

Lesson 2: Welcome to Eating Smart • Being Active
Lesson 9: Celebrate! Eat Smart & Be Active
Activity Bin Contents and Instructions

Lesson 2 & Lesson 9 share an activity bin.

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 2: Get Moving!, Activity Bin Labels and 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"> • <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.
Lesson 9: Welcome and reflect	<ul style="list-style-type: none"> • Back page of the <i>Small Changes Matter</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: Small Changes Matter</i> worksheet and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 9: Laminated worksheets from previous lesson".

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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"> ○ 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 ▪ Vegetable Pinwheels ▪ Hummus with Raw Veggies ▪ Veggies and Creamy Dip • 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 2: Get Moving!, Let's Cook! Station Set-up and Recipe Scripts</i> and <i>Lesson 9: Celebrate! Eat Smart & Be Active, Let's Cook! Station Set-up and Recipe Scripts</i>. 2) Print the <i>Let's Cook! Station Set-Up and Recipe Scripts</i> for Lesson 2 and Lesson 9 recipes. 3) Label the plastic accordion folder "<i>Let's Cook! Station-Set up and Recipe Scripts for Lesson 2 and Lesson 9</i>". Put the <i>Let's Cook! Station Set-Up and Recipe Scripts</i> 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.
Lesson 9: <i>Let's be active!</i> Celebration Circuit	<ul style="list-style-type: none"> • Digital timer (optional) 	<ol style="list-style-type: none"> 1) Purchase a digital timer if educator does not have a smartphone with a timer. 2) Put timer in activity bin.

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Lesson 9: Making a plan	<ul style="list-style-type: none"> • Dairy Council food models – 7 of each food group • 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.</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. 3) Put the food models and crayons or colored pencils into a sealable plastic bag labeled “Making a plan (35)”
Completing paperwork	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Paperwork Booklet</i> 	<ol style="list-style-type: none"> 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.

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<p>24-Hour Recall kit</p>	<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 • Deck of cards • Tennis ball • 8 oz. liquid measuring cup • <i>Eating Smart • Being Active</i> dry measuring cup set • <i>Eating Smart • Being Active</i> measuring spoon set • Plates – 1 of each <ul style="list-style-type: none"> ○ 6" ○ 7½" ○ 9" ○ 10" • Plastic cups <ul style="list-style-type: none"> ○ 3-4 oz. ○ 5-6 oz. 	<ol style="list-style-type: none"> 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 the food shapes. 3) Purchase other materials listed in the kit and assemble it.
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	<ul style="list-style-type: none">○ 8-10 oz.○ 12 oz.○ 16 oz.○ 20-24 oz.○ 32-36 oz.● Plastic bowls:<ul style="list-style-type: none">○ 12 oz.○ 20 oz.● 12" plastic ruler● 3 dominoes in small plastic bag to represent 1½ oz. cheese (<i>1 domino = ½ oz. of cheese</i>)● 3 cup plastic storage container with 3 cups uncooked rice.● 3 cup plastic storage container with 3 cups uncooked beans.● Examples of portion sizes:<ul style="list-style-type: none">○ Three, 12" circles of nylon net with ¼ cup, ½ cup, and 1 cup of uncooked beans in the netting. Gather the net into a pouch, and secure top with rubber band. Use 3 different colors to help distinguish between portion sizes.	
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Lesson 2: 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 Plan, Shop, \$ave". 1) Using Post-its, flag the recipes for <i>Lesson 3: Plan, Shop, \$ave</i>: 3 Bean Salad, 3-Can Chili, Cowboy Caviar, Breakfast Parfait.
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: Additional activity	<ul style="list-style-type: none"> • Review BINGO questions • BINGO cards – 1 for each participant • Dry erase markers – 1 for each participant • 1 large, sealable plastic bag. 	<ol style="list-style-type: none"> 2) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 9: Celebrate! Eat Smart & Be Active, BINGO</i>. 3) Print and laminate 1 copy of BINGO questions. 4) Print and laminate 12 copies of the BINGO cards. 5) Purchase 12 dry erase markers. 6) 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.