT ARE OF SIMILAR SIZE TO MAKE SURE THEY FINISH COOKING AT THE SAME TIME!



## METHOD

1. PREHEAT THE OVEN TO 375 DEGREES FAHRENHEIT.
2. BEGIN BY WASHING AND DRYING THE VEGETABLES AND HERBS.
3. CUT OFF THE TOPS OF THE PEPPERS AND REMOVE THE SEEDS AND WHITE FLESH SO THEY RESEMBLE A BOWL WITH A LID.
4. PLACE THE PEPPERS ONTO A CASSEROLE PAN GREASED WITH OLIVE OIL AND BAKE IN THE OVEN UNTIL THEY ARE SOFT AND THE SKIN BEGINS TO BROWN. APPROXIMATELY 15 MINUTES. THEN, REMOVE THE PAN FROM THE OVEN AND LET IT COOL.
5. TIME FOR THE MIREPOIX! FINELY DICE THE CELERY, PEEL AND DICE THE CARROTS, PEEL AND DICE THE YELLOW ONION.
6. PEEL AND DICE THE POTATOES INTO CUBES.
7. MINCE THE GARLIC.
8. HEAT 2 TBSP OF OLIVE OIL IN A MEDIUM-SIZED SKILLET AND SAUTÉ THE MIREPOIX (CELERY, CARROTS, ONION) FOR ABOUT 5 MINUTES.
9. CHOP THE DILL AND PARSLEY AND ADD TO THE SKILLET.
10. ADD MEAT (OR MEAT SUBSTITUTE) AND GARLIC TO THE SKILLET AND COOK UNTIL BROWNED.
11. ADD TOMATO PASTE TO THE SKILLET AND STIR.
12. ADD HALF OF THE PUREED TOMATOES AND CRUMBLed FETA CHEESE TO THE SKILLET. STIR TO FULLY COMBINE.
13. ADD RICE AND 1 CUP WATER TO THE SKILLET AND STIR. COOK MIXTURE FOR AN ADDITIONAL 10 MINUTES.
14. ADD POTATOES TO THE CASSEROLE PAN. POUR THE REMAINDER OF THE PUREED TOMATOES AND 1/2 TSP SALT OVER THE POTATOES.
15. STUFF THE PRE-COOKED PEPPERS WITH THE FILLING AND PUT THE "LIDS" BACK ON.
16. DRIZZLE 1/3 CUP OLIVE OIL OVER PEPPERS AND POTATOES.
17. COVER CASSEROLE PAN WITH A SHEET OF TIN FOIL. BAKE FOR 45 MINUTES OR UNTIL COOKED.



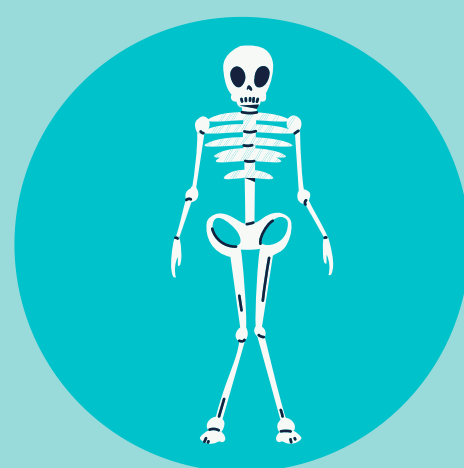


# "STRONG BONES"

JOIN LILY AND SUPERCHEF SPICER FOR A FUN SCIENCE EXPERIMENT ABOUT CALCIUM!

