**Month:** September

**Theme:** Fun with food-2

**Lesson:** #33

Objective of lesson:

1. Review Carbohydrates, Fats, proteins and fiber

2. Identify healthy foods

3. Build a plate with healthy foods

Activities and Key learning points

Red (Center based program)

1. Review poster from May.
2. Demonstrate what Carbohydrates, fats, protein, fiber are.
3. Review examples of healthy foods.
4. Have each person build a healthy meal on a plate.

Blue (Center/community based programs)

1. Review poster from May.
2. Demonstrate what Carbohydrates, fats, protein, fiber are.
3. Review examples of healthy foods.
4. Have each person build a healthy meal on a plate.

Green (Community Based)

1. Review poster from May.
2. Demonstrate what Carbohydrates, fats, protein, fiber are.
3. Review examples of healthy foods.
4. Have each person build a healthy meal on a plate.

Supplies needed

Binder, Poster from May, plates activity, Food examples,

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)













