

	Key Messages	Food Activity	Physical Activity	Lesson Enhancement
Lesson 1: Get Moving!	Dietary Guidelines for Americans MyPlate Why be active? How much activity do we need each day? Activity – Being active everyday Goal setting: <ul style="list-style-type: none"> <li>- Being Active</li> </ul>	Introduction to <i>ESBA</i> Food Activities: <ul style="list-style-type: none"> <li>- Food allergies, intolerances and aversions</li> <li>- Keeping foods safe to eat</li> <li>- Kitchen and knife safety</li> </ul> Recipe preparation: <ul style="list-style-type: none"> <li>- Pasta Salad</li> </ul>	Warm-Up Calf Stretch Calf Raises Cool down  Optional Activity: <ul style="list-style-type: none"> <li>- Beach Ball Toss</li> </ul>	Water bottle
Lesson 2: Plan, Shop, \$ave	Why plan meals? Getting started with meal planning Making a shopping list Activity – Plan a main dish Understanding the nutrition facts panel <ul style="list-style-type: none"> <li>- Serving size</li> <li>- Calories</li> <li>- % Daily Value</li> </ul> Activity – Reading food labels Unit pricing Goal setting: <ul style="list-style-type: none"> <li>- Saving Money</li> <li>- Being Active</li> </ul>	Food Tasting: <ul style="list-style-type: none"> <li>- National Brand vs. Store Brand Comparison</li> </ul>	Warm-Up Thigh Stretch Quad exercises Cool down	Grocery list pad
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? Activity – Create a meal: fruits & veggies half your plate Food Safety with vegetables and fruits Activity – Juice comparison Goal setting: <ul style="list-style-type: none"> <li>- Eating a variety of fruits and vegetables</li> <li>- Being active</li> </ul>	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> <li>- Apple Salad</li> <li>- Fruit Salad</li> <li>- Vegetables &amp; Creamy Dip</li> <li>- Cabbage Stir-fry</li> </ul>	Warm-Up Hamstring Stretch Leg Lunges Cool down	Produce Brush

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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 Importance of eating breakfast Activity – Planning healthy breakfasts Keeping grains safe to eat Goal setting: <ul style="list-style-type: none"> <li>- Trying a new whole grain</li> <li>- Being active</li> </ul>	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> <li>- Fried Rice</li> <li>- Granola</li> <li>- Enchilada Casserole</li> </ul>	Warm-Up Outer Hip Stretch Side Leg Raise Cool down  Optional Activity: <ul style="list-style-type: none"> <li>- Cha Cha Slide</li> </ul>	Dry measuring cups
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 A word about flavored milks Activity – Milk detective, choosing low-fat dairy Activity – Planning healthy breakfasts Goal setting: <ul style="list-style-type: none"> <li>- Choosing high calcium foods</li> <li>- Being active (bone-building exercises)</li> </ul>	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> <li>- Breakfast Parfait</li> <li>- Fruit Smoothie</li> <li>- Macaroni and Cheese</li> </ul>	Warm-Up Arm Stretch Stretch band exercises <ul style="list-style-type: none"> <li>- Chest &amp; shoulder</li> <li>- Upper arm</li> <li>- Bicep curl</li> </ul> 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 Vegetarians Activity - Protein detective, choosing lean proteins Food safety – Clean, Separate, Cook, Chill Using food thermometers Goal setting: <ul style="list-style-type: none"> <li>- One change I plan to make</li> <li>- Being active</li> </ul>	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> <li>- 3 Can Chili</li> <li>- Tuna Salad</li> <li>- 3 Bean Salad</li> <li>- Stir-Fry with Chicken, Beef or Tofu</li> <li>- Eating Smart, Being Active Seasoning Mix with               <ul style="list-style-type: none"> <li>o Beef and Noodles or</li> <li>o Beef and Potatoes</li> <li>o Chili Tomato Macaroni</li> </ul> </li> </ul>	Warm-Up Head and Neck Stretch Shoulder Shrugs Cool down	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 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"> <li>- Reducing fat, sugar and sodium</li> <li>- Being active</li> </ul>	Recipe preparation (choose 1 of the following): <ul style="list-style-type: none"> <li>- Baked Tortilla Chips with               <ul style="list-style-type: none"> <li>o Cowboy Caviar or</li> <li>o Mango Salsa</li> </ul> </li> </ul>	Warm-Up Hamstring & Calf Stretch Leg Squats Cool down	Measuring Spoons

## Eating Smart • Being Active for Teens Lesson Overview

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Lesson 8: Celebrate! Eat Smart, Be Active	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"> <li>- Fruit &amp; Peanut Butter Dip</li> <li>- Mexican Pinwheels</li> <li>- Spinach Dip</li> </ul>	Warm-Up Triceps Stretch Ab Slide Cool down  Optional Activity: - Limbo Rock	ESBA Cookbook