

## **Lesson 8: Small Changes Matter**

### **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.

<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
Bin labels	<ul style="list-style-type: none"> <li>White easy peel labels</li> </ul>	<ol style="list-style-type: none"> <li>Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Activity Bin Labels</i>.</li> <li>Print the outside bin and inside lid labels on the white easy peel labels.</li> <li>Put the outside bin label on the outside of the bin and put the inside lid label on the underside of the bin lid.</li> </ol>
Not applicable; for display and use throughout class	<ul style="list-style-type: none"> <li><i>MyPlate</i> poster</li> <li>Painter's tape</li> </ul>	<ol style="list-style-type: none"> <li>Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, MyPlate Posters</i>.</li> <li>Print and laminate a copy of the <i>MyPlate</i> poster in English and/or Spanish depending on your needs.</li> <li>Painter's tape can be used to hang the <i>MyPlate</i> poster during class to avoid damaging walls or other surfaces.</li> </ol>
All activities	<ul style="list-style-type: none"> <li>Call bell</li> </ul>	<ol style="list-style-type: none"> <li>Purchase call bells for all activity bins (8 total).</li> <li>Put 1 call bell in each bin.</li> </ol>
Welcome and reflect	<ul style="list-style-type: none"> <li>Back page of the <i>Build Strong Bones</i> worksheet</li> <li>1 large manila envelope</li> </ul>	<ol style="list-style-type: none"> <li>Print 3 copies of the back page of the <i>Lesson 7: Build Strong Bones</i> worksheet and laminate them.</li> <li>Place in a large manila envelope.</li> <li>Label the envelope "<b>Lesson 8: Laminated worksheets from previous lesson</b>".</li> </ol>

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Lesson Activity	Materials Needed	Instructions*
Not all fats are the same	<ul style="list-style-type: none"> <li>• Saturated Fats Product Labels (18):               <ul style="list-style-type: none"> <li>○ Lunchables</li> <li>○ Hostess Donette’s</li> <li>○ Reese’s PB cup</li> <li>○ Chocolate milk</li> <li>○ Jimmy Dean sausage</li> <li>○ Cheddar cheese</li> <li>○ Crisco shortening</li> <li>○ Coconut oil</li> <li>○ Pepperoni pizza</li> <li>○ Ranch dressing</li> <li>○ Ice cream</li> <li>○ Butter sticks</li> <li>○ Ground beef 80/20</li> <li>○ Ground beef 93/7</li> <li>○ Hot dogs</li> <li>○ Skippy original peanut butter</li> <li>○ Skippy natural peanut butter</li> <li>○ Kroger natural peanut butter</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Go to <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Product Labels</i>.</li> <li>2) Print and laminate the labels.</li> <li>3) Label the large plastic bag <b>“Saturated Fats (18)”</b>.</li> <li>4) Put the labels in the plastic bag.</li> </ol>
Not all fats are the same and to address participant questions	<ul style="list-style-type: none"> <li>• Trans Fats Product Labels (5):               <ul style="list-style-type: none"> <li>○ Skippy original peanut butter</li> <li>○ Crisco shortening</li> <li>○ Oatmeal raisin cookies</li> <li>○ Refried beans</li> <li>○ Betty Crocker frosting</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Go to <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Product Labels</i>.</li> <li>2) Print and laminate the labels.</li> <li>3) Label the large plastic bag <b>“Trans Fats (5)”</b>.</li> <li>4) Put the labels in the plastic bag.</li> </ol>

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<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
My fast food meal	<ul style="list-style-type: none"> <li>• Menus with nutrition information from popular fast food restaurants</li> <li>• Small craft pom-poms</li> <li>• Small, sealable plastic bags</li> <li>• Plastic cups</li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Get 10-12 fast food menus with nutrition information from 4-5 popular fast food restaurants, and laminate them.</li> <li>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).</li> <li>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.</li> <li>4) Put the menus, small bags of pom-poms, and plastic cups into a plastic bag.</li> <li>5) Label the bag <b>“My Fast food activity.”</b></li> </ol>
Let’s cook!	<ul style="list-style-type: none"> <li>• <i>Let’s Cook! Station Set-up and Recipe Scripts</i> for:               <ul style="list-style-type: none"> <li>○ Banana Swirl</li> <li>○ Fruit Sorbet</li> <li>○ Homemade Ranch Dressing</li> <li>○ Mango Salsa</li> <li>○ Vinaigrette Dressing Variations</li> <li>○ Zesty Bean Dip</li> </ul> </li> <li>• 1 plastic accordion folder</li> <li>• Hair ties</li> <li>• 1 small, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Let’s Cook! Station Set-Up and Recipe Scripts</i>.</li> <li>2) Print the Let’s Cook! Station Set-Up and Recipe Scripts for all of the lesson’s recipes.</li> <li>3) Label the plastic accordion folder <b>“Let’s Cook! Station-Set up and Recipe Scripts for Lesson 8.”</b> Put the Station Set-Up and Recipe Scripts in the accordion folder.</li> <li>4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. <b>DO NOT</b> store hair ties with food or food preparation equipment.</li> </ol>

