**Month:** September

**Theme:** Fun with food-2

**Lesson:** #34

Objective of lesson:

1. Identify healthy components to Breakfast

2. Build a breakfast with healthy foods

3.

Activities and Key learning points

Red (Center based program)

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

Blue (Center/community based programs)

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

Green (Community Based)

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

Supplies needed

Binder, Handouts, plate’s activity, Food examples

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)

