**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)







