

Lesson 1: Welcome to Eating Smart • Being Active
Activity Bin Materials and Instructions

Storage Bin Size Needed: 16" (L) x 11" (W) x 6" (H), (15 Quart size). Label all items as noted, and place in the bin.

Lesson Activity	Materials Needed	Instructions*
Bin labels	<ul style="list-style-type: none"> • White easy peel labels 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 1: Welcome to Eating Smart • Being Active, Activity Bin Labels</i>. 2) Print the outside bin and inside lid labels on the white easy peel labels. 3) Put the outside bin label on the outside of the bin, and put the inside lid label on the underside of the bin lid.
Not applicable; for display only	<ul style="list-style-type: none"> • MyPlate poster • Painter's tape 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, MyPlate Posters</i>. 2) Print and laminate a copy of the MyPlate poster in English and/or Spanish depending on your needs. 3) Painter's tape can be used to hang the MyPlate poster during class to avoid damaging walls or other surfaces.
All activities	<ul style="list-style-type: none"> • Call bell 	<ol style="list-style-type: none"> 1) Purchase call bells for all activity bins (8 total). 2) Put 1 call bell in each bin.
Let's cook!	<ul style="list-style-type: none"> • Laminated recipe scripts for: <ul style="list-style-type: none"> ○ Fried Rice with Chicken ○ Stir Fried Vegetables with Beef, Chicken, or Tofu • 1 large, sealable plastic bag • Hair ties • 1 small, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 1: Welcome to Eating Smart • Being Active, Recipe Scripts</i>. 2) Print the recipe scripts for all of the lesson's recipes, and laminate them. 3) Label the large, sealable plastic bag "Lesson 1 Recipe Scripts". Put the recipe scripts in the bag. 4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. DO NOT store hair ties with food or food preparation equipment.
Completing paperwork	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Paperwork Booklet</i> 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>For Program Leaders, Paperwork, Paperwork Booklet</i>. 1) Print the booklet, and staple or binder clip it together.

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Enhancements preview	<ul style="list-style-type: none"> • 1 cutting mat • 1 water bottle • 1 grocery list pad • 1 produce brush • 1 set of measuring cups • 1 <i>Cook it Safe!</i> magnet • 1 refrigerator thermometer • 1 <i>Walk Indoors with Leslie Sansone</i> DVD • 1 set of measuring spoons • 1 <i>Eating Smart • Being Active Let's Cook!</i> cookbook • 1 laminated graduation certificate 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Order Materials</i> to purchase enhancement items for each lesson. 2) Pack one of each lesson enhancement to show participants at the first class.
Additional activity	<ul style="list-style-type: none"> • 2-quart liquid container with a lid 	<ol style="list-style-type: none"> 1) Purchase a two-quart liquid container with a lid.
Preview of the next lesson	<ul style="list-style-type: none"> • 1 <i>Eating Smart • Being Active Let's Cook!</i> cookbook • Post-it notes or page flags 	<ol style="list-style-type: none"> 1) Label 1 copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "Recipes for Get Moving!". 2) Using Post-its, flag the recipes for <i>Lesson 2: Get Moving!</i>: Enchilada Casserole and Skillet Lasagna.

Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.