

Lesson 1: Welcome to Eating Smart • Being Active

Activity Bin Contents 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"> Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 1: Welcome to Eating Smart • Being Active, Activity Bin Labels</i>. Print the outside bin and inside lid labels on the white easy peel labels. 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"> Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, MyPlate Posters</i>. Print and laminate a copy of the <i>MyPlate</i> poster in English and/or Spanish depending on your needs. 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"> Purchase call bells for all activity bins (8 total). Put 1 call bell in each bin.
Let's cook!	<ul style="list-style-type: none"> <i>Let's Cook! Station Set-up and Recipe Scripts</i> for: <ul style="list-style-type: none"> Fried Rice with Chicken Stir Fried Vegetables with Beef, Chicken, or Tofu 1 plastic accordion folder Hair ties 1 small, sealable plastic bag 	<ol style="list-style-type: none"> Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 1: Welcome to Eating Smart • Being Active, Let's Cook! Station Set-Up and Recipe Scripts</i>. Print the <i>Let's Cook! Station Set-Up and Recipe Scripts</i> for all of the lesson's recipes. Label the plastic accordion folder "<i>Let's Cook! Station-Set up and Recipe Scripts for Lesson 1</i>". Put the <i>Station Set-Up and Recipe Scripts</i> in the accordion folder. 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.
Completing paperwork	<ul style="list-style-type: none"> <i>Eating Smart • Being Active Paperwork Booklet</i> 	<ol style="list-style-type: none"> Visit www.eatingsmartbeingactive.com and click on <i>For Program Leaders, Paperwork, Paperwork Booklet</i>. Print the booklet, and staple or binder clip it together.

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Enhancements preview	<ul style="list-style-type: none"> • 1 cutting mat • 1 water bottle • 1 grocery list pad • 1 produce brush • 1 set of measuring cups • 1 liquid measuring cup • 1 <i>Cook it Safe!</i> magnet • 1 refrigerator thermometer • 1 set of measuring spoons • 1 <i>Eating Smart • Being Active Let's Cook!</i> cookbook • 1 laminated graduation certificate 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Order Materials</i> to purchase enhancement items for each lesson. 2) Pack one of each lesson enhancement to show participants at the first class.
Additional activity	<ul style="list-style-type: none"> • 2-quart liquid container with a lid 	<ol style="list-style-type: none"> 1) Purchase a two-quart liquid container with a lid.
Preview of the next lesson	<ul style="list-style-type: none"> • 1 <i>Eating Smart • Being Active Let's Cook!</i> cookbook • Post-it notes or page flags 	<ol style="list-style-type: none"> 1) Label 1 copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "Recipes for Get Moving!". 2) Using Post-its, flag the recipes for <i>Lesson 2: Get Moving!</i>: Enchilada Casserole and Skillet Lasagna.

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