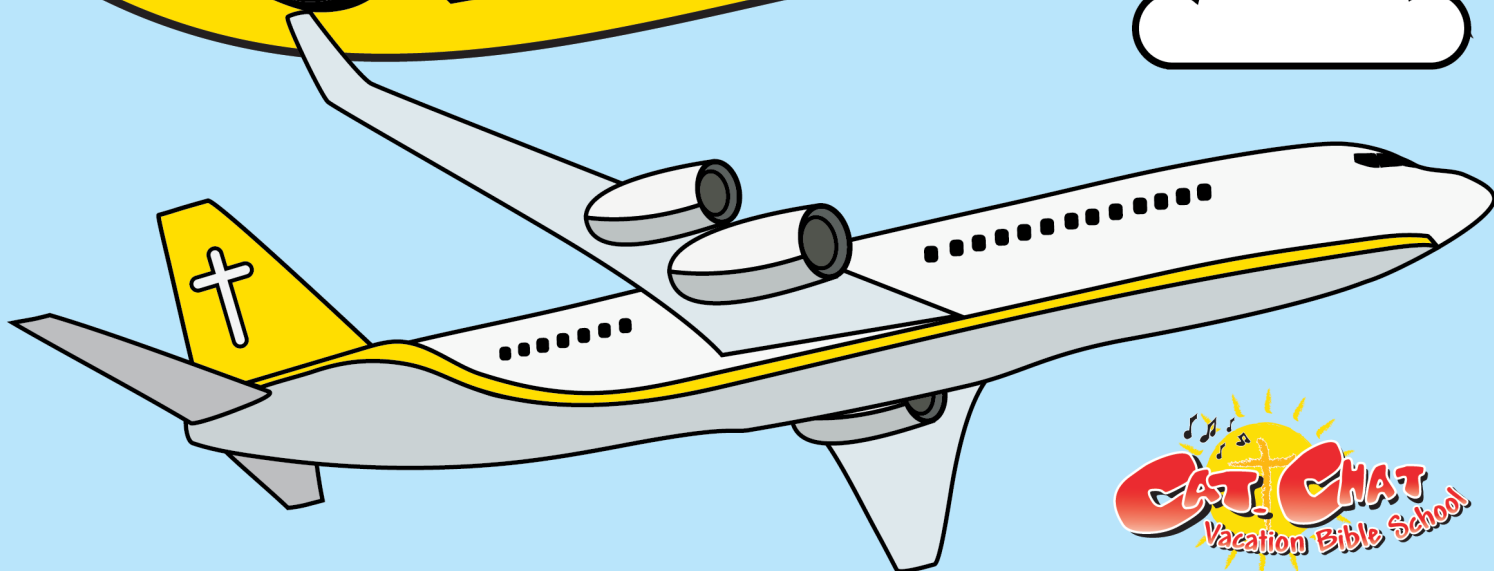




SNACK STATION





DAY 1

GET ONBOARD WHAT IS PRAYER?

VIRTUE: Responsibility (*doing a job with great care and attention: being reliable and dependable*)

BIBLE VERSE: "Draw near to God and He will draw near to you..." *James 4:8*

SAINT OF THE DAY: St. Raphael the Archangel

DESTINATION: Canada or USA

"Persevere in running the race that lies before us while keeping our eyes fixed on Jesus."
Hebrews 12:1-2



EDIBLE AIRPLANES

Theme Connection:

Flying a plane can make us think of prayer. Just like the pilot directs the plane to where it should go, prayer gives direction to our lives. God is our pilot and when we pray to Him, He guides our life. We will be making fun airplanes using bananas, chocolate chips, and graham crackers. These Edible Airplanes will remind us of our Radical Ride VBS!

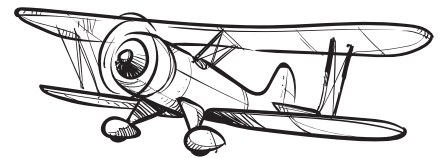
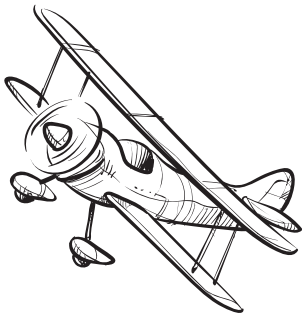
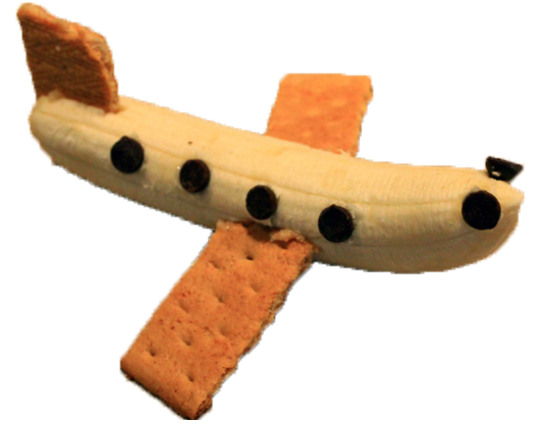
You'll need:

- ☐ Banana (1/child) ($\frac{1}{2}$ banana for mini planes)
- ☐ Graham crackers (1 $\frac{1}{4}$ /child)
- ☐ Chocolate chips (7-10/child)
- ☐ (Opt.) Whipped cream for clouds
- ☐ Plastic plates (1/child)

Activity:

Show a sample Edible Airplane and share the theme connection.

