

Lesson 3: Plan, Shop, \$ave

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"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 3: Plan, Shop, \$ave, 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.
For display throughout class	<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.
Welcome and reflect	<ul style="list-style-type: none"> • Back page of the <i>Get Moving!</i> Worksheet • 1 large manila envelope 	<ol style="list-style-type: none"> 1) Print 3 copies of the back page of the <i>Lesson 2: Get Moving!</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 3: Laminated worksheets from previous lesson".

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Reading Nutrition Facts Labels	Variety of food and beverage product labels (20): <ul style="list-style-type: none"> ○ Post shredded wheat (high in fiber, low in sodium) ○ All-Bran cereal (high in fiber, low in sodium) ○ Whole grain rotini (high in fiber, low in sodium) ○ Frosted Mini Wheats (High in fiber, high in sugar) ○ 2% reduced-fat milk (high in calcium, low in sodium) ○ Strawberry yogurt (1 serving, high in calcium) ○ Orange juice with calcium (high in calcium) ○ Canned salmon (high in calcium) ○ Kraft American cheese (high in calcium) ○ Old-fashioned oats (notable fiber, low in sodium) ○ Ice cream (high in fat and sugar) ○ Lean Cuisine meal (1 serving, high in sodium) ○ Lay’s potato chips 1 oz. (1 serving) ○ Vanilla Frappuccino (1 serving, high in calcium, high in sugar) ○ Doritos 2.75 oz. (portion size) ○ Marie Calendar meal (high in sodium and protein, saturated fat, 1 serving) ○ Lucky Charms (high in sugar, 1 cup serving size) ○ Chocolate milk (high in sugar, saturated fat, calcium) ○ Mozzarella cheese (fat content) ○ Oreo cookies (serving size, high in sugar) <ul style="list-style-type: none"> ● 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 3: Plan, Shop, \$ave, Food Labels</i>. 2) Print and laminate each picture with the product label on the front and the Nutrition Facts Label on the back. 3) Place all laminated pictures in a large, sealable plastic bag. 4) Label the bag “Variety of Food and Beverage product labels (20)”

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Lesson Activity	Materials Needed	Instructions*
Make a grocery shopping list	<ul style="list-style-type: none"> • Recipes: <ul style="list-style-type: none"> ○ 3-Bean Salad ○ Cowboy Caviar ○ 3-Can Chili ○ Breakfast Parfait ○ Baked Tortilla Chips ○ Cranberry Pecan Granola • Pictures of a pantry, refrigerator, and freezer • 2 large manila envelopes 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Recipes, Lesson 3: Plan, Shop, \$ave</i>. 2) Print and laminate 6 copies of each recipe in English and/or Spanish. 3) Clip each like recipe together with a binder clip. Clip the Baked Tortilla Chips with the Cowboy Caviar and the Cranberry Pecan Granola with the Breakfast Parfait. Place all laminated recipes in one large manila envelope. 4) Label the envelope “Let’s cook! Station Set-up and Recipe Scripts for Lesson 3”. 5) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 3: Plan, Shop, \$ave, Pictures of a Pantry, Refrigerator, & Freezer</i> 6) Print and laminate 6 copies of each pantry, refrigerator, and freezer picture. 7) Place laminated pictures in another large manila envelope. 8) Label the envelope “Making a grocery shopping list: Pictures of pantry, refrigerator, and freezer”.
Brand comparison activity	<ul style="list-style-type: none"> • 1 permanent marker 	<ol style="list-style-type: none"> 1) Follow instructions on the “Let’s cook! Plan, Shop, Pack List” to prepare for the brand comparison activity each time this lesson is scheduled. The permanent marker will be used to label the sample cups “A” or “B”.
Calculating unit price	<ul style="list-style-type: none"> • 6-8 small calculators • 1 medium, sealable plastic bag 	<ol style="list-style-type: none"> 1) Purchase the calculators. 2) Place the calculators in a sealable plastic bag. 3) Label the bag “Calculators”. 4) Put the calculators in the envelope. 5) Label the envelope “Calculating unit price”.

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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"> ○ 3-Bean Salad ○ Cowboy Caviar ○ 3-Can Chili ○ Breakfast Parfait • 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 3: Plan, Shop, \$ave, Let's Cook! Station Set-Up and Recipe Scripts</i>. 2) Print the Let's Cook! Station Set-Up and Recipe Scripts for all of the lesson's recipes. 3) Label the plastic accordion folder "Let's Cook! Station-Set up and Recipe Scripts for Lesson 3." Put the Station Set-Up and Recipe Scripts 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.
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 	<ol style="list-style-type: none"> 1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "Recipes for Fruits & Veggies". 2) Using Post-its, flag the recipes for <i>Lesson 4: Fruits & Veggies</i>: Cabbage Stir-Fry, Fruit Salad, Garden Vegetable Soup, Apple Salad, Collard Greens, Black-Eyed Pea and Collard Greens Soup, Summer Italian Vegetables, and Winter Italian Vegetables.

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