



Lessons	Goals	Gifts
Welcome	Learn what to expect from classes and come to know their educator. Participants practice knife and measurement skills used in cooking. Complete a short entry survey	Cutting board
Get Moving	Enjoy being active. Accurately complete the required entry forms	Liquid measuring cup
Plan, Shop, \$save	Plan and shop for meals and snacks that are healthy and within their budget	Shopping list and bag
Fruits and Veggies Half your Plate	Increase the amount of vegetables and fruits they eat every day. Make half their plate fruits and vegetables	Produce brush
Make Half your Grains Whole	Choose at least half of their grains as whole	Dry measuring cups
Vary your Protein Routine	Select lean protein foods and keep all food safe to eat	Fridge thermometer
Build Strong Bones	Get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium	Measurement conversion magnet
Small Changes Matter	Limit foods high in fat, sugar, and salt. Participants accurately complete the required exit forms	Measuring spoons and recipe book