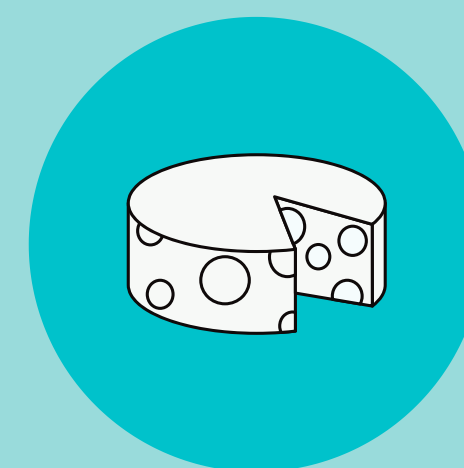
## IMPORTANCE OF CALCIUM

- CALCIUM IS THE MOST ABUNDANT MINERAL IN OUR BODIES.
- CALCIUM HELPS TO GROW AND MAINTAIN OUR BONES AND TEETH.
- THE MORE CALCIUM CARBONATE OUR BONES HAVE, THE STRONGER THEY ARE. THE LESS CALCIUM CARBONATE THEY HAVE, THE WEAKER THEY ARE.
- WEAKER BONES CAN LEAD TO OSTEOPOROSIS WHEN YOU ARE OLDER.



## FOODS THAT CONTAIN CALCIUM

- DAIRY PRODUCTS (MILK, YOGURT, CHEESE).
- GREEN VEGETABLES (BROCCOLI, SPINACH, KALE).
- SOY PRODUCTS ENRICHED/FORTIFIED WITH CALCIUM (TOFU, SOY MILK, SOY YOGURT).
- FISH WITH BONES INCLUDED (CANNED SALMON, SARDINES).
- NUTS AND SEEDS (ALMONDS).



## CHICKEN BONE EXPERIMENT

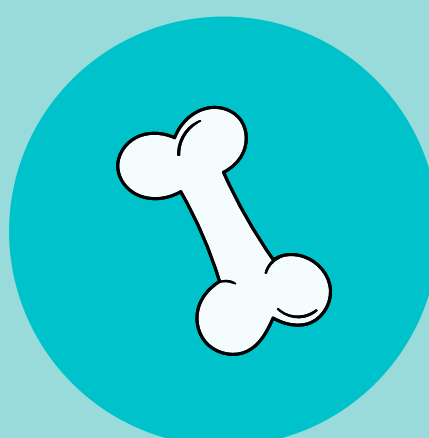
THIS EXPERIMENT SHOWS WHAT HAPPENS TO BONES WHEN THEY HAVE LESS CALCIUM CARBONATE. TRY BENDING THE BONE BEFORE AND AFTER THE EXPERIMENT TO SEE THE IMPORTANCE OF CALCIUM.

THE SUPPLIES:

1 CLEAN CHICKEN BONE, 1 LARGE GLASS AND WHITE VINEGAR.

THE STEPS:

1. PLACE THE CHICKEN BONE IN THE GLASS.
2. POUR THE WHITE VINEGAR INTO THE GLASS UNTIL THE BONE IS SUBMERGED.
3. LET THE BONE SOAK FOR TWO DAYS.
4. AFTER TWO DAYS, REPLACE THE OLD WHITE VINEGAR WITH NEW WHITE VINEGAR.
5. LET IT SOAK FOR ANOTHER TWO DAYS.
6. THE ACID IN THE VINEGAR HAS DISSOLVED THE CALCIUM CARBONATE IN THE BONE. REMOVE THE BONE FROM THE VINEGAR AND SEE WHAT HAS HAPPENED TO IT!





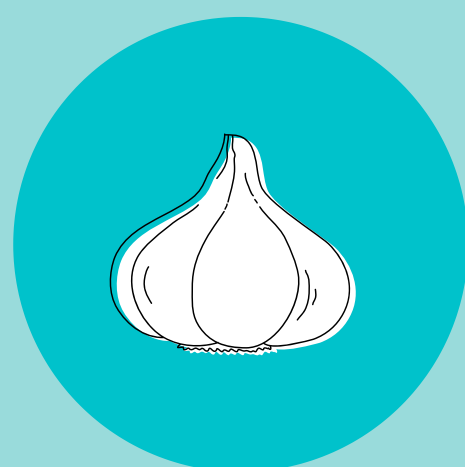


# "FARM TO TABLE"

GATHER FRESH INGREDIENTS FOR LUNCH WITH LILY AND FARMER CASSIE!

