**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)







