

Eating Smart • Being Active Lesson Overview

	Key Messages	Food Activity	Physical Activity	Lesson Enhancement
Lesson 1: Get Moving!	Welcome to <i>Eating Smart • Being Active</i> Dietary Guidelines for Americans MyPlate Why be active? How much activity do we need each day? Activity – Being active everyday Parenting tip: <ul style="list-style-type: none"> - Limiting screen time Goal setting: <ul style="list-style-type: none"> - Being Active with My Kids 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Energy Snack - Pasta Salad - Mixed Fruit 	Warm-Up Calf Stretch Calf Raises Cool down Optional Activity: <ul style="list-style-type: none"> - Beach Ball Toss 	Water bottle
Lesson 2: Plan, Shop, \$ave	Why plan meals? Getting started with meal planning Making a shopping list Parenting tip: <ul style="list-style-type: none"> - Involving children in the planning and preparation of meals and snacks Activity – Plan a main dish Understanding the nutrition facts panel <ul style="list-style-type: none"> - Serving size - Calories - % Daily Value Activity – Reading food labels Unit pricing Goal setting: <ul style="list-style-type: none"> - Saving Money - Being Active 	Food Tasting: <ul style="list-style-type: none"> - National Brand vs. Store Brand Comparison 	Warm-Up Thigh Stretch Quad exercises Cool down Optional Activity: <ul style="list-style-type: none"> - Hot Potato 	Grocery list pad

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Lesson 3: Fruits & Veggies: Half Your Plate	Why do we need fruits and vegetables? Why do we need variety? How much fruits and vegetables do we need each day? Parenting tips: <ul style="list-style-type: none"> - Encouraging whole fruit instead of fruit juice - If serving juice, make sure it's 100% - Serve water often Activity – Create a meal: fruits & veggies half your plate Food Safety with vegetables and fruits Activity – Juice comparison Farmers' Markets (May- September) Goal setting: <ul style="list-style-type: none"> - Eating a variety of fruits and vegetables - Being active 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Cabbage Stir-fry - Fruit Salad - Garden Vegetable Soup - Summer Italian Vegetables - Winter Italian Vegetables - Apple Salad - Vegetables & Creamy Dip 	Warm-Up Hamstring Stretch Leg Lunges Cool down Optional Activity: <ul style="list-style-type: none"> - Do you like your neighbors? 	Produce Brush
Lesson 4: Make Half Your Grains Whole	Parts of a grain Why are whole grains important? How do I know if grains are whole grains? Activity – Label reading for whole grains How many grains a day? Activity – Finding the fiber Activity – Ways to substitute whole grains for refined grains Parenting tip: <ul style="list-style-type: none"> - Importance of breakfast Activity – Planning healthy breakfasts Keeping grains safe to eat Goal setting: <ul style="list-style-type: none"> - Trying a new whole grain - Being active 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Fried Rice - Rice Salad - Enchilada Casserole - Granola - Bran Muffins - Pumpkin Bread 	Warm-Up Outer Hip Stretch Side Leg Raise Cool down Optional Activity: <ul style="list-style-type: none"> - Cha Cha Slide 	Dry measuring cups

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Lesson 5: Build Strong Bones	Importance of dairy and high calcium foods Foods high in calcium How much do we need a day? Activity – Planning meals with calcium Food safety with calcium foods Saving money Parenting tips: <ul style="list-style-type: none"> - Children under 1 year –breastmilk or iron fortified formula (no cow’s milk) - Children 1-2 – whole milk - Children 2 and over – reduced fat or non-fat milk A word about flavored milks Activity – Milk detective, choosing low-fat dairy Activity – Planning healthy breakfasts Goal setting: <ul style="list-style-type: none"> - Choosing high calcium foods - Being active (bone-building exercises) 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Breakfast Parfait - Cream of Broccoli Soup - Fruit Smoothie - Macaroni and Cheese - Skillet Lasagna 	Warm-Up Arm Stretch Stretch band exercises <ul style="list-style-type: none"> - Chest & shoulder - Upper arm - Bicep curl Cool down	Stretch Band & Physical Activity Booklet