## VEGETABLES

- GARLIC IS PLANTED IN THE FALL AND WILL BE READY TO HARVEST IN THE LATE SUMMER.
- GARLIC BULBS ARE SMALL BUT MIGHTY IN FLAVOUR.
- EACH PLANT OF BROCCOLI HAS A CENTRAL HEAD OF BROCCOLI, AND ONCE PICKED, THE SMALLER HEADS OF BROCCOLI ON THE SIDES CONTINUE TO PRODUCE FOR A FEW WEEKS.
- BROCCOLI FLORETS CAN MATURE INTO FLOWERS IF LEFT UNPICKED.



## PROTEINS

- DEPENDING ON THE FARM, DAIRY COWS ARE TYPICALLY MILKED TWICE PER DAY.
- ON AVERAGE, COWS PRODUCE 30-35 LITRES OF MILK PER DAY OR 125 CUPS.
- THE MILK FROM THE COWS IS USED TO PRODUCE PRODUCTS LIKE MILK AND CHEESE.



## WHOLE GRAINS

- BREAD IS MADE FROM WHEAT.
- WHEAT KERNELS FROM THE WHEAT PLANT ARE POURED INTO A GRAIN MILL THAT PRODUCES A LIGHT FLUFFY POWDER.
- THIS POWDER IS CALLED FLOUR AND IS WHAT IS USED TO MAKE BREAD.



## CANADA'S FOOD GUIDE

- THE INGREDIENTS FROM A VEGETABLE FRITTATA ARE SIMILAR TO THAT OF A BALANCED PLATE THAT IS RECOMMENDED BY CANADA'S FOOD GUIDE.
- A BALANCED PLATE IS MADE UP OF 3 PARTS:
  1. 1/2 PLATE OF VEGETABLES AND FRUITS (THE BROCCOLI AND THE GARLIC).
  2. 1/4 PLATE OF WHOLE GRAINS (THE BREAD).
  3. 1/4 PLATE OF PROTEINS (THE MILK, CHEESE AND EGGS).





# "BRUSHING AND FLOSSING"



LEARN HOW TO PROPERLY BRUSH AND FLOSS YOUR TEETH WITH LILY AND THE NOT-SO-SCARY DENTIST, DR. KELLY!

## IMPORTANCE OF ORAL HEALTH

- ORAL HEALTH AND OVERALL HEALTH ARE CONNECTED.
- DAILY REMOVAL OF PLAQUE ON THE SURFACES AND IN BETWEEN YOUR TEETH BY BRUSHING AND FLOSSING HELPS TO MAINTAIN A HEALTHY MOUTH AND PREVENT DISEASES.
- IF THE PLAQUE IS NOT REMOVED, IT CAN LEAD TO DISEASES SUCH AS GINGIVITIS (GUM DISEASE) AND CARIES (CAVITIES).



## HELPFUL HINTS

- USE A PEA-SIZED AMOUNT OF TOOTHPASTE ON YOUR TOOTHBRUSH.
- TOOTHPASTE WITH FLUORIDE HELPS TO PROTECT YOUR TEETH.
- DO NOT SWALLOW THE TOOTHPASTE.
- CHANGE YOUR TOOTHBRUSH EVERY 3 MONTHS AND AFTER YOU'VE BEEN SICK.
- SPEAK WITH A DENTAL PROFESSIONAL FOR YOUR INDIVIDUALIZED ORAL HEALTH NEEDS - THERE ARE MORE WAYS THAN ONE TO BRUSH AND FLOSS!



## BRUSHING HABITS & SKILLS

- BRUSH FOR 2 MINUTES, 2 TIMES PER DAY.
- DEVELOP AN ORDER WHEN BRUSHING YOUR TEETH TO ENSURE NONE ARE MISSED.
- BRUSH ALL SURFACES OF ALL OF YOUR TEETH.
- USE GENTLE PRESSURE ON YOUR TOOTHBRUSH.
- ANGLE YOUR TOOTHBRUSH BRISTLES TOWARDS YOUR GUMS.
- BRUSH YOUR TONGUE.



