**Month:**  September

**Theme:** Fun with food-2

**Lesson:** #36

Objective of lesson:

1. Identify healthy components to dinner

2. Build a dinner with healthy foods

3. Review healthy plate concept

Activities and Key learning points

[ ]  Red (Center based program)

1. Review handouts on Healthy dinner.
2. Identify examples of healthy dinner foods.
3. Have each person build a healthy lunch on a plate.
4. Plan a trip out to the community to find healthy foods.
5. Review Healthy plate concept.

[ ]  Blue (Center/community based programs)

1. Review handouts on Healthy dinner.
2. Identify examples of healthy dinner foods.
3. Have each person build a healthy lunch on a plate.
4. Plan a trip out to the community to find healthy foods.
5. Review Healthy plate concept.

[ ]  Green (Community Based)

1. Review handouts on Healthy dinner.
2. Identify examples of healthy dinner foods.
3. Have each person build a healthy lunch on a plate.
4. Plan a trip out to the community to find healthy foods.
5. Review Healthy plate concept.

Supplies needed

Binder, Handouts, plate’s activity, Food examples, video

<https://www.youtube.com/watch?v=Gmh_xMMJ2Pw>

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)







