**Month:** May

**Theme:** Fun with food

**Lesson:** #17

Objective:

1. How does food turn into energy

2. Why is energy important

3. Why is healthy food important

Activities and Key learning points

[ ]  Red (Center based program)

1. Watch a video that breaks down what food is and how it works.

2. Set up a poster with three sections.

3. Discuss the video and break down the content.

[ ]  Blue (Center/community based programs)

1. Watch a video that breaks down what food is and how it works.

2. Set up a poster with three sections.

3. Discuss the video and break down the content.

[ ]  Green (Community Based)

1. Watch a video that breaks down what food is and how it works.

2. Set up a poster with three sections.

3. Discuss the video and break down the content.

Supplies needed

Binder, IPAD, Smart TV, or computer (video), Poster board, markers, glue, tape

<https://www.youtube.com/watch?v=AA0QMn9VfoE>

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)