**Eating Smart \* Being Active Curriculum Outline**

*(Curriculum for Healthy Adults and Families*)

**Lesson 1 – Get Moving**

Goals: Families enjoy being active

Participants accurately complete the required entry forms

Recipe: Energy Snack, Pasta Salad

**Lesson 2 – Plan, Shop, $ave**

Goal: Families plan and shop for meals and snacks that are healthy

and within their budget. (planning, shopping list, nutrition facts label, unit pricing)

Recipe: Cheese and cracker comparisons

**Lesson 3 – Fruits and Veggies: Half Your Plate**

Goal: Families increase the amount of vegetables and fruits they eat every day.

Families have more than one kind of vegetable and one kind of fruit every day. (variety)

Recipe: Cabbage Stir-Fry

**Lesson 4 – Make Half Your Grains Whole**

Goal: Families choose at least half of their grains as whole grains.

Recipe: Enchilada Casserole

**Lesson 5 – Build Strong Bones**

Goal: Families get enough calcium from low-fat or non-fat dairy foods or other foods

high in calcium.

Recipe: Skillet Lasagna

**Lesson 6 – Go Lean With Protein**

Goal: Families have lean protein foods and keep all food safe to eat.

Recipe: Eggs Mexicali

**Lesson 7 – Make A Change**

Goal: Families limit foods high in fat, sugar, and salt.

Recipe: Cowboy Caviar with Tortilla Chips

**Lesson 8 – Celebrate! Eat Smart and Be Active**

Goals: Participants celebrate new knowledge and skills to make healthy food and

activity choices.

Participants accurately complete the required exit forms.

Recipe: Breakfast Parfait

Every lesson has: visuals, worksheets, activity, handout, enhancement and food activity.