

Lesson Title	Key Messages & Lesson Enhancement	Recipe Choices
<b>Get Moving!</b>	<p><i>Eating Smart</i> • <i>Being Active</i> lessons are based on current health and nutrition research. Information on <i>Eating Smart</i> • <i>Being Active</i> lessons will help them plan healthy meals and snacks.</p> <p>Being active is important. Almost everyone can be active.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Be physically active at a level that is comfortable and advisable for them.</li> </ul>	<p>Energy Snack Mixed Fruit Pasta Salad</p>
	<b>Water Bottle</b>	
<b>Plan, Shop, \$ave</b>	<p>Planning ahead for meals and snacks can save time and money. Using a shopping list can save money. Comparing food prices can save money. Saving money by planning meals, using a shopping list, and comparing prices can often prevent running out of food before the end of the month.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Plan a main dish from foods on sale.</li> <li>- Make a shopping list for the main dish.</li> <li>- Identify the main parts of the “Nutrition Facts” panel of a food label.</li> <li>- Use unit pricing to determine the best buy between products.</li> </ul>	<p>Brand Comparison- tasting a store brand and national brand of canned peaches</p>
	<b>Grocery shopping list</b>	
<b>Fruits and Veggies Half Your Plate</b>	<p>Eating vegetables and fruits provides vitamins, minerals, and fiber which keep us healthy. How to increase the amount and variety of vegetables and fruits in family meals and snacks. How to save money when buying vegetables and fruits.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Plan a meal increasing the amount of vegetables and fruits.</li> <li>- Plan a meal which contains a variety of vegetables and fruits.</li> </ul>	<p>Apple Salad Cabbage Stir Fry Fruit Salad Garden Vegetable Soup Summer Italian Vegetables Winter Italian Vegetables Vegetables and Creamy Dip</p>
	<b>Produce brush</b>	
<b>Make Half Your Grains Whole</b>	<p>Eating whole grains keep us healthy. When choosing breads, cereals, and other grains’ choose whole grains at least half the time.</p>	<p>Bran Muffins Fried Rice Granola</p>

	<p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Learn to identify whole grains using food packages.</li> <li>- Use the “Nutrition Facts” to choose the grain foods highest in fiber.</li> </ul>	<p>Pumpkin Bread Rice Salad Enchilada Casserole</p>
	<b>Measuring cups</b>	
<b>Build Strong Bones</b>	<p>Dairy foods are the best source of calcium. If you don’t eat dairy foods, have other foods high in calcium. When choosing dairy foods, choose low-fat or non-fat foods. Both calcium and physical activity are important for bone health.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Compare “Nutrition Facts” labels to identify foods high in calcium that are low-fat or non-fat.</li> <li>- Plan a breakfast which includes at least one food high in calcium.</li> </ul>	<p>Breakfast Parfait Cream of Broccoli Soup Fruit Smoothie Macaroni and Cheese Skillet Lasagna</p>
	<b>Stretch band and physical activity booklet</b>	
<b>Go Lean with Protein</b>	<p>Foods in the protein group provide protein, iron, and other nutrients for health. Choosing plant proteins often instead of animal proteins can reduce saturated fat intake. When using meat, poultry, fish and eggs choose low-fat products, prepare them in ways to reduce fat, and eat small portions.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Read the “Nutrition Facts” labels to identify low-fat protein foods.</li> <li>- Use a food thermometer to identify the “Danger Zone”.</li> </ul>	<p>3 Bean Salad 3 Can Chili Oven Fried Fish Simple Fish Tacos Salmon Patties Tuna Pasta Tuna Salad Stir Fried Vegetables with Beef, Chicken or Tofu Beef &amp; Noodles Beef &amp; Potatoes Beefy Macaroni &amp; Cheese Chili Tomatoes Macaroni Eggs Mexicali</p>
	<b>Food thermometer</b>	
<b>Make a Change</b>	<p>Eating less fat, sugar, and salt will help keep us healthy. It may help prevent heart disease, diabetes, and some cancers. Soft drinks, fruit drinks, and other sweetened beverages contain a lot of sugar.</p> <p>Through lesson activities, participants will:</p>	<p>Cowboy Caviar with Baked Tortilla Chips Rice Dessert Sweet Potato &amp; Apple Bake Mango Salsa</p>

	<ul style="list-style-type: none"> <li>- Choose foods and beverages that are low in fat, sugar, and salt.</li> <li>- Read the “nutrition Facts” on food labels to identify foods high in fat.</li> <li>- Identify the sugar content of soft drinks and other sweetened beverages.</li> </ul>	
	<b>Measuring spoons</b>	
<b>Celebrate!</b>	<p>Parents are responsible for deciding what is served to their children and when it is served (setting a schedule for meals and snacks and sticking to it). Children are responsible for deciding how much to eat from what the parent serves and whether or not to eat.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Review the main points of all the lessons.</li> <li>- Celebrate their new knowledge and skills and their graduation from <i>Eating Smart</i> • <i>Being Active</i></li> </ul>	<p>Fruit &amp; Peanut Butter Dip Mexican Pinwheels Peanut Butter Bananas Yogurt Popsicles</p>
	<b>Cookbook and Graduation Certificate</b>	
<b>Eating Smart &amp; Being Active During Pregnancy</b>	<p>Regular prenatal care contributes to a healthy pregnancy. Choosing a variety of healthy foods helps women meet the special nutritional needs of pregnancy. Appropriate weight gain contributes to a healthy pregnancy. Women should follow special food safety practices during pregnancy. Most pregnant women can benefit from moderate physical activity.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Plan a meal to support a healthy pregnancy.</li> <li>- Choose “safe food” alternatives to foods that are “unsafe” during pregnancy.</li> <li>- Identify ways to ease common discomforts of pregnancy.</li> </ul>	
	<b>Prenatal Magnet</b>	
<b>Feeding Your New Baby</b>	<p>Current recommendations for feeding babies from birth to six months, and the reasons for these recommendations. How to safely feed their baby. How to recognize their baby’s cues for feeding. When their baby is ready for solid foods. Sources of support for successful breastfeeding.</p>	

	<p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Identify the benefits of breastfeeding for mothers and their babies.</li> <li>- Compare the price and convenience of formula in powder, concentrate, and ready to feed forms.</li> </ul>	
	Prenatal magnet	
<b>Feeding Your New Baby Solid Foods</b>	<p>That both the nutritional content and the timing of introducing solid foods are important to health keep their baby healthy.</p> <p>How to offer food and beverages in the right containers.</p> <p>How to avoid choking hazards.</p> <p>How to feed their baby safely.</p> <p>Through lesson activities, participants will:</p> <ul style="list-style-type: none"> <li>- Describe baby's cues indicating he is ready for solid foods.</li> <li>- Prepare baby food of different consistencies for different stages of development.</li> <li>- Identify the appropriate container in which to serve food and beverage to their baby.</li> </ul>	
	Training cup	