

Lesson 9: Celebrate!

- *MyPlate* poster
- Painter's tape
- Call Bell
- 24-hour dietary recall kit
- *Eating Smart • Being Active* bingo
- Laminated recipe scripts for:
 - Fruit and Peanut Butter Dip
 - Energy Bites
 - Vegetable Pinwheels
 - Hummus with Raw Veggies
 - Vegetables with Creamy Dip
- 3 laminated copies of the back page of the *Make a Change* worksheet
- Food pictures from all food groups
- 6 small packages of crayons or colored pencils
- Paper plates - 1 for each participant
- Dry erase markers and paper towels
- Hair ties in small sealable plastic bag
- *Eating Smart • Being Active Paperwork Booklet*

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