## FLOSSING HABITS & SKILLS

- DON'T FORGET TO FLOSS EVERY DAY.
- TAKE HALF AN ARM'S LENGTH OF FLOSS AND WRAP THE FLOSS AROUND YOUR THIRD FINGERS OR TIE THE TWO ENDS INTO A CIRCLE. SLIDE THE FLOSS IN BETWEEN YOUR TEETH, MAKING A C-SHAPE AROUND THE TOOTH. GENTLY WIGGLE THE FLOSS UP AND DOWN, THEN SWITCH SIDES. UNWIND CLEAN FLOSS AND REPEAT UNTIL ALL SPACES HAVE BEEN DONE.







**Lily feat. Mr. Tooth**  
**"Brush Like A Boss"**  
**SuperChefs Records**  
**Directed by Dr. Greg**

**THE OFFICIAL LYRICS TO THE HIT NEW SINGLE!**

## **BRUSH LIKE A BOSS**

**YOU BETTER BRUSH LIKE A BOSS  
AND DON'T FORGET TO FLOSS**

**YOU BETTER BRUSH LIKE A BOSS  
AND DON'T FORGET TO FLOSS**

**WE CAN USE THIS RAP AS A GUIDE  
TO HELP US BRUSH FROM SIDE TO SIDE**

**TAKE SOME TOOTHPASTE, PUT IT ON YOUR BRUSH  
JUST A PEA-SIZED AMOUNT AND DO NOT RUSH**

**FRONT TO BACK, UP AND DOWN**

**WHEN YOU BRUSH YOUR TEETH, BRUSH IT ALL AROUND**

**ANGLE THOSE BRISTLES TOWARDS YOUR GUMS  
USE GENTLE PRESSURE AND DON'T FORGET YOUR TONGUE**

**IT DOESN'T TAKE MUCH, JUST TWICE A DAY  
AT 2 MINUTES MAX YOU'LL BE ON YOUR WAY**

**HEY WHO ARE YOU?**

**MR. TOOTH IS THE NAME  
AND THE MOUTH IS MY DOMAIN**

**WHAT ABOUT THOSE SPACES IN THE MIDDLE?  
GOT TO USE FLOSS OR STRING FROM A FIDDLE**

**SLIDE THE FLOSS UP AND DOWN  
'CAUSE MR. TOOTH IS BACK IN TOWN**

**IF THE PLAQUE IS NOT REMOVED  
DR. GREG WOULD NOT APPROVE**

**WAIT HE'S A DENTIST?**

**UNCLEANED PLAQUE IS VERY SCARY  
EVER HEARD OF GINGIVITIS AND CARIES**

**BRUSH EVERY DAY AND STAY ON TRACK  
GOTTA KEEP OUR TEETH CLEAN BECAUSE PLAQUE IS WHACK**

**BE SURE TO GET EVERY TOOTH  
GET IN THE HABIT WHEN YOU'RE IN YOUR YOUTH**

**YOUR GROWN UP TEETH ARE MEANT TO LAST  
FORGETTING TO FLOSS IS A THING OF THE PAST  
SO BRUSH THOSE TEETH AND FLOSS YOUR BEST  
THAT'S WHAT I'M TALKING ABOUT SUPERCHEFS**

**BRUSH LIKE A BOSS  
AND DON'T FORGET TO FLOSS  
YOU BETTER BRUSH LIKE A BOSS  
AND DON'T FORGET TO FLOSS**

**BRUSH LIKE A BOSS  
AND DON'T FORGET TO FLOSS  
YOU BETTER BRUSH LIKE A BOSS  
AND DON'T FORGET TO FLOSS**







# "MINDFUL MOVEMENT: WARMING UP"

BEFORE YOU START, BE SMART! FOLLOW ALONG WITH LILY IN A WARM UP LED BY DR. GREG AND THE SUPERCHEFS LEADERS TO PREPARE YOUR MIND AND BODY FOR PHYSICAL ACTIVITY!

