**Materials & Instructions**

***Eating Smart • Being Active***

**Supplemental Lessons**

**Activity Bins**

**Lesson - Eating Smart Being Active During Pregnancy**

 Storage bin recommended size measuring (l) x (w) x (h)

Contents of activity bin:

* Food pictures from a variety of healthy foods
* Four 10” round plates
* Bell
* Permanent marker (Sharpie)
* 1 set of laminated pictures of the following:
	+ Pasteurized and unpasteurized milk carton labels
	+ Pasteurized and unpasteurized cheese package labels
	+ Pasteurized and unpasteurized juice container labels