

Lesson 3: Plan, Shop, \$ave

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 3: Plan, Shop, \$ave, 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"> • <i>MyPlate</i> 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 <i>MyPlate</i> poster in English and/or Spanish depending on your needs. 3) Painter's tape can be used to hang the <i>MyPlate</i> 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.
Welcome and Reflect	<ul style="list-style-type: none"> • Back page of the <i>Get Moving!</i> Worksheet • 1 large manila envelope 	<ol style="list-style-type: none"> 1) Print 3 copies of the back page of the <i>Lesson 2: Get Moving!</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 3: Laminated worksheets from previous lesson".

Lesson 3: Plan, Shop, Save

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Reading labels	<ul style="list-style-type: none"> • Food labels from a variety of foods and beverages participants are likely to eat: <ul style="list-style-type: none"> ○ Life Water ○ Haagen Dazs ice cream ○ Smart Ones frozen dinner ○ Marie Callender’s frozen dinner ○ Kroger Greek yogurt - plain ○ Chobani Greek yogurt - flavored ○ Clif bar granola bars ○ Shredded Wheat Original cereal ○ Barilla whole wheat pasta ○ Barilla regular pasta ○ Special K Red Berries cereal ○ Special K Fruit and Yogurt cereal ○ Lay’s Potato Chips - single serving ○ 100% whole wheat bread ○ All-purpose flour ○ Bacon ○ Bran Flakes cereal ○ Candy – Nerds ○ Candy – Snickers ○ Candy – Three Musketeers ○ Cheerios cereal ○ Chocolate chip waffles ○ Crispix Corn & Rice cereal 	<ul style="list-style-type: none"> ○ Crispy Rice cereal ○ Enriched hamburger buns ○ Fritos corn chips ○ Lucky Charms cereal ○ Frosted Flakes cereal ○ Frosted Shredded Wheat cereal ○ Honey Bunches of Oats cereal ○ Kraft Macaroni & Cheese ○ Mission flour tortillas ○ Riceland brown rice ○ Microwave popcorn with butter ○ Microwave popcorn without butter (fat free) ○ Mini bagels ○ Nature Valley granola bars ○ Old El Paso taco shells ○ Oreo cookies ○ Plain bagels ○ Chocolate covered pretzels ○ Kroger oats (Oatmeal) ○ Raisin Bran cereal ○ Wheat Thins Reduced Fat ○ Saltines ○ Triscuits ○ White Wonder bread ○ Whole Grain bread (Milton) ○ Whole Grain Total Cereal ○ Whole wheat flour <ul style="list-style-type: none"> • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com, and click on <i>Resources for Implementation, Activity Bins, Lesson 3: Plan, Shop, Save, Food Labels</i>. 2) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back. 3) Place all laminated pictures in a large, sealable plastic bag. 4) Label the bag “Lesson 3: Reading labels activity”.

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Make a shopping list for a recipe, Brand comparison, Food labels, Let's cook!, and Calculating unit price	<ul style="list-style-type: none"> • Recipes: <ul style="list-style-type: none"> ○ 3-Bean Salad ○ Cowboy Caviar ○ 3-Can Chili ○ Breakfast Parfait ○ Baked Tortilla Chips ○ Cranberry Pecan Granola • Pictures of a pantry, refrigerator, and freezer • 2 large manila envelopes 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Recipes, Lesson 3: Plan, Shop, \$ave</i>. 2) Print and laminate 6 copies of each recipe in English and/or Spanish. 3) Clip each like recipe together with a binder clip. Clip the Baked Tortilla Chips with the Cowboy Caviar and the Cranberry Pecan Granola with the Breakfast Parfait. Place all laminated recipes in one large manila envelope. 4) Label the envelope "Lesson 3: Plan, Shop, \$ave recipes". 5) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 3: Plan, Shop, \$ave, Pictures of a Pantry, Refrigerator, & Freezer</i> 6) Print and laminate 6 copies of each pantry, refrigerator, and freezer picture. 7) Place laminated pictures in another large manila envelope. 8) Label the envelope "Lesson 3: Plan Shop \$ave pictures".
Calculating unit price	<ul style="list-style-type: none"> • 6 to 8 small calculators • 1 medium, sealable plastic bag • 1 laminated copy of pages 46 and 47 of the lesson plan • Dry erase marker and eraser • 1 large manila envelope 	<ol style="list-style-type: none"> 1) Purchase the calculators. 2) Place the calculators in a sealable plastic bag. 3) Label the bag "Calculators". 4) Using a copy machine, make a copy of pages 46 and 47 of the <i>Plan, Shop, \$ave</i> lesson plan, and laminate them. 5) Put the calculators, laminated copies, and dry erase marker and eraser in the envelope. 6) Label the envelope "Lesson 3: Calculating unit price".
Let's be active!	<ul style="list-style-type: none"> • Music • Equipment to play music 	<ol style="list-style-type: none"> 1) Pack upbeat music with a moderately fast tempo. 2) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Music</i> for examples of music with the appropriate tempo for this segment. 3) Pack equipment to play the music so that participants can hear it (CD player, speakers, etc.).

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Let's cook!	<ul style="list-style-type: none"> • Laminated recipe scripts for: <ul style="list-style-type: none"> ○ 3-Bean Salad ○ Cowboy Caviar ○ 3-Can Chili ○ Breakfast Parfait • 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 3: Plan, Shop, \$ave, 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 3 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.
Preview of the next lesson	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Let's Cook!</i> cookbook • Post-it notes or page flags 	<ol style="list-style-type: none"> 1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "Recipes for Fruits & Veggies". 2) Using Post-its, flag the recipes for <i>Lesson 4: Fruits & Veggies</i>: Cabbage Stir-Fry, Fruit Salad, Garden Vegetable Soup, Apple Salad, Vegetarian Collard Greens, Black-Eyed Pea and Collard Greens Soup, Summer Italian Vegetables, and Winter Italian Vegetables.

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