**Month:** May

**Theme:** Fun with food

**Lesson:** #19

Objectives:

1. What is a fat

2. Good vs. Bad fats

3. Identify healthy fats

Activities and Key learning points

Red (Center based program)

1. Review handouts on Fats.

2. Find pictures of healthy fats.

3. Hold Relay race to find healthy fats pictures, collect them for the poster.

Homework: Bring in a healthy fat in lunch

Blue (Center/community based programs)

1. Review handouts on Fats.

2. Find pictures of healthy fats.

3. Hold Relay race to find healthy fats pictures, collect them for the poster.

Homework: Bring in a healthy fat in lunch

Green (Community Based)

1. Review handouts on Fats.

2. Find pictures of healthy fats.

3. Hold Relay race to find healthy fats pictures, collect them for the poster.

Homework: Bring in a healthy fat in lunch

Supplies needed

Binder, Handout, computer (pictures of healthy fats), magazines (pictures of healthy fats) Poster board, markers, glue, tape

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)