## IMPORTANCE OF WARMING UP

- TO GET YOUR MIND AND BODY (MUSCLES AND JOINTS) READY AND WARM FOR YOUR ACTIVITY.
- HELPS TO REDUCE INJURY.
- DEPENDING ON YOUR ACTIVITY, YOU MAY END UP DOING DIFFERENT MOVEMENTS IN YOUR WARM UP.
- HELPS YOU UNDERSTAND HOW YOUR BODY IS FEELING. STIFF? SORE? TIRED? IF YOU FEEL PAIN, THAT MEANS STOP!



## DYNAMIC STRETCHES

- DYNAMIC STRETCHES ARE MAINLY USED DURING THE WARM UP SESSION TO GET YOUR BODY MOVING; THEY ARE SHORTER (LESS THAN 2 SECONDS), CONTROLLED MOVEMENTS.
- DYNAMIC STRETCHES USE THE MOVEMENT YOU CREATE TO BRING YOUR JOINTS (KNEE JOINT, SHOULDER JOINT, ANKLE JOINT, ETC.) THROUGH THEIR RANGE OF MOTION (ROM) TO ACTIVATE AND STRETCH THE SURROUNDING MUSCLES.
- DEFINITION! RANGE OF MOTION (ROM) IS THE DISTANCE YOUR JOINT CAN MOVE.



## EXTRA DYNAMIC STRETCH SESSION

JOGGING IN PLACE (30 SECONDS)  
JUMPING JACKS (30 SECONDS)  
SIDE SHUFFLES ON BOTH SIDES (30 SECONDS)  
ALTERNATING QUAD STRETCH IN PLACE (HOLD 2 SECONDS EACH SIDE AND GO FOR 30 SECONDS)  
HAMSTRING SCOOPS AKA FLOOR SWEEPS (30 SECONDS)  
WALKING LUNGES (30 SECONDS)  
ALTERNATING SIDE BEND (30 SECONDS)  
ARM CIRCLES: SMALL AND BIG, FORWARD AND BACKWARD (30 SECONDS)



## FLEXIBILITY CHECK-IN

- TRY TO TOUCH YOUR TOES (STANDING OR SITTING) TO GET A FEEL FOR HOW FLEXIBLE YOU ARE FEELING IN THAT MOMENT. THIS TESTS THE BACK OF YOUR LEGS/HAMSTRING FLEXIBILITY.
- TRY DOING THIS BEFORE AND AFTER A STRETCH AND ACTIVITY! WHAT DO YOU NOTICE? IS THERE A DIFFERENCE?
- TRY STRETCHING EVERY DAY FOR A WEEK. IS THERE A DIFFERENCE? SPOILER: THERE WILL BE!







# "MINDFUL MOVEMENT: BREATH AND BALANCE"

FOCUS ON YOUR BREATH AND BALANCE WITH LILY AND THE SUPERCHEFS LEADERS! AND DON'T FORGET TO YELL "TIMBERRR" IF YOU FALL OVER!

## OXYGEN

### WHAT IS OXYGEN?

- OXYGEN IS IN THE AIR WE BREATHE → IT IS A GAS .
- IT IS IMPORTANT FOR LIVING, BUT ALSO IMPORTANT FOR MOVING.
- WHEN WE BREATHE IN, OXYGEN GOES INTO OUR LUNGS, THEN INTO OUR BLOOD THAT GOES INTO THE HEART, WHICH THEN TRAVELS THROUGH OUR ENTIRE BODY TO OUR MUSCLES, SKIN, AND OTHER ORGANS.
- FOR OUR MUSCLES, WHICH ALLOW US TO MOVE OUR BODY, OXYGEN HELPS IN THE ENERGY-MAKING PROCESS.

