

Lesson 2: Get Moving! and Lesson 9: Celebrate! Eat Smart & Be Active
Activity Bin Materials and Instructions

*Lesson 2 and 9 share an activity bin		
Storage Bin Size Needed: 23" (L) x 16" (W) x 6" (H), (32 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 2: Welcome to Eating Smart Being Active, Activity Bin Labels</i> and <i>Lesson 9: Celebrate! Eat Smart & Be 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"> ○ Lesson 2 <ul style="list-style-type: none"> ▪ Enchilada Casserole ▪ Skillet Lasagna ○ Lesson 9 <ul style="list-style-type: none"> ▪ Fruit and Peanut Butter Dip ▪ Energy Bites ▪ Mexican Pinwheels ▪ Hummus with Raw Veggies 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 2: Get Moving!, Recipe Scripts</i> and <i>Lesson 9: Celebrate! Eat Smart & Be Active, Recipe Scripts</i>. 2) Print the recipe scripts for all of the lessons' recipes, and laminate them. 3) Label the large, sealable plastic bags "Lesson 2 Recipe Scripts" and "Lesson 9 Recipe Scripts". Put the recipe scripts in their respective bags.

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	<ul style="list-style-type: none"> ▪ Vegetables and Creamy Dip • 2 large, sealable plastic bags • Hair ties • 1 small, sealable plastic bag 	<p>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.</p>
Let's be active!	<ul style="list-style-type: none"> • Music • Equipment to play music 	<p>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.).</p>
Completing paperwork	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Paperwork Booklet</i> 	<p>1) Visit www.eatingsmartbeingactive.com and click on <i>For Program Leaders, Paperwork, Paperwork Booklet</i>. 2) Print the booklet, and staple or binder clip it together.</p>
Lesson 2: 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 	<p>1) Label the copy of the cookbook "Recipes for Plan, Shop, \$ave". 2) Using Post-its, flag the recipes for <i>Lesson 3: Plan, Shop, \$ave</i>: 3-Bean Salad, Cowboy Caviar, 3-Can Chili, and Breakfast Parfait.</p>
Lessons 2 and 9: 24-hour dietary recall kit	<ul style="list-style-type: none"> • Food shape set consisting of 9 shapes cut from laminated poster board: <ul style="list-style-type: none"> ○ 1/4 of 12" pizza ○ 1/8 of 14" pizza ○ 1/8 of 16" pizza ○ 1/12 of 9" layer cake ○ 1/6 of 9" pie ○ 1" square ○ 2" square ○ 3" square ○ 4" round 	<p>1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 2: Get Moving!, 24 Hour Dietary Recall Kit</i>. 2) Print, laminate, and cut out all of the food shapes. 3) Purchase all of the other materials listed in the kit, and assemble it.</p>

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- Deck of cards (*represents 3 oz. of meat*)
- Tennis ball (*represent a half a cup of fruit*)
- 8 oz. liquid measuring cup
- *Eating Smart • Being Active* dry measuring cup set
- *Eating Smart • Being Active* measuring spoon set (*these can be used for participants to estimate amounts of butter, salad dressing, gravy, salt, etc. they put on their food*)
- Plates – 1 for each participant (*these can be used for participants to estimate amounts of food based on their usual plate size; the 6-inch and 10-inch plates may also be used to demonstrate the two main sizes of tortillas*):
 - 6"
 - 7½"
 - 9"
 - 10"
- Plastic cups (*these can be used for participants to estimate the volume of beverages they have consumed*):
 - 3-4 oz.
 - 5-6 oz.
 - 8-10 oz.
 - 12 oz.
 - 16 oz.
 - 20-24 oz.
 - 32-36 oz.
- Plastic bowls:

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- 12 oz.
- 20 oz.
- 12" plastic ruler (*this can be used for participants to estimate the length of foods such as sandwiches, burrito, hot dogs, etc.; the height/thickness of foods such as burgers, bread, steaks, etc.; and the diameter of foods such as pieces of fruit, pies, cookies, cakes, etc.*)
- 3 dominoes in small plastic bag to represent 1½ oz. cheese (*1 domino = ½ oz. of cheese*)
- 3 cup plastic storage container with 3 cups uncooked rice
- 3 cup plastic storage container with 3 cups uncooked beans
 - *Note: The uncooked rice and beans can be used for participants to estimate the amount of a food they ate (it doesn't have to be rice and beans). Then, they can use measuring cups to measure the exact amount of the food they estimated.*
 - *The rice can be used to measure dense foods such as mashed potatoes and oatmeal. The beans can be used for loosely packed foods such as cereal or vegetables.*
- Examples of portion sizes:
 - Three, 12" circles of nylon net with ¼ cup, ½ cup, and 1 cup of uncooked beans in the netting.

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	<ul style="list-style-type: none"> ○ Gather the net into a pouch, and secure top with rubber band. Use 3 different colors to help distinguish between portion sizes. 	
Lesson 2: Enhancement	<ul style="list-style-type: none"> ● 3 permanent markers 	<ol style="list-style-type: none"> 1) Pack 3 markers for participants to label their water bottles.
Lesson 9: Welcome and Reflect	<ul style="list-style-type: none"> ● Back page of the <i>Make a Change</i> worksheet ● 1 large manila envelope 	<ol style="list-style-type: none"> 1) Print 3 copies of the back page of the <i>Lesson 8: Make a Change</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope “Lesson 9: Laminated worksheets from previous lesson”.
Lesson 9: Making a plan	<ul style="list-style-type: none"> ● Food pictures from all food groups ● Paper plates – 1 for each participant ● 6 small packages of crayons or colored pencils ● 1 large, sealable plastic bag ● <i>Eating Smart • Being Active Let’s Cook!</i> cookbook 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 9: Celebrate! Eat Smart & Be Active, Celebrate Dairy Council Food Models/Pictures</i>. 2) Print and laminate several pictures from the different food groups with the food picture on the front and the Nutrition Facts Label on the back. 4) Put the food pictures, paper plates, and crayons or colored pencils into a sealable plastic bag labeled “Lesson 9: Making a plan.” 5) Pack an <i>Eating Smart • Being Active Let’s Cook!</i> cookbook.
Lesson 9: Review BINGO	<ul style="list-style-type: none"> ● BINGO question and answer sheets ● BINGO cards – 1 for each participant ● Dry erase markers – 1 for each participant ● 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 9: Celebrate! Eat Smart & Be Active, BINGO</i>. 2) Print and laminate the question and answer sheets and BINGO cards. 3) Put the BINGO questions, cards, and dry erase markers into a sealable plastic bag labeled “Lesson 9: Review BINGO”.

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