**Month:** May

**Theme:** Fun with food

**Lesson:** #18

Objectives:

1. What is a carbohydrate

2. Good vs. Bad carbohydrates

3. Identify healthy Carbohydrates

Activities and Key learning points

Red (Center based program)

1. Review handouts on Carbohydrates.
2. Find pictures of Healthy carbohydrates for poster.
3. Put in order high to low carbohydrates.

Homework: Bring in a healthy Carbohydrate in lunch

Blue (Center/community based programs)

1. Review handouts on Carbohydrates.
2. Find pictures of Healthy carbohydrates for poster.
3. Put in order high to low carbohydrates.

Homework: Bring in a healthy Carbohydrate in lunch

Green (Community Based)

1. Review handouts on Carbohydrates.
2. Find pictures of Healthy carbohydrates for poster.
3. Put in order high to low carbohydrates.

Homework: Bring in a healthy Carbohydrate in lunch

Supplies needed

Binder, computer (picture), magazines (pictures) Poster board, markers, glue, tape

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)