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Lesson 6: Go Lean with Protein	Why are protein foods important? Foods high in protein How much do we need a day? Activity – Meal planning with protein A word about fish and shellfish Vegetarians Activity - Protein detective, choosing lean proteins Food safety – Clean, Separate, Cook, Chill Parenting tip: <ul style="list-style-type: none"> - Fun and effective handwashing for children Using food thermometers Goal setting: <ul style="list-style-type: none"> - One change I plan to make - Being active 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - 3 Can Chili - 3 Bean Salad - Stir-Fry with Chicken, Beef or Tofu - Tuna Salad - Oven Fried Fish - Salmon Patties - Simple Fish Tacos - Egg Mexicali - Eating Smart, Being Active Seasoning Mix with <ul style="list-style-type: none"> o Beef and Noodles or o Beef and Potatoes o Chili Tomato Macaroni o Beefy Macaroni and Cheese 	Warm-Up Head and Neck Stretch Shoulder Shrugs Cool down Optional Activity: <ul style="list-style-type: none"> - Hokey Pokey 	Food Thermometers
Lesson 7: Make a Change	Not all fats are the same... Why is it important to limit fat? Activity – Fast foods Why is it important to limit sugar? Activity – The scoop on soft drinks Activity – Ways to reduce sugar intake Parenting tips: <ul style="list-style-type: none"> - Encouraging children to drink water often - Limiting sugar sweetened beverages Why should I limit salt? Where do I find sodium in my diet? Activity – How can I reduce my salt intake? Goal setting: <ul style="list-style-type: none"> - Reducing fat, sugar and sodium - Being active 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Baked Tortilla Chips with <ul style="list-style-type: none"> o Cowboy Caviar or o Mango Salsa - Sweet Potato Apple Bake 	Warm-Up Hamstring & Calf Stretch Leg Squats Cool down Optional Activity: <ul style="list-style-type: none"> - Follow the Leader 	Measuring Spoons

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Lesson 8: Celebrate! Eat Smart, Be Active	Sharing Food Tasks <ul style="list-style-type: none"> - Parents decide: <ul style="list-style-type: none"> o what food is served and o when food is served - Children decide: <ul style="list-style-type: none"> o How much to eat and o Whether or not to eat Activity – Making sharing food tasks work for your family Review- Look what we’ve learned! Activity- Making a plan Graduation Celebration	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Fruit & Peanut Butter Dip - Peanut Butter Bananas - Mexican Pinwheels - Yogurt Popsicles 	Warm-Up Triceps Stretch Ab Slide Cool down Optional Activity: <ul style="list-style-type: none"> - Bandana Toss - Limbo Rock 	ESBA Cookbook
Supplemental Maternal & Infant Lessons				
Eating Smart and Being Active During Pregnancy (taught to expectant mothers early in their pregnancy, preferably during their 1 st trimester)	Importance of prenatal care Healthy eating during pregnancy Activity – Plan a healthy pregnancy plate Physical activity during pregnancy Easing discomforts of pregnancy Food safety during pregnancy <ul style="list-style-type: none"> - Deli meats and hot dogs - Cheese and milk - Other foods to avoid - Fish and shellfish - Pets Activity – Food safety during pregnancy Goal setting: <ul style="list-style-type: none"> - Keeping me and my baby safe 	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> - Trail Mix - Granola - Bran Muffins 	Warm-Up Head and Neck Stretch Shoulder Shrugs Cool down Optional Activity: <ul style="list-style-type: none"> - Walking 	Prenatal Magnet and agency list

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Feeding Your New Baby (taught to expectant mothers in their 3 rd trimester)	Feeding your new baby Doctors recommend breastfeeding Activity – Breastfeeding benefits game Using infant formula Activity – Using infant formula, cost per month Using bottles safely with breast milk and formula Activity – Feeding my baby with a bottle How often do I feed my baby? Feeding solid foods Activity – Waiting to feed solid foods Common questions about breastfeeding Activity – Tips about feeding my baby Goal setting: - Feeding my baby safely	No food activity this lesson	Warm-Up Ankle Stretch Ankle Rolls Cool down Optional Activity: - Walking	Prenatal Magnet and agency list
Feeding Your Baby Solid Foods (taught to mothers when infants are approx.. 3 months old)	Starting solid foods Activity – Knowing when your baby is ready to start eating solid foods How to introduce solid foods to your baby Using the appropriate container to feed your baby Activity – What’s wrong with this picture? Tips on feeding your 6 to 12 month old Activity – How to prevent choking Baby food safety - Commercial baby food - Homemade baby food - Honey - Pasteurization Activity – Keep your baby’s food safe Goal setting: - Feeding my baby safe healthy foods	Consistencies of baby cereal and other foods	No physical activity this lesson	ESBA Training Cup