**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)
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| **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.
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| **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
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| **Lesson 4:*** DVD Section 3 (20 minutes)
* Show the EFNEP4Me website (20 minutes)
* Food Safety Activity (15-20 minutes)
* Tally Sheet
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| **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)
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| **Lesson 7:*** Lesson based on Tally Sheet Requests (40 Minutes):

Name:Objective:* DVD Section 3 (20 minutes)
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| **Lesson 8:*** Lesson based on Tally Sheet Requests (40 Minutes):

Name:Objective:* DVD Section 3 (20 minutes)
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| **Lesson 9:*** Lesson based on Tally Sheet Requests (40 Minutes):

Name:Objective:* DVD Section 3 (20 minutes)
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| **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 |