**Adult Lesson Plan**

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| **Lesson 1:**   * Introduction (10 minutes) * Show MyPlate with Brief Discussion (5 minutes) * Do Walk Indoors! DVD “experiment” (20 minutes) * Getting to Know You and Food and Physical Activity Questionnaire Forms (20 minutes) * Share seasonal veggie snack (5 minutes)   + Spring and Fall = broccoli balls;   + Summer = zucchini bites;   + Winter = black bean or pumpkin brownies * Tell the participants that next time you will give those who want it a copy of the DVD and the recipe (closing moments) |
| **Lesson 2:**   * Open with MyPlate discussion (20 Minutes) * Do Diet Recall (40 minutes) * Share with anyone who wants them (closing moments):   + Samples of one of the popcorn recipes from the recipe page ([www.efnep.org/recipes](http://www.efnep.org/recipes)),   + Walk Indoors! DVD, and   + Recipes. |
| **Lesson 3:**   * Review of diet recall feedback (10 minutes) * Beverage Mini-Lesson (5-10 minutes) * 2nd DVD Presentation (20 minutes) * Seasonal Veggie Mini-Lesson (15-20 minutes) * Closing moments:   + Provide Sweet Potato pudding and homemade iced tea (briefly discuss the recipes and costs)   + Distribute Walk Indoors! DVD and recipes to anyone that wants them |
| **Lesson 4:**   * DVD Section 3 (20 minutes) * Show the EFNEP4Me website (20 minutes) * Food Safety Activity (15-20 minutes) * Tally Sheet |
| **Lesson 5:**   * Lesson based on Tally Sheet Requests (40 Minutes):   Name:  Objective:   * DVD Section 3 (20 minutes) |

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| **Lesson 6:**   * Lesson based on Tally Sheet Requests (40 Minutes):   Name:  Objective:   * DVD Section 3 (20 minutes) |
| **Lesson 7:**   * Lesson based on Tally Sheet Requests (40 Minutes):   Name:  Objective:   * DVD Section 3 (20 minutes) |
| **Lesson 8:**   * Lesson based on Tally Sheet Requests (40 Minutes):   Name:  Objective:   * DVD Section 3 (20 minutes) |
| **Lesson 9:**   * Lesson based on Tally Sheet Requests (40 Minutes):   Name:  Objective:   * DVD Section 3 (20 minutes) |
| **Lesson 10:**   * Short Lesson based on Tally Sheet Requests (if time allows): * “Post” Food and Physical Activity Questionnaire * “Post” Diet Recall * Distribute Certificates   9-5-19 |