

Lesson 8: Make a Change

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 8: Make a Change, 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 and use throughout class	<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>Build Strong Bones</i> worksheet 1 large manila envelope 	<ol style="list-style-type: none"> 1) Print 3 copies of the back page of the <i>Lesson 7: Build Strong Bones</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 8: Laminated worksheets from previous lesson".

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Not all fats are the same (trans fats)	<ul style="list-style-type: none"> • Food labels with and without hydrogenated oils <ul style="list-style-type: none"> ○ Crackers with and without ○ Cookies with and without ○ Vegetable oil spread and margarine ○ Frozen pizza crusts with and without • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Go to www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Make a Change, Food Labels.</i> 2) Print and laminate the labels. 3) Label the large plastic bag “Lesson 8: Trans fat vs. non-trans fat”. 4) Put the labels in the plastic bag.
Fast food activity	<ul style="list-style-type: none"> • Menus with nutrition information from popular fast food restaurants • Small craft pom-poms • Small, sealable plastic bags • Plastic cups • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Get 12 fast food menus with nutrition information from a 4-5 popular fast food restaurants, and laminate them. 2) Buy small craft pom-poms from a craft store. Put 65 pom-poms in a small sealable plastic bag. Create 12 of these bags (or 1 for each participant in your class). 3) Buy 12 plastic cups (or 1 for each participant in your class). The cups need to be large enough to fit 65 pom-poms each. 4) Put the menus, small bags of pom-poms, and plastic cups into a plastic bag. 5) Label the bag “Lesson 8: Fast food activity.”
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 Let's Cook! Station Set-up and Recipe Scripts for: <ul style="list-style-type: none"> ○ Banana Swirl ○ Zesty Bean Dip ○ Fruit Sorbet ○ Mango Salsa • 1 plastic accordion folder • 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 8: Make a Change, Let's Cook! Station Set-Up and Recipe Scripts</i>. 2) Print the Let's Cook! Station Set-Up and Recipe Scripts for all of the lesson's recipes. 3) Label the plastic accordion folder "Let's Cook! Station-Set up and Recipe Scripts for Lesson 8." Put the Station Set-Up and Recipe Scripts in the accordion folder. 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.
Why is it important to limit sugar?	<ul style="list-style-type: none"> • Food labels from a variety of snacks, drinks, condiments, and soups • 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 8: Make a Change, 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 plastic bag. 4) Label the bag "Lesson 8: Limit sugar".

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Scoop on soft drinks	<ul style="list-style-type: none"> • Teaspoon (from measuring spoons enhancement) • Sandwich sized sealable plastic bags with sugar (approx. 2 lbs. of sugar total) <ul style="list-style-type: none"> ○ 10 tsp. ○ 13 tsp. ○ 17 tsp. ○ 53 tsp. • 1 large, sealable plastic bag • Soft drink pictures <ul style="list-style-type: none"> ○ 12 oz. soft drink ○ 16 oz. sweetened tea ○ 20 oz. soft drink ○ 64 oz. (2 liter) soft drink 	<ol style="list-style-type: none"> 1) Keep a teaspoon from the measuring spoons enhancement set in the activity bin. 2) Fill one sandwich sized sealable plastic bag with the designated amount of sugar for each soft drink. Label each with how much sugar they contain and the words “Lesson 8: Scoop on soft drinks.” 3) Visit www.eatingsmartbeingactive.com and click on <i>Implementation, Activity Bins, Lesson 8: Make a Change, Soft Drink Pictures.</i> 4) Print and laminate each soft drink picture. 5) Place the soft drink pictures and the bags of sugar into a larger bag. 6) Label the bag “Lesson 8: Scoop on soft drinks.”
Why should I limit salt?	<ul style="list-style-type: none"> • Teaspoon (from measuring spoons enhancement) • Food labels <ul style="list-style-type: none"> ○ Soups ○ Soup stock ○ Canned vegetables ○ Condiments <ul style="list-style-type: none"> ▪ Olives ▪ Ketchup ▪ Salsa ▪ Pickles • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Keep a teaspoon from the measuring spoons enhancement set in the activity bin. 2) Visit www.eatingsmartbeingactive.com, and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Make a Change, Food Labels.</i> 3) Print and laminate each label with the front of the label on the front and the Nutrition Facts Label on the back. 4) Place all laminated labels in a large, sealable plastic bag. 5) Label the bag “Lesson 8: Limit salt”.

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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 Celebrate". 2) Using Post-its, flag the recipes for <i>Lesson 9: Celebrate: Eat Smart & Be Active</i>: Fruit and Peanut Butter Dip, Energy Bites, Vegetable Pinwheels, Hummus with Raw Veggies, Vegetables and Creamy Dip, and Flavored Water.

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