1. Peel your banana and put it on your plate.
2. Stick half a graham cracker on each side of the banana to make the wings.
3. Insert a small piece of graham cracker at the back of the banana for the tail of the plane.
4. Place the chocolate chips (*tip-end first*) into the side of the banana for windows.
5. Eat and enjoy.



MINI ANGEL FOOD CAKES

Theme Connection:

We have special angels by our side everyday. Angels are a great example for us because they are always giving praise and glory to God. As we eat our light and fluffy Angel Food Cake, let us thank God for our Guardian Angels.

You'll need:

- ☐ 1 box of Angel Food Cake (*serves approx. 16 kids*)
- ☐ Angel Food cake pan(s)
- ☐ Strawberries
- ☐ Vanilla ice cream or whipped cream
- ☐ Ice cream scoops
- ☐ Small plastic plates or bowls (*1/child*)
- ☐ Plastic spoons (*1/child*)



Snack Prep:

- Bake the Angel Food Cake and cut it into pieces.

Activity:

Share the theme connection and say the Guardian Angel Prayer together.

Angel of God, my Guardian dear, to whom God's love commits me here.

-Ever this day, be at my side, to light and guard, to rule and guide. Amen.

1. Each of you will get a piece of Angel Food Cake.
2. Add a spoonful of vanilla ice cream and strawberries.
3. Enjoy your heavenly dessert!

Drink of choice: Milk will go great with this Angel Food Cake.



"The whole air about us is filled with angels."

-St. John Chrysostom



IN-FLIGHT SNACKS

Theme Connection:

When you travel on an airplane, often the stewardess will offer you an in-flight snack. You can choose between juice, water or tea, and your choice of cookies or pretzels. Today, we are on our own flight and the stewardess will be coming through the cabin to offer you refreshments on your Radical Ride.

This fun and simple snack could be included on any day of the week!

You'll need:

- ☐ Serving carts or trays
- ☐ Beverage options (*orange and apple juice, carbonated water, tea, etc.*)
- ☐ Pre-packaged snacks (*pretzels, cookies, granola bars, fruit snacks, etc.*) (2/child)
- ☐ Small plastic cups (1/child)
- ☐ Napkins (1/child)

Snack Prep:

- Set up the snack area like an airplane with an aisle for the leader to pass through with the cart.
- Put all the snacks on the serving cart.

Activity:

Make a pre-flight announcement before serving the snack.

Welcome to Radical Ride Airlines. We are so happy to have you flying with us today.

My name is _____ and I will be your stewardess. You will receive a complimentary snack and beverage on this flight. Please practice patience and responsibility as you wait in your seat for your turn as I make my way through the cabin.

First, the beverage cart will come around. Then the snack cart will come through, and you can choose two snacks. After that, one of us will come by to collect all your trash.

Once again, thank you for choosing to fly with Radical Ride Airlines today.

We hope you have a great flight.



CANADA OR USA CAKE

Theme Connection:

It's time for a snack on our Radical Ride flight to Canada *(or the United States)*.

Canada's national emblem is the maple leaf. The leaf comes from the sugar maple tree in this country. The red and white colors on the cake symbolize the official colors of Canada.

(OR) Our snack is a cake of the United States flag.

There are 50 blueberries on this cake. Does anyone know why?

To represent the 50 states.

You'll need:

- ☐ Vanilla or chocolate cake (9x13)
- ☐ White icing
- ☐ Fresh strawberries, red licorice, red candies or raspberries (Canada)
- ☐ Fresh strawberries and 50 fresh blueberries (USA)
- ☐ Small plastic plates and forks (1/child)

For large groups, you can bake several (9x13) cakes and put them together to make a jumbo cake.

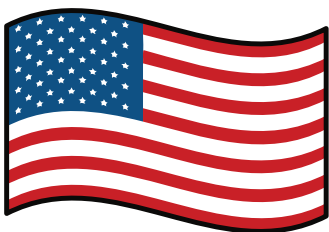
Snack Prep:

- Wash all fruit and cut strawberries lengthwise.
- Decorate the cake.



Fun Facts about Canada:

- Ice hockey is Canada's favorite winter sport.
- A one dollar Canadian coin is called a Loonie.
- The North American Beaver is Canada's national animal.
- Many inventions including basketball, the electric light bulb, the telephone, the television, the zipper, and the first snowmobile were invented in this remarkable country.
- St. Andre Bessette was the first male Canadian saint. He was canonized in 2010.
- Canada has more lakes than any other country and contains 20% of the world's fresh water.



Fun Facts about the United States:

- The United States flag was designed by a high school student.
- About 3 billion pizzas are sold in the USA every year.
- The first ferris wheel was built in Chicago.
- Electric traffic lights were invented and installed in 1933.
- Many saints lived and worked in America, including St. Frances Xavier Cabrini, St. Katherine Drexel, St. Damien, and St. Elizabeth Ann Seton.