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Lesson Activity	Materials Needed	Instructions*
Why limit sugar?	<ul style="list-style-type: none"> <li>● Added sugars on product labels (14):               <ul style="list-style-type: none"> <li>○ Hostess HoHo's</li> <li>○ Reese's PB cups</li> <li>○ Tomato basil soup</li> <li>○ PopTarts</li> <li>○ Lucky Charms</li> <li>○ BBQ sauce</li> <li>○ Great Value fruit smiles</li> <li>○ Grape jelly</li> <li>○ Strawberry yogurt</li> <li>○ Oatmeal raisin cookies</li> <li>○ Elfwich cookies</li> <li>○ SpaghettiOs</li> <li>○ Granola bars</li> <li>○ Betty Crocker frosting</li> </ul> </li> <li>● 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Product Labels</i>.</li> <li>2) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back.</li> <li>3) Place all laminated pictures in a plastic bag.</li> <li>4) Label the bag "<b>Added sugars (14)</b>".</li> </ol>
Scoop on soft drinks	<ul style="list-style-type: none"> <li>● Teaspoon (from measuring spoons enhancement)</li> <li>● Sandwich sized sealable plastic bags with sugar (approx. 2 lbs. of sugar total)               <ul style="list-style-type: none"> <li>○ 10 tsp.</li> <li>○ 16 tsp.</li> <li>○ 60 tsp.</li> </ul> </li> <li>● Soft drink pictures (3)               <ul style="list-style-type: none"> <li>○ 12 oz. can</li> <li>○ 20 oz. bottle</li> <li>○ 2-Liter bottle</li> </ul> </li> <li>● 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Keep a teaspoon from the measuring spoons enhancement set in the activity bin.</li> <li>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 "<b>Scoop on soft drinks.</b>"</li> <li>3) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Implementation, Activity Bins, Lesson 8: Small Changes Matter, Soft Drink Pictures</i>.</li> <li>4) Print and laminate each soft drink picture.</li> <li>5) Place the soft drink pictures and the bags of sugar into a larger bag.</li> <li>6) Label the bag "<b>Scoop on soft drinks.</b>"</li> </ol>

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Scoop on Soft Drinks and to address participant questions	<ul style="list-style-type: none"> <li>• Other sugar sweetened beverage product labels (12):               <ul style="list-style-type: none"> <li>○ Blue Gatorade</li> <li>○ Orange Powerade</li> <li>○ Vitamin Water</li> <li>○ Monster</li> <li>○ Red Bull</li> <li>○ Vanilla Frappuccino</li> <li>○ Pure Leaf sweet tea</li> <li>○ Lemonade</li> <li>○ Capri Sun</li> <li>○ Diet Coke</li> <li>○ Snapple peach tea</li> <li>○ Jumex</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Product Labels</i>.</li> <li>2) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back.</li> <li>3) Place all laminated pictures in a plastic bag.</li> <li>4) Label the bag “<b>Other sugar sweetened beverages (12)</b>”</li> </ol>

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### Activity Bin Contents and Instructions

Lesson Activity	Materials Needed	Instructions*
Why limit salt?	<ul style="list-style-type: none"> <li>• Teaspoon (from measuring spoons enhancement)</li> <li>• Sodium product labels (18)               <ul style="list-style-type: none"> <li>○ French dressing</li> <li>○ Italian dressing</li> <li>○ Lentil and vegetable soup</li> <li>○ Chicken broth</li> <li>○ Chicken bouillon</li> <li>○ Salsa</li> <li>○ Ketchup</li> <li>○ Marinara sauce</li> <li>○ V8 vegetable juice</li> <li>○ Bush’s grilling beans</li> <li>○ Refried beans</li> <li>○ Canned sweet peas</li> <li>○ Pickles</li> <li>○ Mac &amp; Cheese</li> <li>○ Canned Corn</li> <li>○ Steak and potato soup</li> <li>○ Marie Calendar meal</li> <li>○ Ramen</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Keep a teaspoon from the measuring spoons enhancement set in the activity bin.</li> <li>2) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, Lesson 8: Small Changes Matter, Product Labels</i>.</li> <li>3) Print and laminate each label with the front of the label on the front and the Nutrition Facts Label on the back.</li> <li>4) Place all laminated labels in a large, sealable plastic bag.</li> <li>5) Label the bag “<b>Sodium (18)</b>”.</li> </ol>
Preview of the next lesson	<ul style="list-style-type: none"> <li>• <i>Eating Smart • Being Active Let’s Cook!</i> cookbook</li> <li>• Post-it notes or page flags</li> </ul>	<ol style="list-style-type: none"> <li>1) Label a copy of the <i>Eating Smart • Being Active Let’s Cook!</i> cookbook “<b>Recipes for Celebrate</b>”.</li> <li>2) Using Post-its, flag the recipes for <i>Lesson 9: Celebrate: Eat Smart &amp; Be Active</i>: Fruit and Peanut Butter Dip, Energy Bites, Vegetable Pinwheels, Hummus with Raw Veggies, Vegetables and Creamy Dip, and Flavored Water.</li> </ol>

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