**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)