### BREATHING & STRETCHING

- FOCUSING ON YOUR BREATHING WHILE STRETCHING HELPS YOU RELAX YOUR MIND, YOUR BODY, AND YOUR MUSCLES, WHICH HELPS YOU GET A DEEPER STRETCH .
- THIS WILL INCREASE YOUR FLEXIBILITY, WHILE ALSO ALLOWING YOU TO BE MORE MINDFUL AND PRESENT ON HOW YOU'RE FEELING.
- BREATHING AND STRETCHING ROUTINES ARE GOOD FOR YOUR PHYSICAL AND MENTAL HEALTH!

## AEROBIC ACTIVITY

### WHAT IS AEROBIC ACTIVITY?

- AEROBIC ACTIVITY IS AN ACTIVITY THAT MAINLY USES OXYGEN TO MAKE ENERGY TO FUEL YOUR MOVEMENTS/MUSCLES.
- THESE ARE USUALLY LONGER, LIGHT TO MODERATE INTENSITY ACTIVITIES, ACTIVITIES THAT CAUSE YOU TO HAVE AN INCREASED BREATHING RATE, BUT WHERE YOU ARE STILL ABLE TO MAINTAIN A CONVERSATION.

### FOR EXAMPLE:

- LIGHT ACTIVITIES: WALKING TO SCHOOL/TO THE STORE, YOGA.
- MODERATE ACTIVITIES: HIKING UP A HILL, PLAYING SOCCER, SWIMMING AT THE BEACH, RUNNING WITH YOUR DOG.

## ADDITIONAL WARRIOR POSES

### WARRIOR 1 POSE (10 SECONDS)

- SIMILAR TO A HIGH LUNGE - STEP ONE FOOT BACK, SLIGHTLY ANGLING IT OUTWARDS, BEND YOUR FRONT KNEE, AND BRING YOUR ARMS STRAIGHT UP TOWARDS THE SKY (OPTIONAL: LOOK UP).
- TIPS: KEEP A FLAT BACK AND TUCK YOUR BUM IN - YOU SHOULD FEEL A STRETCH IN YOUR HIPS. KEEP KNEE IN LINE WITH TOES (DON'T LET IT CAVE INWARDS/PRESS OUTWARDS).



### WARRIOR 2 POSE (10 SECONDS)

- SHIFT YOUR BACK FOOT BY ANGLING IT EVEN MORE OUTWARDS, IN LINE WITH THE BACK OF THE MAT (MAKING A DISCONNECTED T WITH YOUR FRONT FOOT). LOWER YOUR ARMS TO CHEST LEVEL PARALLEL TO THE GROUND WITH PALMS FACING DOWN, ONE ARM FORWARD AND ONE ARM BACK IN A STRAIGHT LINE. KEEP YOUR FRONT KNEE BENT AND LOOK FORWARD.
- TIPS: BRING YOUR SHOULDER BLADES TOGETHER, KEEP YOUR SHOULDERS ROLLED BACK AND CHEST HIGH. REACH PINKIES BACKWARDS.

### WARRIOR 3 POSE (10 SECONDS)

- SHIFT YOUR WEIGHT ONTO YOUR FRONT FOOT AND EXTEND YOUR OTHER LEG UP BEHIND YOU (AS MUCH AS YOU FEEL COMFORTABLE). BEND YOUR TORSO FORWARD AND LIFT YOUR ARMS OUT IN FRONT OF YOU TO PRETEND THAT YOU ARE GLIDING THROUGH THE WATER LIKE A SUBMARINE, OR ARMS TO THE SIDE LIKE AN AIRPLANE.
- TIPS: YOU CAN BEND YOUR FRONT KNEE MORE TO HAVE A STRONGER BASE FOR BALANCE.
- \*MODIFICATION: IF WARRIOR 3 IS TOO CHALLENGING, GO BACK TO WARRIOR 1 POSE.
- \*MODIFICATION: ADD TOE TAPS EVERY SO OFTEN WITH YOUR BACK FOOT FOR BALANCE WHEN ATTEMPTING WARRIOR 3 POSE.
- \*MODIFICATION: STAND UP STRAIGHT AND TRY BALANCING ON ONE FOOT.





**MMXXI SUPERCHEFS ENTERTAINMENT INC.**