**Month:** September

**Theme:** Fun with food-2

**Lesson:** #35

Objective of lesson:

1. Identify healthy components to lunch

2. Build a lunch with healthy foods

Activities and Key learning points

Red (Center based program)

1. Review handouts on Healthy lunch.
2. Identify examples of healthy lunch foods.
3. Have each person build a healthy lunch on a plate.

Blue (Center/community based programs)

1. Review handouts on Healthy lunch.
2. Identify examples of healthy lunch foods.
3. Have each person build a healthy lunch on a plate.

Green (Community Based)

1. Review handouts on Healthy lunch.
2. Identify examples of healthy lunch foods.
3. Have each person build a healthy lunch on a plate.

Supplies needed

Binder, Handouts, plate’s activity, Food examples

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)



