



St. Benedict

Appropriate for:
5th Grade & 6th Grade

Juice Lid Medal

- Supplies**
- 2 plastic juice jug lids approximately 1 3/4" in diameter per child
 - Ribbon 1/4" wide various colors
 - Masking tape
 - Glue
 - Paint brushes
 - Small cups for glue
 - Picture of St. Benedict
 - Picture of St. Benedict medal front and back
 - Construction paper
 - Scissors
 - 1 Permanent marker

- Set Up**
1. Print and pre-cut St. Benedict picture and St. Benedict medal picture, front and back.
 2. Put glue in small cups with paint brushes.

- Directions**
1. Give each child 2 plastic juice bottle lids washed and dried.
 2. Distribute two 2" pieces of masking tape.
 3. Have children stack lids with rims facing each other and tape a hinge on the inside and outside of the lids. The tape on the inside should be in the same place as the outside piece of tape. This gives more reinforcement on the hinge.
 4. Apply glue to the top of the lid and place St. Benedict picture on lid.
 5. Measure the diameter of the lids with the ribbon and cut to size.
 6. Glue ribbon on the edge of the top and bottom lids.
 7. Open lids and glue the St. Benedict medal on the inside of the two lids one on the top and the other on the bottom.
 8. Write name on the bottom of the lids.
 9. Let dry.



Crafts

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St. Benedict

St. Benedict Banana Bread

- Ingredients**
- 3 or 4 ripe bananas, smashed
 - 1/3 cup melted butter
 - 1 cup sugar (can easily reduce to 3/4 cup)
 - 1 egg, beaten
 - 1 teaspoon vanilla
 - 1 teaspoon baking soda
 - Pinch of salt
 - 1 1/2 cups of all-purpose flour

- Directions**
1. Preheat the oven to 350°F.
 2. With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.
 3. Mix in the sugar, egg, and vanilla.
 4. Add the baking soda and salt to the mixture and mix in.
 5. Add the flour last, mix.
 6. Pour mixture into a buttered 4x8 inch loaf pan.
 7. Bake for 1 hour.
 8. Cool on a rack.
 9. Remove from pan and slice to serve.

Discussion What did St. Benedict eat when he lived in the cave? St. Benedict ate bread. A raven would bring him bread. Could you live on just one piece of bread each day?

Snacks



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